

# “The Path to Healing”

**For more “Free Teachings & Free Books” see:**

**[www.altogetherlovely.org](http://www.altogetherlovely.org)**

## **DISCLAIMER**

**This information is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this teaching claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this teaching offers “laymen” resources for those wanting to grow in Christ.**

**COME UNTO ME**

**by Dr. Richard**

## COME UNTO ME

COURAGE IS SOMETHING ABSENT FROM MANKIND  
BUT IN OUR LORD JESUS, THIS COURAGE WE FIND  
TO COME BEFORE SOMEONE WHO IN QUIET CARE  
WE ASK OURSELVES REPEATEDLY, “DO I DARE?”  
OPEN UP MY LIFE AND BEAR THIS SHATTERED HEART?  
WHAT WILL THEY THINK? WILL THEY TOO SOON DEPART?  
BUT GROW WE MUST FOR IF WE DON’T – WE DIE.  
FOR TO BE LIKE JESUS IS OUR LONGING AND HEART’S CRY.  
WE WANT TO COME BEFORE HIM WITHOUT HIDDEN SIN  
AND EXPERIENCE THE FULLNESS OF JESUS WITHIN.

## COME UNTO ME

CAN I TRUST IN MAN? OR WILL THEY LET ME DOWN?  
BUT JESUS IS “ACCEPTANCE” AND NO REJECTING FROWN.  
FOR JESUS KNOWS EVERYTHING FROM WHEN I WAS A KID  
FOR SHE SAID, “HE TOLD ME EVERYTHING I EVER DID.”  
AND SO WE WALK TOWARDS THE HEALING WE DESIRE  
AND GOD IN HIS MERCY STIRS IN US A HOLY FIRE.  
AS WE BEAR OUR SOUL REFRESHING COMES FROM WITHIN  
OH, TO BE SET FREE FROM THIS BURDEN OF SIN.  
HE KEEPS HIS WORD TO ALL; HIS PROMISES ARE TRUE  
TIMES OF REFRESHING FOR ME AND FOR YOU.  
OH, TO HAVE DOUBTED THE PERFECT SAVIOR’S PLEA  
WHEN HE SAID SO LOVINGLY, “COME UNTO ME.”

by Dr. Richard

**“The Path to Healing &  
Freedom in Christ”**

**INTRODUCTION**

## “The Path to Healing & Freedom in Christ”

It is the desire of many to be healed and made whole. Many of us feel “flawed” and “incomplete”. There is good news though for every Christian. We ARE “whole” and “complete” in Jesus Christ. This is our wonderful position in Christ. We have entered into the life of God and God has entered into us. But, you say you don’t “feel” whole and complete. Dear Christian, God wants to bring this wonderful truth into your daily experience. That is a process. This book will teach you how you can begin to believe by faith the wonderful truth of your wholeness and completeness in Christ. It will also teach you how God is continuing to change you from one degree of glory to another. And how God, who has begun a good work within you, will continue to help you grow in His grace. This is called “sanctification” and is a major part of our healing.

## “The Path to Healing & Freedom in Christ”

The Bible says “by His stripes” you were healed. This is true. We know we have been healed at the cross of Christ. But there is a process of healing now. And there will be a complete healing when Christ returns to take us home.

For now, we must learn to walk in the truth of our wholeness and completeness in Christ as well as in the ongoing process of healing - knowing that our final healing is coming. For now, we can allow Jesus to come into areas of woundedness, hurt, dysfunction, disgrace, shame, guilt, unforgiveness, and pain. He is a gentle God and will only come into those areas that we allow Him to. He stands at the door and knocks and we are to let him into every “door” of our heart and life. As we do, He comes in His love, peace, power, and forgiveness.



## **“The Path to Healing & Freedom in Christ”**

All of us have been “sinned upon” and have “sinned”. This is part of a fallen world. The world as it is will not change until after Christ’s return. But we can experience the wonderful touch and healing of Christ as we let Him into these areas of woundedness. The woman at the well said, “He told me everything I ever did”. He also knows everything that has ever happened to us. He will heal us through prayer, through meditation of the Scriptures, through faith in Him, through other people, through circumstances, and through any and every means possible. He is so committed to healing us. He knows our pain. He knows our fears. Jesus is our healing. He is our Healer.

## **“The Path to Healing & Freedom in Christ”**

The caterpillar is not yet aware that it will be a beautiful butterfly someday. For many of us, we feel like an ugly caterpillar. But to Jesus, we are a beautiful butterfly. We encourage you to spread your wings and begin to fly. Fly towards the adventure that Christ has for you. It will be painful – it will be difficult – but it will release a joy in you that you never thought possible.

May God richly bless you as you enter into the completeness and wholeness that our Lord desires for you. He will never leave you nor forsake you.

**“His left arm is behind your head  
and His right arm embraces you.”**

**Song of Song 2:6**

## “The Path to Healing & Freedom in Christ”

- Often people want to get healed but don't know how to begin or continue in their healing.
- Individuals will receive a healing but they'll find themselves ending up in the same or similar pain or circumstances again and again.

**Here we offer a means for people to continue their healing and grow in the grace of our Lord and Savior, Jesus Christ.**

**“The Path to Healing &  
Freedom in Christ”**

**LET’S BEGIN**

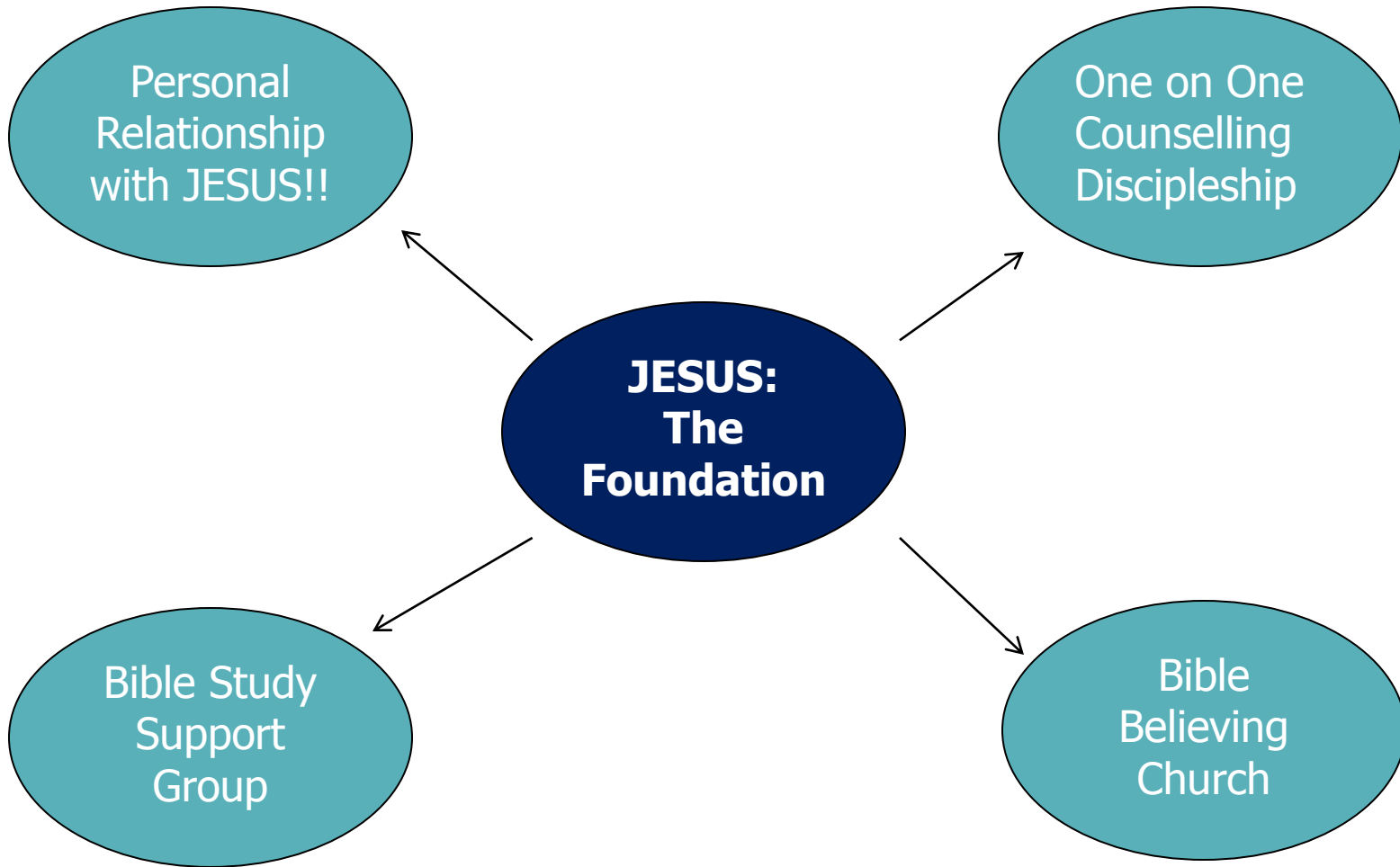
## **“The Path to Healing & Freedom in Christ”**

- The most effective means of healing is to obtain:
  - **a strong foundation in Christ**
  - **God’s strength for your life**
  - **a means of addressing past and present pain**
  - **a means of daily walking anew**
  - **a means of improving your relationship with Jesus Christ**
  - **a means of sharing your faith with others**

## “The Path to Healing & Freedom in Christ”

- We highly recommend everyone to have:
  - ❖ **A PERSONAL RELATIONSHIP WITH JESUS:** personal prayer, bible study and memorization
  - ❖ **ONE on ONE ACCOUNTABILITY:** A person to meet with on a weekly basis for discipleship, counseling, prayer, and support. Man to man or woman to woman.
  - ❖ **A SMALL GROUP:** a safe, small group to share with & support each other with. Eg) support groups &/or bible study.
  - ❖ **A BIBLE BELIEVING CHURCH:** a larger group to allow God to minister to you and to begin to use your gifts in ministering to the body of Christ. A place to nurture relationships, grow in Christ through God’s Word, and learn more about how to walk with the Lord.

# “The Path to Healing & Freedom in Christ”



## **“The Path to Healing & Freedom in Christ”**

- For the best way we’ve found to enter into deep and lasting healing we offer the Twelve Steps.
- The Twelve Steps have been used for years to help people escape spiritual, emotion, mental, physical pain.
- They basically are “Christianity” and offer a path by which Jesus Christ can heal the pain that everyone in a fallen world faces on a daily basis.



## “The Path to Healing & Freedom in Christ”

- The Twelve Steps are “for everyone”.
- They are not just for alcoholics, drug-addicts, abused, or suffering people.
- They are not just for dysfunctional, wounded people  
(are we not “all” dysfunctional/wounded to some degree?)

**The Twelve Steps are for  
EVERYONE!!!!**

**“The Path to Healing & Freedom in Christ”**

**Christ Came for Everyone!**

**Jesus Wants Everyone To Be Healed!**

**If every Christian were to live  
the Twelve Steps on a daily basis  
we would have mass revival!!**

## **“The TWELVE STEPS”**

**Step One: We admitted we were powerless over our addictions and dysfunctions and that our lives had become unmanageable.**

**Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.**

**Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.**

**Step Four: Made a searching and fearless moral inventory of ourselves.**

**Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

**Step Six: Were entirely ready to have God remove all these defects of character.**

**Step Seven: Humbly asked Him to remove our shortcomings.**

**Step Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.**

**Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.**

**Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.**

**Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

**Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

## “The Path to Healing & Freedom in Christ”

**Let’s see how The Twelve Steps are “for everyone”  
and how they show Christianity:**

**Step 1:** shows our condition without God.

**Step 2:** offers conversion & salvation

**Step 3:** helps us turn our will and lives over to God.

**Steps 4-7:** deal with our past through repentance & prayer.

**Steps 8-9:** guide us in making amends.

**Step 10:** helps us keep our house clean.

**Step 11:** offers growth in Christ.

**Step 12:** nurtures living for Christ & sharing Christ.

**Step One: We admitted we were powerless over our addictions and dysfunctions and that our lives had become unmanageable.**

**Step One: We admitted we were powerless over our addictions and dysfunctions and that our lives had become unmanageable.**

**And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.**

**(Romans 7:18-20)**

(see Gen.4:7; Psalms 5:1; 6:2-4; 6:6-7; 10:14; 12:5; 13:1; 16:4a; 18:6; 18:27; 22:1-2; 22:11-13; 25:16-18; 28:1-2; 30:10; 31:9-10; 31:22; 34:18; 38:1-9; 39:4-5; 40:17; 42:6-8; 44:15-16; 55:4-8; 69:1-3; 69:20; 69:33; 72:12-13; 88:1-4; 102:1-7; Proverbs 14:12; 18:14; 26:12; 28:26; Matthew 9:36; Mark 4:35-41; John 8:34-36; John 15:5; Romans 3:10, 23; 6:23; 7:5-6; 7:18-20; 7:24-25; 8:1-2; 8:9-10; 1 Corinthians 8:2; 10:13-14; 2 Corinthians 1:9; 12:9-10; Galatians 5:19-23; Ephesians 2:1-2; James 2:10; 1 Peter 5:6-7; 2 Peter 2:19)

**Step One: We admitted we were powerless over our addictions and dysfunctions and that our lives had become unmanageable.**

**The world we live in is difficult. We can see pain, despair, and hopelessness wherever we go when we open our eyes to those around us. Many have tried to avoid the pain in their own lives by masking it with busyness, medication, alcohol, drugs, sex, church activity, etc.**

**The most important thing a person can come to the realization of is that they are in pain, that their lives are unmanageable, and that they have a need.....a deep inner need and that the way they have been trying to fill that need is**

**not working. This is the first step to freedom. When we finally break through the denial and begin to seriously look at how we are managing our life, pain, and dealing with our existence “now” and “eternally”. Thus, begins the pathway to freedom.**

**NOTE: for “FREE TEACHINGS / FREE BOOKS” about Jesus and Christianity see:**

**[www.altogetherlovely.org](http://www.altogetherlovely.org)**

**Step One: We admitted we were powerless over our addictions and dysfunctions and that our lives had become unmanageable.**

**God has always been drawing us to Himself and He uses pain and our mortality to open our hearts and eyes to Him. We come out of “me” and begin to understand in a deeper way our need for “HIM.” We pray a simple pray from the heart and the journey begins:**

**“I can’t do this anymore. I have no power over the world, my sin, and my life. Trying to juggle all the balls is too much for me. I have tried to manage my life and I now realize that I can’t. I’ve had enough. There must be a better way. God if You are there, will You now show Yourself to me. I surrender.”**

**This “admittance” of our powerlessness and our inability to manage our own lives will be repeated “everyday” for the rest of our lives. Without this beginning each day, we will fall back into old ways and our despair & helplessness will only return.**



**Step One: We admitted we were powerless over our addictions and dysfunctions and that our lives had become unmanageable.**

**If you are willing to take this first step, you will begin to walk with the great men and women of God throughout history. With those who also came to the admittance of their need for God in their life. It has been said that the only difference between the great saints of God and others is that they moment by moment recognized their need of God. The Psalmist writes,**

**“For he will deliver the needy who cry out, the afflicted who have no one to help. He will take pity on the weak and the needy and save the needy from death. He will rescue them from oppression and violence, for precious is their blood in his sight.”**

**(Psalm 72:12-14)**

**Are you now ready for STEP TWO?**

**Step Two: Came to believe  
that a Power  
greater than ourselves  
could restore us to sanity.**

**Step Two: Came to believe that a Power  
greater than ourselves could restore us to sanity.**

**“What do you mean, ‘If I can’?” Jesus asked. “Anything is possible if a person believes.” The father instantly cried out, “I do believe, but help me overcome my unbelief!”**

**(Mark 9:23-24)**

(see: Exodus 14:14; Isaiah 1:18-20; Psalm 18:1-3, 16-19; 20:7-8; 27:13-14; 33:18-22; 46:1-3; 71:1-3; 107:27-31, 41-43; 109:21-27; 119:123-125; 119:162-166; 121; 130; 139:1-6; 142; 149:14; Proverbs 1:7; 2:2-12; 15:16; Matthew 9:12-13; 20:29-34; 2 Cor.1:8-11; Galatians 1:4; Mark 5:35-36; Luke 1:37; 9:56; 11:5-13; 13:10-13; 18:35-43; John 3:3-6; 3:14-18; 5:37-40; 6:28-29; 6:40; 6:63; 6:68-69; 8:12; 10:9-10; 10:37-39; 11:25-26; 12:46; 14:6; Acts 3:16; 4:12; 16:31; Romans 8:11,38-39; 10:1-4; 10:13; 1 Cor.1:18-25; 15:20-22; 2 Cor. 4:13-14; 5:21; Ephesians 2:4-5; Philippians 2:13; Col.2:12-14; Heb.2:14-18; 7:24-25; 1 John 4:10; James 1:17-18; Revelation 3:20)

**Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.**

**Watchman Nee in his classic book, “The Normal Christian Life” tells the story of a drowning man. He and his friends were swimming in a river one day enjoying a restful day. Suddenly, a shout was heard and they noticed their friend was in trouble.**

**Watchman was sitting on the shore nearby and his friend who was far off began to shout for him to swim over and save the drowning soul. But Watchman continued to sit and watch. The man in the water, hopelessly struggled and weakened more and more. Finally, Watchman dived in the water and rescued the man.**

**His friend swam over to the shore and began to rebuke Watchman. “What were you doing? Didn’t you see he was drowning?”**

**Step Two: Came to believe that a Power  
greater than ourselves could restore us to sanity.**

**“Yes,” replied Watchman.**

**“Well, why didn’t you jump in and save him?”**

**“Well, if I had jumped in too soon, he would have pulled me in with him and we would have both drown,” responded Watchman.**

**What was being shown here is that the man needed to come to “the end of himself.” He needed to have used up all his own abilities, strength, and resources so that he could finally be saved. This is true for all of us. In order to be saved, we need to come to a point where we understand “we need to be saved” and that “we can’t do it.” We need to become a drowning man calling out to the only one who can save us.....Jesus Christ.**

**You see, JESUS SAVES.**

**Step Two: Came to believe that a Power  
greater than ourselves could restore us to sanity.**

**We can't get to God. Many have tried through religion, through "spirituality", through ever conceivable means. Many have even tried to "become gods or God". But how can a lower form reach the "highest form of being?" It is impossible!! Absolutely impossible!!! But with God, "all things are possible!!!" God became man. God sent His Son, Jesus Christ, to take our sin upon Himself and free us from our sin – our stubborn, disobedience to God. We deserve death and God sent His Son, Jesus Christ into this world to give us "FORGIVENESS, LIFE, AND PEACE WITH GOD." If you are wanting to know more about this love of God, you can check out [www.altogetherlovely.org](http://www.altogetherlovely.org) and go to FREE TEACHINGS / CHRISTIAN BASICS / GOD IN YOUR HEART. If you are ready to trust Christ to "save you" then continue on to the next slide.**

## KNOWING GOD: The Salvation Message

**SALVATION THROUGH CHRIST: A Matter of FAITH:** What do you think it takes for someone to get to heaven? Is it luck? Good deeds? Nothing at all? Or is there something more? The Bible has the answer to this question.

It's a matter of F-A-I-T-H

**“F” stands for FORGIVENESS:** We cannot have eternal life without God's forgiveness. Ephesians 1:7a in the Bible says, “In Him (Jesus Christ) we have redemption through his blood, the forgiveness of sins.”

**“A” is for AVAILABLE:** Forgiveness is available for all. John 3:16 says, “For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.” But forgiveness is not automatic. “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven,” says Matthew 7:21a.

**“I” is for IMPOSSIBLE:** It is impossible for God to allow sin into heaven because of who He is and because of who we are. God is loving and just, but His judgment is against sin. James 2:13a says, “Because judgment without mercy will be shown to anyone who has not been merciful.” We are sinful people. Romans 3:23 says, “For all have sinned and fall short of the glory of God.”

## KNOWING GOD: The Salvation Message

**“T” is for TURN:** To turn means to repent. We can repent – or turn – from our sin and from ourselves. “But unless you repent, you too will all perish,” Luke 13:3b says. We can also turn to Someone. Trust Christ alone. Romans 10:9 tells us how: “That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised Him from the dead, you will be saved.”

**“H” is for HEAVEN:** Heaven is eternal life. Here, that means life “to the full:” “I have come that they may have life, and have it to the full (John 10:10b).” In the hereafter, it means the promise of heaven: “And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am (John 14:3).”

Take the step of faith described by another meaning of FAITH:

**Forsaking All I Trust Him**



## KNOWING GOD: The Salvation Message

To receive God's love and forgiveness, pray the following from the heart:

*“Lord Jesus, I know I am a sinner and have displeased You in many ways. I believe You died for my sin, and only through faith in Your death can I be forgiven and only through faith in Your resurrection can I have life. I want to turn from my sin and ask You to come into my life as my Savior and Lord. From this day on, I will follow You by living a life that pleases You through the Power of Your Holy Spirit. Now, fill me with Your Holy Spirit so I can serve You. Thank you, Jesus, for saving me. In Jesus' Name I pray. Amen.”*

Now, have a pastor find you a godly Christian mentor to help disciple you. Join a church where you worship God, grow in your faith, & attend Bible Study. Begin a daily personal worship experience where you study the Bible and pray.

*For more information about JESUS CHRIST, see:*

[www.altogetherlovely.org](http://www.altogetherlovely.org)

[www.whoisjesus-really.com/index.htm](http://www.whoisjesus-really.com/index.htm)

[www.whoiam.com](http://www.whoiam.com)

[www.historicjesus.com](http://www.historicjesus.com)

**Step Three: Made a decision  
to turn our will and our lives  
over to the care of God  
as we understood Him.**

**Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.**

**The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD for ever. (Psalms 23:1-6)**

(see: Deut.30:19-20; Psalms 3:5-6; 4:8; 9:9-10; 17:6-8; 28:6-9; 31:19-20; 56:3-4; 61:1-4; 62:5-7; 68:19-20; 86:11-13; 91:1-4; 94:17-19; 116; 143:8; 147:11; Proverbs 3:5-6; 14:26-27; 16:3; Matthew 6:31-34; 10:37-39; 11:28-30; 16:21-26; Luke 9:57-62; 11:2-4; 24:46-47; John 1:12-13; 3:16-18; 3:36; 5:24; 6:35-40; 8:1-11; 10:17-18; 12:26; 17:3; Acts 2:21; Romans 3:21-24; 4:20-25; 5:1; 5:8-11; 5:17; 6:12-14; 8:1; 10:9-13; 2 Cor.1:3-5; Eph.1:3-14; 2:8-9; Heb.4:1-2; 1 Peter 1:3-5; 1:13-16; 2:24-25; 1 John 4:15-17; 5:4-5)

### **Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.**

**It has been said that, “It is easy to make Jesus our Savior but it is another thing to make Jesus our Lord.” God Who loves us so much has a plan for our lives and we should not miss it. In Step Two, Jesus came into our heart and we trusted Him to save us from ourselves, the world, sin, the devil, and death. Jesus gave 100% of Himself for us at the cross!! He went “all the way” for us. Now it is our turn to go “all the way” for Christ. To give Him ourselves totally. Here we turn our will and our lives over to the care of the One Who loved us enough to die for us. We also see that Jesus trusted the Father totally – even unto death – death on the cross. God can be trusted and as we daily give our will and our lives over to Him – we discover His trustworthiness and we can now call Him “LORD OF OUR LIVES!!”**

**Father God, I come to You in the name of Jesus. You have made a way that I can enter in to Your presence and have forgiveness of sin. Thank You. Now, I understand that as I lived my life for “myself” – my life had no meaning or purpose. I see that You have a better plan for me. Your will is good, pleasing, and perfect. I pray You will give me the power to seek Your will in my life. I will to seek You and love You. I know You will work in me to will and act according to Your good purpose. In Jesus’ Name I pray. Amen.**

**Step Four: Made a searching  
and fearless  
moral inventory of ourselves.**

**Step Four: Made a searching and fearless  
moral inventory of ourselves.**

**People may be pure in their own eyes, but the Lord examines their  
motives. Commit your actions to the Lord, and your plans will succeed.**

**(Proverbs 16:2-3)**

(see: Psalms 66:18; 73:21-22; 90:8; Proverbs 5:3-6; 10:17; 13:13; 14:14-15;  
15:11; 15:31-33; 16:2-3; 19:19; 20:2; 20:19-20; 21:9; 22:24-25; 23:27;  
23:29-35; 25:28; 26:20-22; 29:1; 29:11; 29:20; 29:22-33; 30:11-12;  
Ezekiel 36:26-27,31; Matthew 5:27-32; 23:23-28; Mark 7:20-23; Luke 11:33-36;  
12:1-6; 12:15; 16:14-15; 17:3-6; Romans 6:16; 7:15; 8:5-9; 12:1-3; 13:11-14;  
1 Corinthians 3:1-3; 4:19-20; 7:3-16; 15:34; 2 Corinthians 6:14-7:1; 7:10; 10:12;  
13:5; Galatians 5:13-21; 6:3-5; Ephesians 5:3-7; 5:18; 5:22-23; 6:1-4;  
1 Timothy 5:8; James 2:2-8; 1 John 1:8)

## Step Four: Made a searching and fearless moral inventory of ourselves.

In Step Four, we begin to look at our past life so we can discover: where the enemy has deceived us, how living our lives for ourselves has been selfish, how sin has brought pain into our lives and the lives of others, and how God has been with us even though we weren't with Him. It is a time for some soul searching and God in His grace and love helps us as we sit down and pray. The following are two steps for preparing to look at your life:

a) Pray the following prayer before writing your Step 4:

*Father God, I come to You in the name of Jesus Christ Your Son. I thank You that I am Your child and that You love me deeply and dearly. I come to You through the shed blood of Jesus Christ on the cross. Thank You Jesus for dying for me. Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life. (Psalm 139:23-24)*

b) Begin to write your past biography using the outline on the next slide. Write the incidents that were negatively done to you as well as the negative things you did to God, others, and yourself. You can do this chronologically if you wish. This can be done in one session or more. God will lead you. Make sure you keep it in a safe spot .

c) Make sure the person you have been led to use understands this important step.

## Step Four: Made a searching and fearless moral inventory of ourselves.

### **FAMILY HISTORY**

- ❖ Religious history of parents and grandparents
- ❖ Home life from childhood through high school
- ❖ History of physical or emotional illness in your family
- ❖ Adoption, foster care, guardians

### **PERSONAL HISTORY**

- ❖ Spiritual journey (salvation: when, how, and assurance of)
- ❖ Eating habits (bulimia, bingeing & purging, anorexia, compulsive eating)
- ❖ Addictions (drugs, alcohol, sex, etc.)
- ❖ Prescription medications (what for? – addicting / mind-altering)
- ❖ Sleeping patterns and nightmares
- ❖ Rape or any sexual, physical, verbal, emotional abuse
- ❖ Thought life (obsessive, blasphemous, condemning, distracting thoughts, poor concentration, fantasy)
- ❖ Mental interference in church, prayer, or Bible Study
- ❖ Emotional life (anger, anxiety, depression, bitterness, fears)



**Step Five: Admitted to God,  
to ourselves,  
and to another human being  
the exact nature  
of our wrongs.**

**Step Five: Admitted to God, to ourselves,  
and to another human being the exact nature of our wrongs.**

**Confess your sins to each other and pray for each other so that  
you may be healed. The earnest prayer of a righteous person has  
great power and produces wonderful results. (James 5:16)**

(see: Psalms 32:3-5; 38:17-18; 40:11-13; 41:4; 51:3-4; 62:8; 69:5;  
119:66-67; Proverbs 16:8; 21:2; 27:17; 28:13-14; 30:32; Matthew 23:12;  
Luke 5:31; 15:4-7; 15:17-20; John 3:19-21; Acts 19:18; Rom. 14:12-13;  
Romans 14:22; 1 Corinthians 11:27-32; 2 Corinthians 10:3-5;  
Ephesians 4:14-15; 4:25; Colossians 3:5; Hebrews 4:12-16; James 4:7-8;  
James 5:16; 1 John 1:8-10; 1 John 2:1-2)

**Step Five: Admitted to God, to ourselves,  
and to another human being the exact nature of our wrongs.**

**One of the best formats for a Christian to use to get healed and free is the “Seven Steps to Freedom” by Freedom In Christ Ministries (Canada). These people are sincere and loving Christians who can help people with spiritual abuse, sexual abuse, emotional abuse, physical abuse, mental abuse, etc. They walk people through seven steps that help individuals heal and grow in Christ. The “Seven Steps to Freedom” deal with the following core issues:**

- 1)Counterfeit vs. Real**
- 2)Deception vs. Truth**
- 3)Bitterness vs. Forgiveness**
- 4)Rebellion vs. Submission**
- 5)Pride vs. Humility**
- 6)Bondage vs. Freedom**
- 7)Curses vs. Blessings**

**Contact them at: Email: [freedominchrist@sasktel.net](mailto:freedominchrist@sasktel.net) Website: [www.ficm.ca](http://www.ficm.ca)**

**For the Seven Steps to Freedom you can also check out:**

**[www.altogetherlovely.org](http://www.altogetherlovely.org) see FREE TEACHINGS / SEVEN STEPS TO FREEDOM.**

**Step Five: Admitted to God, to ourselves,  
and to another human being the exact nature of our wrongs.**

**Another method to use for your Step 5** is to extend and receive forgiveness using the format on the following two pages. Make sure you take your Step 4 to a trained, spiritually mature, and committed Christian. They should not be a gossip. A male/male or female/female relationship is essential. A few sessions may be needed.

b) With the person, start with prayer. Then begin to share your Step 4 to them. After each incident, use one of the following prayers as a guideline:

Step Five: Admitted to God, to ourselves,  
and to another human being the exact nature of our wrongs.

### **EXTENDING FORGIVING**

Father, I come to You through the Blood of Jesus. Thank You for Your love and forgiveness in my life. Lord, when (tell what happened and how you felt). Lord, you ask me to forgive (the person's name) [Matt. 18:21-35; Matt. 5:21-2]). So Lord as an act of obedience I forgive them. Lord, what they did was wrong – it was sin. But I choose to forgive the sinner. I want them to be set free so I give them to You. I release them and lay them at the foot of the Cross of Jesus Christ. Now, come and remove the pain from my life. Remove the feelings of (bitterness, anger, resentment, etc.). Forgive me for what I have held in my heart for all these years. Thank You for Your forgiveness. Now Lord, I ask you to bless this person. To work in their life and guide them. Thank You for this time of healing today. Lord, I love You and ask You for Your power to continue to forgive. I know forgiveness is a choice and not a feeling. In Jesus' name I pray. Amen.

Step Five: Admitted to God, to ourselves,  
and to another human being the exact nature of our wrongs.

### **ASKING FORGIVENESS**

Father, I come to You through the Blood of Jesus. Thank You for Your love and forgiveness in my life. Lord, when (tell what you did and how you felt then and now). Lord, I ask You to forgive me for my (selfishness, deceit, dishonesty, etc.). I also forgive myself. I ask You to now come and work in that person's life in a mighty way. Open up the doors for Your love, healing, and forgiveness in their life. I am truly sorry. Lord, when the time is right and appropriate, give me the wisdom and power to make this right with this person. I thank You Lord for Your forgiveness and Your shed blood at the Cross of Calvary. You are an amazing God. Now, come and fill me with Your Holy Spirit so I can serve You in Your Power and Grace. In Jesus' name I pray. Amen.

**Step Five: Admitted to God, to ourselves,  
and to another human being the exact nature of our wrongs.**

### **AFTERCARE**

- a) For aftercare, when you are finished Step 5, read Romans Chapters six to eight for thirty days straight. You should also meditate on verses that speak of God's love to you. Continue to "FORGIVE". Forgiveness is a choice. The "feelings" will come later.
- b) Eat properly, rest, and exercise. Also, reach out to someone in love.
- c) Continue to do your Steps. Continue to reinforce Steps 1-3 and move on to Steps 6-9.

**For more info. see: Christians in Recovery, Inc. at:**

**<http://christians-in-recovery.com/>**

**Step Five: Admitted to God, to ourselves,  
and to another human being the exact nature of our wrongs.**

NOTE: To maintain freedom in Christ, we **strongly** suggest the following:

- 1. Be involved in a loving, caring church fellowship** where you can be open and honest with others and where God's truth is taught with grace.
- 2. Read and meditate on the Bible daily.** Memorize key verses from the Steps to Freedom in Christ. You may want to read the Statement of Truth (see Step 2 and see below) aloud daily and study the verses in it.
- 3. Learn to take every thought captive to the obedience of Christ.** Assume responsibility for your thought life. Don't let your mind become passive. Reject all lies, choose to focus on the truth and stand firm in your true identity as a child of God in Christ.
- 4. Don't drift back to old patterns of thinking, feeling and acting.** This can happen very easily if you become spiritually and mentally lazy. If you are struggling with walking in the truth, share your battles openly with a trusted, spiritual, mature Christian who will pray for you and encourage you to stand firm.



**Step Five: Admitted to God, to ourselves,  
and to another human being the exact nature of our wrongs.**

- 5. Don't expect other people to fight your battles for you, however.**  
They can help you, but they can't think, pray, read the Bible or choose the truth for you.
- 6. Commit yourself to daily prayer.** Prayer demonstrates a life of trusting in and depending on God. You can pray the following prayers below often (in the power of God's Spirit) and with confidence. Let the words come from your heart as well as your lips and feel free to change them to make our prayers – your prayers!!
- 7. Put on the armor of God** (Ephesians 6:14-17).
- 8. Work through Walking in Freedom**, a 21-day devotional designed to reinforce the truth found in the Steps to Freedom in Christ. Contact "Freedom in Christ" Ministries.

**Step Six: Were entirely ready  
to have God  
remove all these defects  
of character.**

Step Six: Were entirely ready to have God  
remove all these defects of character.

**So think clearly and exercise self-control. Look forward to the gracious salvation that will come to you when Jesus Christ is revealed to the world. So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, "You must be holy because I am holy."**

**(1 Peter 1:13-16)**

(see: Psalms 4:4-5; 16:7-11; 19:12-13; 32:9-11; 94:12-13a; 119:10-12; 119:28-40; 139:23-24; 141:3-4; Proverbs 3:11-12; 17:10; Matthew 3:8; 5:3; 7:24-27; Acts 3:19; Romans 6:1-4; 6:11-12; 12:1-2; 12:22; 1 Cor.15:57; 2 Cor.5:17; 7:9-10; Gal.1:3-5; 5:16-17; Eph.1:7; 2:3-5; 4:17-23; 4:31-32; 5:8-10; Col.3:5-8; 1 Thess.4:3-8; 2 Tim.2:15; Titus 2:11-14; Philippians 4:13; Heb.6:11-12; James 1:5-6; 1:21; 1 Peter 2:1-2; 2:24; 1 John 2:28-3:3; 3:9-10; 4:18; Rev.3:19-20)

**Step Six: Were entirely ready to have God  
remove all these defects of character.**

**If you choose to do the “Seven Steps to Freedom” you will work through Step 6 and 7 during your “Fifth Step.” It is thorough and indepth. If you choose another method then you will also discover many of your character defects. God can set you free from each and every one if you become entirely ready to have God remove all of these. Many times we cling to our old way of doing things instead of allowing God to teach us to “walk in His ways” by His Holy Spirit. Step Six gets us ready for Step 7.**

**Father God, thank You for the power to have done my Fourth and Fifth Step. I praise Your Holy Name. Now, Lord of Life, I come before You humbly with all my faults, defects of character, and ways I have coped in life. I humble myself and ask you to make my heart entirely ready to have You remove all these defects of character. I don't want to walk in those self-defeating ways any longer. Lord, I'm ready!! In Jesus' Name I pray. Amen.**

**Step Seven: Humbly asked  
Him to remove  
our shortcomings.**

**Step Seven: Humbly asked Him to remove our shortcomings.**

**I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the Lord listened; he saved me from all my troubles. (Psalm 34:4-6)**

(see: Psalm 10:17; 25:8-11; 32:1; 32:6-8; 34:15; 37:4-6; 37:23-24; 39:7-8; 51:1-13; 51:10; 79:9; 91:14-16; 103:2-5; 119:133; Proverbs 1:7; 15:33; 18:12; 22:4; Matthew 3:1-2; 7:7-11; 15:22-28; 18:1-4; 21:21-22; Luke 18:9-14; Acts 3:19; Philippians 4:19; Hebrews 5:14-15; Hebrews 12:5-11; James 4:6; 1 Peter 5:6-7; 1 John 1:9; 3:4-9; 3:22-24)

## Step Seven: Humbly asked Him to remove our shortcomings.

Again, Step 6 & 7 will be covered in the “Seven Steps to Freedom”. If you have chosen another way to do your Fifth Step then you are now ready to Humbly ask God to remove your shortcomings. These were coping mechanisms and are no longer needed because God wants us to walk by faith in the Power of His Holy Spirit. Unfortunately, they have become our “friend” but we’ve now discovered it is time to get rid of this so called “friend” for these ways were really self-defeating and caused us and others a lot of pain and heartache. It is time to go to the cross of Jesus Christ and have Him remove all our shortcomings.

Father God, I want to walk as the New Creation You have made me to be. I want to walk in the Power of Your Holy Spirit trusting You to give me the Power to live my life for You. Father, I ask you to remove the following shortcomings (say them slowly from the heart ‘one by one’. Thank You Father. I now trust that You will help me to see my old ways and patterns as not of You and You will help me recognize when I slip back into old ways so I can trust You and Your power for a life pleasing to You. In Jesus’ Name I pray. Amen.

**Step Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.**



**Step Eight: Made a list of all persons we had harmed,  
and became willing to make amends to them all.**

**When I was a child, I spoke and thought and reasoned as a child.**

**But when I grew up, I put away childish things. Now we see things imperfectly as in a cloudy mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely. Three things will last forever—faith, hope, and love—and the greatest of these is love.**

**(1 Corinthians 13:11-13)**

(see: Psalm 133; Proverbs 10:12; Matthew 5:43-48; 6:14-15; 7:1-5; 18:21-35; 22:36-40; Mark 11:25; Luke 6:27-28; 6:37-38; 10:25-37; 19:8; John 13:34-35; Romans 2:1; 12:9; 12:14; 12:17; 13:8-10; 14:7-10; 1 Corinthians 4:5; 1 Corinthians 13:4-7; Philippians 2:3-4; 4:5; 1 Thess.3:12-13; 2 Timothy 1:7; 2 Timothy 1:7; James 4:11-12; 5:9; 1 Peter 2:19-23; 3:8-12; 4:7-8; 1 John 2:9-11; 1 John 4:19-21)

**Step Eight: Made a list of all persons we had harmed,  
and became willing to make amends to them all.**

**Steps 4-7, help us recognize the people we have hurt and offended.  
Now it is time to reconcile if possible, make amends, and ask for forgiveness.**

**On the next three slides, are some wonderful guidelines from the “SEVEN  
STEPS TO FREEDOM” from FREEDOM IN CHRIST MINISTRIES.**

**They will help guide you in your Step 8.**

**Father God, with pen in hand, I now write down all the people I have harmed.  
LORD I thank You again for Your forgiveness and healing. Lord, I have spent  
time making my life right with You. Now I wish to do my best to make things  
right with my fellow man in Your time and Your way. Bring to mind all the  
people I need to write down on this list. And Lord, I humbly become willing to  
make amends to them all in Your time and Your way. Thank You for the power  
and wisdom to do this. In Jesus’ Name I pray. Amen.**

## SEEKING THE FORGIVENESS OF OTHERS (Matt.5:23-26)

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. (24) First go and be reconciled to your brother; then come and offer your gift. (25) Settle matters quickly with your adversary who is taking you to court. Do it while you are still with him on the way, or he may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. (26) I tell you the truth, you will not get out until you have paid the last penny. (Matthew 5:23-26)

**STOP:** Leave your gift there in front of the altar.

**GO:** First go

**YIELD:** And be reconciled to your brother.

**U-TURN:** Then come and offer your gift.

## SEEKING THE FORGIVENESS OF OTHERS (Matt.5:23-26)

**Matthew 5:23-26 is the key passage on seeking forgiveness. Several points in these verses bear emphasizing:**

**The worshiper, coming before God to offer a gift, “remembers” that someone has something against him. The Holy Spirit is the One who brings to his mind the wrong he has done.**

**Only the actions that have hurt another person need to be confessed to them. If you have had jealous, lustful or angry thoughts toward another which they don't know about, these are to be confessed to God alone.**

**An exception to this principle occurs when restitution needs to be made. If you stole or broke something, damaged someone's reputation, etc., you need to go to that person and make it right even if they are unaware of what you did.**

# The Process of Seeking Forgiveness

1. Write out what you did wrong and why you did it.
2. Make sure you have already forgiven that person for whatever they may have done to you.
3. Think through exactly how you will ask him or her to forgive you.

## Be sure to:

- a. Label your action as “wrong”.
- b. Be specific and admit what you did.
- c. Make no defenses or excuses.
- d. Do not blame the other, and do not expect or demand that they ask you for your forgiveness.
- e. Your confession should lead to the direct question: “Will you forgive me?”

**Step Nine: Made direct  
amends to such people  
wherever possible,  
except when to do so  
would injure them or others.**

**Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.**

**“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.**

**(Matthew 5:23-24)**

(see: Psalm 51:14-17; 90:17; 126:5-6; Proverbs 15:1-4; 16:6-7; 16:20-24; 25:11; Ezekiel 33:14-15; Matthew 5:9; 7:12; 12:35-37; Luke 6:27-30; Romans 12:18-21; 14:19; 15:2; 15:5-6; 1 Corinthians 8:1-3; Galatians 6:7-10; Philippians 1:9-11; 4:2; Colossians 3:12-13; 3:18-21; 4:5-6; 1 Thess.5:15; Philemon 8-17; Hebrews 12:14-15; James 3:17-18; 1 Peter 1:22; 3:13; 1 John 3:17-19)

**Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.**

**Now it is time to make direct amends to such people wherever possible. This takes God's wisdom and we would suggest you go to a pastor or spiritual person and talk about how to best do this to get you started.**

**On the next slide, is a few steps from "THE SEVEN STEPS TO FREEDOM" from Freedom in Christ Ministries.**

**Lord God, You have brought me this far. I have made my list and I am ready to make my amends. Give me the wisdom to do this. I don't want to injure them or others and wish to reconcile, heal, and restore myself to these people. Lord, it is not my responsibility how they respond but make my heart right and give me Your power and wisdom. In Jesus' Name I pray. Amen.**



# The Process of Seeking Forgiveness

1. **Seek the right place and the right time to approach the offended person.**
2. **Ask for forgiveness in person with anyone with whom you can talk face-to-face with the following exception: DO NOT go alone when your safety is in danger.**
3. **Except where no other means of communication is possible, DO NOT write a letter.**
  - a. **A letter can be very easily misread or misunderstood.**
  - b. **A letter can be read by the wrong people, those having nothing to do with the offense or the confession.**
  - c. **A letter can be kept when it should have been destroyed.**
4. **Once you sincerely seek forgiveness, you are free, whether the other person forgives you or not (Romans 12:18)**
5. **After forgiveness, fellowship with God in worship (Matthew 5:24).**

**Step Ten: Continued to take  
personal inventory  
and when we were wrong promptly  
admitted it.**

**Step Ten: Continued to take personal inventory  
and when we were wrong promptly admitted it.**

**Because of the privilege and authority God has given me, I give each of you this  
warning: Don't think you are better than you really are. Be honest in your  
evaluation of yourselves, measuring yourselves by the faith God has given us.**

**(Romans 12:3)**

(see: Psalm 24:3-5; 68:5-6; 85:8-9; 101:2-4; 103:8-18; Proverbs 12:1;  
Matthew 5:8; 26:71-75; Mark 14:38; Luke 6:41-42; 12:1-3; 14:25-35;  
John 17:15-17; Romans 12:3; 12:16; 16:19-20; 1 Corinthians 3:11-16;  
6:12; 10:6-13; 10:23-24; 14:4-7,11; 2 Corinthians 10:17-18;  
Galatians 4:9; Ephesians 4:26-32; 5:15-16; Philippians 2:14-15;  
Colossians 3:1-3; 1 Thess.5:17-22; 2 Thess.3:3-5; 2 Tim.2:4-7; 2:14-16;  
2:20-26; Hebrews 2:1-3; 3:7-13; 9:13-14; 10:35-38; 12:25; 12:28;  
James 1:13-14; 1:19; 1 Peter 1:22-23; 2:11; 2 Peter 2:11; 3:17-18;  
1 John 1:9; 2:1-3; 2:15-17; 2 John 8)

**Step Ten: Continued to take personal inventory  
and when we were wrong promptly admitted it.**

**Now it is time to learn to walk anew with God. God would walk with people in the Old Testament but now He lives “in” His people through the power of His Holy Spirit. God is with us. We are the temple of God and His Holy Spirit lives in us. But God is Holy and wants us to walk in His holiness. Now, thanks to God’s grace and the work we’ve done, we have tools to work with. We now know how to keep our lives clean through confession, repentance, and asking God to fill us with His Holy Spirit. We cleanse ourselves through confession. We walk anew through repentance leaving the old ways behind. And we have God fill us with His power so we can have Jesus live His life through us. We must be vigilant for the enemy prowls around looking for those whom he can destroy.**

**But now we have the WAY, the TRUTH, and the LIFE!!**

**Father God, thank You that I can now keep my life cleansed and can turn away from sin and the old patterns that were self-defeating and sinful. Lord, through Step 5-9, I now have the means to keep my life in a manner that pleases You. I want to be a vessel of honor, fit for the Master’s service. Remind me to confess my character defects and sins. Teach me to walk anew. Fill me with Your Holy Spirit for the power to live for You. In Jesus’ name I pray. Amen.**

**Step Ten: Continued to take personal inventory  
and when we were wrong promptly admitted it.**

**MAINTAINING  
YOUR FREEDOM  
(Freedom in Christ Ministries)**

## Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

### MAINTAINING YOUR FREEDOM (From the “Seven Steps to Freedom”)

Even after finding freedom in Christ by going through these seven steps, you may still be attacked by demonic influences trying to regain control of your mind hours, days or even weeks later. But you don't have to let them. As you continue to walk in humble submission to God, you can resist the devil and he will flee from you (James 4:7).

The devil is attracted to sin like flies are attracted to garbage. Get rid of the garbage and the flies will depart for smellier places. In the same way, walk in the truth, confessing ALL sin and forgiving those who hurt you, and the devil will have no place in your life to set up shop.

Realize that one victory does not mean the battles are over. Freedom must be maintained. After completing these steps to freedom, one happy lady asked, “Will I always be like this?” I told her she would stay free as long as she remained in right relationship with God. “Even if you slip and fall,” I encouraged, “you know how to get right with God again.”

**Step Ten: Continued to take personal inventory  
and when we were wrong promptly admitted it.**

**One victim of horrible atrocities shared this illustration: “It’s like being forced to play a game with an ugly stranger in my own home. I kept losing and wanted to quit but the ugly stranger wouldn’t let me. Finally, I called the police (a higher authority) and they came and escorted the stranger out. He knocked on the door trying to regain entry, but this time I recognized his voice and didn’t let him in.”**

**What a beautiful picture of gaining and keeping your freedom in Christ!  
We call upon Jesus, the ultimate authority, and He escorts the enemy of  
our souls out of our lives.**

**Step Ten: Continued to take personal inventory  
and when we were wrong promptly admitted it.**

**YOUR FREEDOM MUST BE MAINTAINED. WE CANNOT EMPHASIZE THAT  
ENOUGH.**

You have won a very important battle in an ongoing way. Freedom will continue to be yours as long as you keep choosing the truth and standing firm in the strength of the Lord.

- ❖ If you become aware of lies you have believed, renounce them and choose the truth.
- ❖ If new painful memories surface, forgive those who hurt you.
- ❖ If the Lord shows you other areas of sin in your life, confess those promptly.



**Step Ten: Continued to take personal inventory  
and when we were wrong promptly admitted it.**

**This tool can serve as a constant guide for you in dealing with the things God points out to you. Some people have found it helpful to walk through the STEPS TO FREEDOM IN CHRIST again! As you do, read the instructions carefully. For your encouragement and growth, read:**

- Victory over the Darkness (youth version: Stomping Out the Darkness)**
- The Bondage Breaker (adult or youth version)**
- Walking in the Light (youth version: Know Light, No Fear)**
- Living for Christ**
- Freedom From Fear**
- Walking in Freedom (a 21-day devotional designed to reinforce the truth found in these steps)**

**[see: [www.ficm.ca](http://www.ficm.ca) to order books & resources]**

**Step Eleven: Sought through prayer & meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

Step Eleven: Sought through prayer & meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us & the power to carry that out.

**Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. (Philippians 4:6-9)**

(see: Psalms 1:1-3; 50:14-15; 55:22; 84:5-12; 105:1-4; 127:1-2; Proverbs 3:5-6; Matt.5:6; Luke 6:20-26; 6:46-49; 12:27-34; 17:7-10; 22:42; John 3:30; 4:13-14; 8:31-32; 14:12-21; 15:4-11; 16:23-27; Acts 20:28-32; Romans 5:3-5; 8:26-28; 1 Cor.10:31; 14:20; 15:58; 16:13-14; 2 Corinthians 3:17-18; 5:6-9; 5:14-15; 12:7-10; Gal.2:20; 6:14; Eph.1:17-19; 3:14-20; 5:19-20; 6:10-18; 5:18 1:20-21; 1:27-29; 3:7-14; Col.2:6-10; 3:14-17; 3:23-24; 1 Thess.3:9-12; 2 Thess.3:16-17; 2 Tim.1:12-14; 2:15; 3:14-17; Titus 3:1-7; 3:14; Heb.13:1-16; James 1:22-27; 1 Pet. 4:7-11; 5:8-10; 2 Pet 1:2-8; 1 John 1:7; 5:4-5; 5:18-21)

Step Eleven: Sought through prayer & meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us & the power to carry that out.

**Learning about God is a lifelong experience. His ways are higher and we can learn about Him the more we meditate on His ways through His Word and as we spend time in prayer listening to Him and talking to Him. Prayer is a wonderful way to praise and thank Him for His goodness. To confess our sins. To hear His voice and to continue to know His will for us. God's will is that we become more like Jesus. His will is good, pleasing and perfect. And He has created us with a purpose. We must continue to seek His will for our lives as well as trust Him for His power to carry out what He has us do each and every day. What a wonderful gift "prayer" is!!**

**Father God, You've done so much for me. Now Lord, I want to know You more and more. I want to read Your Word thinking about Your ways and how I can serve, love, and please You more and more. I want to learn how to live my life for You. Thank You for Your Word. I also thank You for prayer that helps me to be changed by Your presence and glory. What an awesome thing to come right into the presence of God and to thank You, love You, bless You, hear You, touch You, and know You. And You make Your will known to me and give me the power to live for You. I love You Lord. In Jesus' name I pray. Amen.**

**Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

**Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

**Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.**

**(Matthew 5:16)**

(see: Psalms 22:22-26; 40:1-8; 78:4; 92:1-4; 96:1-2; 106:1-3; 107:1-2; 111; 145; Proverbs 31:26-31; Mark 5:18-20; Luke 12:35-40; John 4:34-36; 16:33; Romans 1:14-17; 10:14-15; 1 Cor.9:22-27; 15:10; 16:9; 2 Cor.2:14-17; 4:1-2; 5:10-11; 5:18-20; Gal.6:1-2; Eph.2:10; Philippians 1:6; Col.1:9-13; 1 Thess.1:2-4; 2:1-4; 2:10-12; 5:14; 1 Tim.1:5; 1:12-16; Heb.10:24-25; Titus 2:7-8; James 5:7-8; 5:19-20; 1 Peter 2:9-10; 3:15-16)

**Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

**We have been awakened!! We were blind but now we see!! We have been obedient and walked through some difficult things with our God. He has been faithful! Now, we have a testimony of God's grace and love in our lives. We are more mature and we want to continue to grow in Christ. As we continue to practice the principles God has shown us we recognize others need Jesus too.**

**Do we go to Bible School? Maybe. Do we continue to study God's Word? Definitely!! But most importantly, we have been in God's school – the greatest school ever because it is preparing us for eternity. And in the meantime, we now desire to be used of God to build His kingdom by carrying the wonderful message of God's love, commitment, faithfulness, goodness, joy to others.**

**Father God, I love You. I am now more and more dead to sin and alive to You. I have found that You are my true satisfaction. You are teaching me to walk in Your paths of righteousness for Your Name's sake. Bless You. Now, Lord come and fill me with Your Holy Spirit. Give me the power and words to share this marvellous love with others. In Jesus' name I pray. Amen.**

**We've Finished  
the 12-Steps!!  
WHAT'S NEXT?**



## **We've Finished the Twelve Steps: WHAT'S NEXT?**

**You have come a long way. Praise the Lord. You have gone through the Twelve Steps. Now, should you rest? Yes, rest in God's love, mercy, joy, peace, and grace. And may the Lord bless you.**

**But, there is still so much to do. Jesus said we are to live "one day at a time." You now have a way to live your life through the 12 Steps. Those who continue to follow these steps grow in the grace and knowledge of Jesus Christ. Isn't that our desire.**

**Working the 12-steps with God's power and grace for the rest of your life is a must. If not, a person can fall back into old patterns, harden their hearts to Christ's love, and even backslide. What me? Never!! The enemy is still real. Our sinful nature doesn't get better. Sin is crouching looking to bring death again. We know what we go back to. But more importantly, we should desire more of JESUS!!. More of His love, His power, His goodness, His grace, His hope and more of HIM!!**

**May the Lord give you His grace to daily live the 12-Steps and to carry this message to others. GOD IS WITH YOU!!**

# **RESOURCES FOR CONTINUED HEALING AND GROWTH**

# **GUIDELINES FOR HEALING**

## GUIDELINES FOR HEALING

**It must be noted that there is no easy path or easy way in healing. Jesus' healing for us was painful. We are His disciples and are to live as He did. Sometimes God does a "big, miraculous healing". Sometimes God takes us through a long process. The most important thing to understand about healing is that God wants a relationship with us. He knows that if we were instantly healed, many of us would start to think we don't need Him anymore. The greater our need for God, the better off we are. Yes, it is painful!! Oh, so painful!! But, it is the means that keeps us constantly drawing close to our Lord. If you ever feel that God is just a far off God who doesn't care about your pain; just look at the cross. God has gone through every degree of pain, rejection, physical suffering, heart ache, abuse, and shame that any of us have. And to a greater degree. He understands and is with us in our healing.**

**The following are some GUIDELINES for healing:**

## GUIDELINES FOR HEALING

- Find people to share with who are mature, trustworthy, and caring. Be wise in your relationships. Unfortunately, wounded, dysfunctional people usually attract wounded, dysfunctional people. Step out and seek “healthy relationships” that nourish, encourage, and build you up.
- Start a daily “PRAYER JOURNAL”. Take time each day to allow God to heal you as you write your prayers down on paper. (See Chapter 1 – Activity #7 of the book “Experiencing God’s Love 1” from [www.altogetherlovely.org](http://www.altogetherlovely.org) see FREE BOOKS)
- When you are in a lot of pain, take time to draw close to God even though it is painful. Breathe slowly & deeply and focus on God in your heart. Prayer Journaling is also good to do at this point.
- Do nourishing things. Don’t just stay in a mode of healing and pain. Go for walks, read a good book, go swimming, ride your bicycle, etc. God wants to give you time to rest for the next healing.
- Minister to others. If you are feeling sorry for yourself, find someone who is “worse off” than you.
- Meditate on healing Scriptures. Learn more about God’s compassion, love, and healing power.

## GUIDELINES FOR HEALING

- Be wise in sharing your testimony of healing. Many times Christians ask “new converts” to share their testimony. The problem is that sometimes they share too much and end up feeling spiritually abused. Be wise and get guidance from mature Christians who have gone through healing.
- Our time here is preparation for eternity. We are being healed and transformed into the likeness of Christ for eternity. This time here is but “a breath”. Learn to understand this and renew your mind.
- God wants to restore the losses in our lives. But first He needs to prepare us to receive all His glorious riches. Having us mature as a Christian is God’s first goal.
- Embrace the “FIREBALL” in your heart. Draw deep down as much as you can and allow Jesus in.
- God doesn’t heal at the surface. He is the “Great Physician”. He goes down to the “core” of the problem which is usually confession of sin or unforgiveness.

## GUIDELINES FOR HEALING

- It is okay to get angry (but don't sin). David throughout the Psalms got angry. But he "wrote" his thoughts down on paper and never hurt someone else or himself. Write your anger on paper. Read it. Then throw the paper away. (Then read the Psalms "outloud").
- Allow yourself to GRIEVE your losses. You may start to cry for no reason. You may even feel depressed. It is alright. You are being healed. Your pain within you from your past is coming out.
- Be wise with prescription medicines. Read about the medication on the internet. Find out what they are treating, what the side effects will be, how long they plan on having you on the medication, whether or not it is addictive, how it will affect your healing process, etc. Get a few different doctors opinions. Find the balance between anti-medication people and people who give medications for everything. Remember, medications "mask" the problem – they don't get to the root. But, sometimes they help stabilize a person until they can get their life balanced. BE WISE. A spiritual Christian doctor, who can explain the pros and cons of medications, would be wise to talk to.

## GUIDELINES FOR HEALING

- Read Scripture that affirms who you are “in Christ”. You are God’s child and a blessing.
- God loves you. Meditate on this truth. Believe this truth. Listen to His voice about this truth.

### DISCLAIMER

**This information is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship.**

**This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this teaching claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this teaching offers “laymen” resources for those wanting to grow in Christ.**



**SCRIPTURES  
TO MEDITATE ON**

## HEAL – HEALED – HEALING (Meditate Daily)

- 1) if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land (2 Chr. 7:14)
- 2) Be merciful to me, LORD, for I am faint; O LORD, heal me, for my bones are in agony (Psa. 6:2)
- 3) I said, "O LORD, have mercy on me; heal me, for I have sinned against you."  
(Psalm 41:4)
- 4) .....and a time to heal, (Ecclesiastes 3:3)
- 5) Heal me, O LORD, and I will be healed; save me and I will be saved, for you are the one I praise. (Jer.17:14)
- 6) But I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares.' (Jer. 30:17)
- 7) Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security. (Jeremiah 33:6-7)

## HEAL – HEALED – HEALING (Meditate Daily)

- 8) "Come, let us return to the LORD. He has torn us to pieces but he will heal us; he has injured us but he will bind up our wounds. (Hosea 6:1)
- 9) "I will heal their waywardness and love them freely, for my anger has turned away from them. (Hos.14:4)
- 10) Jesus said to him, "I will go and heal him." (Matthew 8:7)
- 11) He called his twelve disciples to him and gave them authority to drive out evil spirits and to heal every disease and sickness. (Matthew 10:1)
- 12) Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give. (Matthew 10:7-9)
- 13) He replied, "Go tell that fox, 'I will drive out demons and heal people today and tomorrow, and on the third day I will reach my goal.'" (Luke 13:32)
- 14) Stretch out your hand to heal and perform miraculous signs and wonders through the name of your holy servant Jesus." (Acts 4:30)

## HEAL – HEALED – HEALING (Meditate Daily)

15) Reckless words pierce like a sword, but the tongue of the wise brings healing.  
(Proverbs 12:18)

16) A wicked messenger falls into trouble, but a trustworthy envoy brings healing.  
(Proverbs 13:17)

17) The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit. (Pro.15:4)

18) Pleasant words are a honeycomb, sweet to the soul and healing to the bones.  
(Proverbs 16:24)

19) But for you who revere my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall. (Malachi 4:2-3)

20) Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. (Matt 4:23)

## HEAL – HEALED – HEALING (Meditate Daily)

21) and the people all tried to touch him, because power was coming from him and healing them all. (Luke 6:19)

22) but the crowds learned about it and followed him. He welcomed them and spoke to them about the kingdom of God, and healed those who needed healing. (Luke 9:11)

23) By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name and the faith that comes through him that has given this complete healing to him, as you can all see. (Acts 3:16)

24) how God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him. (Acts 10:37-38)

25) O LORD my God, I called to you for help and you healed me. (Psalms 30:2)

26) He sent forth his word and healed them; he rescued them from the grave. (Psalms 107:20)

## HEAL – HEALED – HEALING (Meditate Daily)

27) But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. (Isaiah 53:5)

28) News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them. (Matthew 4:24)

29) The centurion replied, "Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. (Matt. 8:8)

30) When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick.

(Matthew 8:16-17)

## HEAL – HEALED – HEALING (Meditate Daily)

31) She said to herself, "If I only touch his cloak, I will be healed." Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed from that moment. (Matt.9:21)

32) Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by evil spirits, and all of them were healed. (Acts 5:16)

33) Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. (James 5:16)

34) He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. (1 Peter 2:24)

**Characteristics  
Of Unbroken (Proud)  
and Broken (Humble) People**



## Characteristics of Unbroken (Proud) and Broken (Humble) People

Nancy Leigh DeMoss contrasts characteristics of proud, unbroken people who are resistant to the call of God on their lives with the qualities of broken, humble people who have experienced God's revival. Read each item on the list as you ask God to reveal which characteristics of a proud spirit He finds in your life. Confess these to Him, then ask Him to restore the corresponding quality of a broken, humble spirit in you.

(Used by permission of Revive Our Hearts, P.O. Box 31, Buchanan, MI 49107-0031, <http://www.ReviveOurHearts.com>. All other uses require written permission)

# Characteristics of Unbroken (Proud) and Broken (Humble) People

## **Unbroken People**

Focus on the failures of others.

A critical, fault-finding spirit; look at everyone else's faults with a microscope, but their own with a telescope

Self-righteous; look down on others.

Independent, self-sufficient spirit.

Have to prove that they are right.

Claim rights; have a demanding spirit.

## **Broken People**

Overwhelmed with sense of their own spiritual need.

Compassionate; can forgive much because they know how much they have been forgiven.

Esteem all others better than themselves.

Dependent spirit; recognize their need for others.

Willing to yield the right to be right.

Yield their rights; have a meek spirit

## Characteristics of Unbroken (Proud) and Broken (Humble) People

### Unbroken People

Self-protective of time, rights, reputation.

Desire to be served.

Desire to be a success.

Desire self-advancement.

Have a drive to be recognized/appreciated.

Wounded when others are promoted and they are overlooked

### Broken People

Self-denying.

Motivated to serve others.

Motivated to be faithful to make others a success.

Desire to promote others.

Have a sense of their own unworthiness; thrilled that God would use them at all.

Eager for others to get the credit; rejoice when others are lifted up.

## Characteristics of Unbroken (Proud) and Broken (Humble) People

### Unbroken People

Have a subconscious feeling,  
“This ministry / church is privileged to  
have me and my gifts!”

Think of what they can do for God

Feel confident in how much they  
know.

Self-conscious.

Keep others at arm’s length.

### Broken People

Heart attitude is, “I don’t deserve to  
have a part in any ministry.”

Nothing to offer God except the life of  
Jesus flowing through their broken  
lives.

Humbled by how much they have to  
learn.

Not concerned with self at all.

Willing to risk getting close to  
others and to take risks of loving  
intimately.

# Characteristics of Unbroken (Proud) and Broken (Humble) People

## Unbroken People

Quick to blame others.

Unapproachable or defensive  
when criticized.

Concerned with being “respectable.”

Concerned about what  
others think.

Work to maintain image / protect  
reputation.

Find it difficult to share their spiritual  
needs with others.

## Broken People

Accept personal responsibility – can  
see where they are wrong.

Receive criticism with a humble, open  
spirit.

Concerned with being real.

All that matters is what God knows.

Die to own reputation.

Willing to be open and transparent  
with others as God directs.

## Characteristics of Unbroken (Proud) and Broken (Humble) People

### Unbroken People

Want to be sure nobody finds out when they have sinned; their instinct is to cover up.

Have a hard time saying, “I was wrong; will you please forgive me?”

When confessing sin, deal with generalities.

Concerned about the consequence of their sin.

Blind to their true heart condition.

### Broken People

Once broken, don't care who knows or who finds out; are willing to be exposed because they have nothing to lose).

Quick to admit failure and to seek forgiveness when necessary.

Able to acknowledge specifics when confessing sin.

Grieved over the cause, the root of their sins.

Walk in the light.

## Characteristics of Unbroken (Proud) and Broken (Humble) People

### Unbroken People

Unremorseful over their sins, sorry that they got caught or found out.

When there is a misunderstanding or conflict, wait for others to come and ask forgiveness.

Compare themselves with others and feel worthy of honor.

Don't think they have anything to repent of.

Don't think they need revival.  
(Think everybody else does!)

### Broken People

Truly, genuinely repentant over their sin, evidenced in the fact that they forsake that sin.

Take the initiative to be reconciled; see if they can get to the cross first!

Compare themselves to the holiness of God and feel a desperate need for His mercy.

Continual heart attitude of repentance.

Continually sense their need for a fresh encounter with the filling of the Holy Spirit!

**PRAYER,  
TEACHING,  
POETRY**



## PRAYER FOR HEALING THE WOUNDED SPIRIT

I SAY IN THE NAME OF THE LORD JESUS CHRIST THAT MY LIFE IS NOT A MISTAKE. GOD MADE ME OUT OF THE LOVE THAT HE IS. HE CALLED ME INTO BEING AT THE RIGHT TIME AND THE RIGHT PLACE. HE PREPARED A WAY FOR ME AND GAVE HIS LIFE FOR ME. I AM A PRIVILEGE, NOT A BURDEN; A JOY AND A DELIGHT, NOT A DISAPPOINTMENT; I AM NOT AN INTRUSION, I BELONG. I AM A TREASURE JUST BECAUSE I AM, NOT MERELY FOR WHAT I CAN DO. I AM ONE OF GOD'S OWN CHILDREN, AND HE DELIGHTS IN ME. THE LORD IS POURING HIS LOVE IN TO ME. I CHOOSE TO FORGIVE THOSE THAT WOUNDED ME. FORGIVE ME FOR REJECTING THE LIFE YOU PLANNED FOR ME. I ASK, LORD, THAT YOU EMPOWER ME TO CHOOSE LIFE. I CHOOSE LIFE – YOUR LIFE. IN JESUS' NAME I PRAY. AMEN.

(MATT.6:12,14-15; 18:21-35; JOHN 20:23)

(Unknown)

## **LORD, TEACH ME TO LOVE MYSELF**

**I CANNOT LOVE ANOTHER, IF I HAVE NO LOVE TO GIVE.  
I CANNOT LIGHT ANOTHER'S WAY, UNTIL I'VE LEARNED TO LIVE.  
I CANNOT LEND A HELPING HAND, UNLESS MY ARM IS STRONG.  
OR TEACH YOU LOVELY MELODIES,  
UNTIL I'VE LEARNED MY SONG.  
I CANNOT TELL MY LOVED ONE,  
TO BE STRONG AND PROUD AND FREE.  
UNLESS I FEEL WITHIN MY HEART,  
THAT'S HOW YOU FASHIONED ME.  
I CANNOT TOUCH YOUR CHILDREN,  
LORD, AND SHOW THEM THAT I CARE.  
UNTIL I LOOK INSIDE MYSELF,  
AND LOVE WHAT I SEE THERE.**

**(Unknown)**

## **A TIME TO RISK**

**To Laugh Is To Risk Appearing The Fool,  
To Weep Is To Risk Appearing Sentimental,  
To Reach Out For Another Is To Risk Involvement.  
To Expose Feelings Is To Risk Exposing Your True Self.  
To Place Your Ideas, Your Dreams Before The Crowd  
Is To Risk Loss,  
To Love Is To Risk Not Being Loved In Return.  
To Live Is To Risk Dying,  
To Hope Is To Risk Despair,  
To Try At All Is To Risk Failure.**

**(next)**

## **A TIME TO RISK**

**But Risk We Must –  
Because The Greatest Hazard To Life Is To Risk Nothing.  
The Man Who Risks Nothing;  
Does Nothing, Has Nothing, Is Nothing.  
He May Avoid Suffering – But  
He Simply Cannot Learn, Feel, Change, Grow, Love, Live.  
Chained By His Attitudes, He Is A Slave;  
He Has Forfeited Freedom.  
Only The Person Who Risks Can Be Called A True Man.  
(Unknown)**

## “BREAKING GENERATIONAL SIN”

Father God, in the mighty name of Jesus Christ, I come to You now and repent on behalf of my family line. Lord, whenever there was the sin of (name the sin) on my father's or mother's side, I repent of that sin on behalf of myself and my family, both on the (father's family name) side and on the (mother's family name) side. When ever I or my ancestors yielded to this particular sin, even as far back as Adam, I ask You to forgive us as a family and to cleanse the family line of this sin by the Blood of Jesus. When ever You see an invisible soul-tie that connects me with any of those people who yielded to this sin, I now take a sword in the spirit and in the name of Jesus Christ and through the Blood of Jesus Christ I sever that connection in the spirit and I break every unholy soul-tie between myself and those previous generations. And I now place a river of the Blood of Jesus Christ and those generations and render myself free from any unholy influence. I also break any curse that has come to me or my children through generational sins and curses. In Jesus' name and through His Blood, I ask you to turn the curses into blessings. In Jesus' name I pray. Amen. *(Pray this prayer each time you identify a generational sin operating in your family).* **From “Spiritual Warfare and Your Children” by Ray Beeson & Kathi Mills**

## “A PRAYER FOR BLESSING”

As I seek to cleanse my hands, O God,  
purify my heart and make me acceptable in Your sight.

I pray that You would look upon me and bless me.

As I humble myself before You, exalt me  
and let Your favour go before me.

Spread Your goodness before me.

May it accompany Your mercy as it follows me  
in accordance with Your promises.

Lord, cause Your face to shine upon me.

Let Your blessings overtake me.

Grant me peace with all who would set their face against me  
as I walk in peace and fellowship with You.

Let no weapon formed against me succeed.

Equip me with the strength to do Your will.

Bless the work of my hands, and cause me to prosper in all my ways,  
even as my soul prospers.

## **“A PRAYER FOR BLESSING”**

Order my steps on paths of promotion as I acknowledge You.  
Grant me the power to gain wealth as I surrender my all to You.  
Most of all, I pray that You grant me wisdom.  
The wisdom to seek You above all things.  
Teach me to be a wise steward of all You grant,  
and let each blessing that You render,  
be an occasion to further glorify Your name in all the earth.  
In the matchless and wonderful name of Jesus I pray. Amen.

**From the book “How to be Blessed and Highly Favored”  
by Michelle McKinney Hammond**

## ARMOUR OF GOD

Good morning Father! Good morning Jesus! Good morning Holy Spirit!

Today Heavenly Father, according to Your Word,  
I present my body to You as a living sacrifice,  
holy and acceptable in Your sight.

Because I am not attending against flesh and blood,  
but against principalities, powers, world rulers of this present darkness,  
and spiritual hosts of wickedness in heavenly places,

I take the whole armour of God  
so that I am be able to withstand in the evil day.

So today I stand and gird my loins with truth.

I put on the breastplate of righteousness.

I shod my feet with the preparation of the Gospel of peace.

Above all these, I take the shield of faith  
to quench all the flaming darts of the evil one.

I take the helmet of salvation and the Sword of the Spirit,  
which is the Word of God.



## ARMOUR OF GOD

I pray at all times in the Spirit with all prayer and supplication  
for all God's family and for me  
that I may open my mouth boldly to proclaim the Gospel.

The weapons of my warfare are not worldly  
but have divine power to destroy strongholds.

Today I destroy obstacles and every proud obstacle  
to the knowledge of God

and take every thought captive to obey Christ.

Thank you Lord, that according to Your Word  
the glory of the Lord is my rear guard.

I praise You and thank You for the armor of light

You have provided for me this day.

I am completely covered now.

Upon Jesus I have built my life.

The gates of hell shall not prevail against me.

## ARMOUR OF GOD

Jesus I apply Your precious Blood to my life,  
my family, my home, and all my possessions.

You are my Shepherd and I shall not want.

You have supplied all my needs  
according to Your riches in glory.

I can do all things through Christ who strengthens me.

I praise You for walking in divine health  
for You are my God who heals all my diseases.

I praise You and thank You for my prosperity  
and good health even as my soul prospers.

For the joy of the Lord is my strength.

## ARMOUR OF GOD

Father, I have prayed according to Your Word.  
You said You would watch over Your Word to perform it.  
I am reminded that every word spoken becomes a living thing –  
either to minister life or death and destruction.

Jesus, let my meditation be sweet to You  
as I will rejoice in You all day.

Just rise up and live big within me.

For I am Yours and You are mine.

In the Mighty Name of Jesus I pray. Amen.

*(PRAY THIS PRAYER EVERY MORNING)*

**AUTHOR UNKNOWN**

From Agape Banners at: <http://www.agapebanners.com>

## INTERCESSORY PRAYER FOR A SON/DAUGHTER

I come to You in the name of Jesus  
on behalf of my son/daughter (their name).

I thank You Lord that You have given him/her to me as a heritage  
to love and raise to Your glory.

I ask You to forgive me for my failures  
to lead and guide him/her in the way he/she ought to go.

I thank You that You are the God that restores  
and brings good out of evil.

Take my past failures and use them to Your glory  
as you faithfully draw (their name) to Yourself.

I thank You that through You I am mighty  
and can pull down the strongholds of the enemy.

I exercise that authority now in the mighty name of Jesus.

## INTERCESSORY PRAYER FOR A SON/DAUGHTER

And in Jesus' name I bind the powers of darkness  
that would bind (their name) to Your truth  
and I command them to loose him/her now.

And Father, in Jesus' name,  
I ask that You would draw (their name)  
to Yourself, convicting him/her of their sin by Your Holy Spirit.

I plead the protection and deliverance  
of the Blood of Jesus over (their name)  
and by faith claim (their name) for the Kingdom of God.

In Jesus' name I pray. Amen.

**From the Book "Spiritual Warfare and Your Children"**

**by Ray Beeson & Kathi Mills**

## PRAISE

You are holy, my only God and Your deeds are wonderful.

You are strong. You are great. You are the Most Almighty.

You, Holy Father, are King of heaven and earth.

You are Three and One, Lord God, all Good.

You are Good, All Good, Supreme Good,

Lord God, living and true.

You are my love. You are my wisdom. You are my humility.

You are my endurance. You are my rest. You are my peace.

You are my joy and my gladness.

You are my justice and my moderation.

## PRAISE

You are all my riches, You are my gentleness.  
You are my protector, my guardian, and my defender.  
You are my courage. You are my haven and hope.  
You are my faith, and my great consolation.  
You are my eternal life, Great and Wonderful Lord,  
God Almighty, Wonderful and Merciful Savior.  
In Jesus' Name I praise and pray to You. Amen.

From Agape Banners at: <http://www.agapebanners.com>

# **Scripture Index for Christian Growth**



## Scripture Index for Christian Growth

- **ACTION:** [Isaiah 30:21; 1 Cor.4:20; Romans 6:1-4; Gal.5:16-26; Eph.4:1-3; 5:1-2; 5:15-18]
- **ANGER/RESENTMENT:** [Psa.37:8-11; Pro.19:11; 20:22; 22:24; Matt.5:5-21; James 1:19-20]
- **BITTERNESS:** [Ex.16:1-3; Pro.10:12; Matt.7:1-5; Eph.4:31-32; Heb.12:14-15; James 5:9; 1 John 2:9-11]
- **BLAME:** [Gen.3:9-15; Ex.32:19-24; 1 Sam.13:11-14; 15:16-23; Jer.1:6-7; Luke 14:15-24; Romans 1:20]
- **COURAGE:** [Psa.27:14; 34:1-2; 46:1-2; 91; 118:5-7; John 16:33; Eph.6:10-17; Philippians 1:27-28]
- **DEPENDENCE UPON GOD:** [Deut.33:27; 2 Chron.20:6-12; Psa.127:1; Pro.3:5-6; John 15:5]
- **DISCOURAGEMENT:** [Psa.42:4-11; 61:1-5; 73:26; 2 Cor.4:15-18; Heb.12:3-4; 12-15; Rev.21:3-4]
- **“EASY DOES IT”:** [Psa.94:19; Ecc.7:8-9; Rom.12:12; Titus 2:2; Heb.10:36; James 1:2-4; 5:7]

## Scripture Index for Christian Growth

- **FAITH:** [Matt.6:30; 8:23-27; Mark 9:14-24; 11:24-25; Rom.4:18-25; 5:1-2; Eph.6:13-17; James 1:5-8]
- **FEAR:** [Psa.23:4; 34:4; 41:1-3; Pro.28:1; 29:25; Isa.43:1-2; 51:12-13; Matt.5:39; Rom.8:38-39; 12:21; 1 John 4:18]
- **FREEDOM:** [Psa.107:13-16; 116:16; John 8:32; Rom.6:1-7, 22; 8:1-14; Gal.5:1; 5:13-24; 1 Pet.1:2; 2:16]
- **FORGIVENESS:** [Gen.50:14-21; Psa.32:1-5; 65:3; 103:1-2; Mark 11:24-25; Luke 17:1-4; Col.3:9-13]
- **FRIENDSHIP WITH GOD:** [Ex.33:1; Job 16:20-22; Psa.25:14; Pro.18:24; John 15:13-14; Heb.13:5-6]
- **GUILT:** [Gen.3:8-10; Psa.51:11-15; Isa.53:6; Ro.3:23-24; 5:8-9; 5:20-21; 7:15-17; Gal.3:21-22; Jam.2:10]
- **GRATITUDE:** [Psa.9:11-12; 106:1-2; 107:1-2; Luke 15:11-32; 17:11-19; Col.1:12-14; 3:15; 1 Pet.2:9-10]
- **HEALING:** [Hos.5:15-6:3; Psa.107:10-22; Isa.53:3-5; 61:1; Mark 2:17; 5:21-34; Heb.2:14-15; Jam.5:16]

## Scripture Index for Christian Growth

- **HONESTY:** [Lev.19:11-13; 35-36; Psa.51:6; Pro.11:1; 16:8; 20:10; Ro.12:17; 13:12-14; 1 Pet.3:10-12; 1 Joh.1:8-10]
- **HOPE:** [Psa.31:19-24; Pro.13:12; Lam.3:20-26; Jer.29:11; 31:13-14; Hos.2:15; Rom.5:3-5; 15:13; 2 Thess.2:16-17]
- **HUMILITY:** [Psa.37:11; 69:32-33; Pro.22:4; Mic.6:8; Mark 9:35; Romans 12:1-3; 1 Cor.1:3-16; James 3:13-18]
- **JOY:** [Psa.28:6-7; 31:7-8; 32:1; 33:20-22; 34:1-3; 42:4-8; 69:29-33; 100:1; Pro.13:12; Isa.12]
- **“LET GO & LET GOD”:** [Psa.33:18-22; 39:1-7; 42:9-11; 46:1-2; Jer.17:7-8; 2 Cor.1:9; James 4:10]
- **LONELINESS:** [Psa.31:20-22; 68:6; 146; Ecc.4:9-10; Matt.28:18-20; 1 Pet.3:8; 1 John 1:7]
- **“LIVE & LET LIVE”:** [Matt.7:1-5; Luke 10:38-42; Rom.2:1; 14:4; 14:10-13; 1 Cor.2:11; 4:5; 1 Thess.4:11; Jam.5:9]
- **LOVE:** [Deut.10:12; John 3:16; 13:34-35; 15:9-14; Ro.8:35-39; Gal.2:20; Col.3:12-15; 1 Pet.4:7-10]

## Scripture Index for Christian Growth

- **NEWNESS OF LIFE:** [Eze.11:19-20; Luke 15:11-24; Rom.6:1-4; 2 Cor.5:17; Eph.2:1-10; Phil.4:8-9; Col.3:9-14]
- **OBEDIENCE:** [1 Sam.12:14-17; 15:22-23; 1 Chro.22:19; John 15:9-10; Acts 5:28-29; James 2:12-13, 17-20]
- **“ONE DAY AT A TIME”:** [Psa.110:3; Pro.27:1; Matt.6:25-34; Luke 12:11,12,25,26; Phil.3:13-14; 4:6; 1 Pet.5:7]
- **OPEN-MINDEDNESS:** [Pro.18:15; Isa.30:21; 55:8-9; Matt.16:23; 21:28-32; Mark 9:23; Eph.3:21-21; Heb.3:10]
- **OVERCOMING:** [Psa.40:1-2; Nah.1:7; Isa.40:28-31; John 16:33; Rom.12:21; 13:11-14; 2 Tim.3:14-17; 1 John 5:1-5]
- **PAIN:** [Psa.50:14-15; Isa.53:5-6; Mark 14:32-38; Rom.8:17-18; 2 Cor.4:7-18; Heb.2:9-10; 11:24-25; James 5:10-11]
- **PATIENCE:** [Psa.27:14; 37:7; 116:1-2; Ecc.7:8; Rom.12:12; Heb.10:36; James 1:2-4; 5:7-11]
- **POWER:** [1 Chron.29:12-14; Matt.8:23-27; Rom.1:16-17; 8:26-39; 1 Cor.1:26-31; Eph.3:14-21; 1 Pet.5:10-11]

## Scripture Index for Christian Growth

- **PRAYER:** [1 Chron.16:11; Psa.65:1-3; Matt.7:7-11; 26:41; Luke 1:1-8; John 16:16-24; Rom.8:24-28; James 5:13-16]
- **PROMISES:** [Josh. 21:45; 2 Chron.7:14; Psa.34:18-20; Luke 1:1-8; John 14:1-4; Rom.4:21-22; 8:28; 2 Cor.12:9-10]
- **REBELLION:** [Dan.9:9; Ecc.12:13; Isa.30:1-3; 65:1-2; Jer.5:21-25; Jam. 1:26-27]
- **RECONCILIATION/AMENDS:** [Isa.53:1-6; Matt.5:21-24; Rom.5:1-2; 2 Cor.5:17-20; Eph.2:14-18; Col.1:20-23]
- **RELAPSE:** [Psa.26:12; 71:20-21; Rom.6:1-4; 1 Cor.10:12-13; James 1:13-15; 1 Pet.1:14-16; 2 Pet.2:9]
- **RELIGION:** [Deut.10:12-13; Ecc.12:13; Hosea 6:6; Mark 12:28-34; Romans 13:8-10; James 1:26-27]
- **SERENITY/PEACE:** [Psa.5:11; Isa.26:3; Matt.5:6-10; John 15:9-12; Phil.4:4-7; Col.3:15; 1 Pet.1:8-9; 3:11]
- **STUMBLING BLOCKS:** [1 Cor.5:3-9; 8:9; Eph.5:1-9; 1 Pet. 2:7-8; 1 John 5:18-21]

## Scripture Index for Christian Growth

- **TEMPTATION:** [Pro.4:14-19; Matt.26:41; Luke 17:1-4; 2 Thess.3:1-5; Heb.2:14-18; 4:12-16; James 1:12-18; 4:4-10]
- **VENGEANCE:** [Lev.19:18; Pro.20:22; 24:28-29; Matt.5:38-39; 1 Pet.3:9]
- **WILL OF GOD:** [Psa.40:6-8; Pro.16:1; Matt.6:31-34; John 6:25-29; Rom.8:28,29; 12:1-2; Jam. 4:13-17; 1 Pet.1:5-8]
- **WILLINGNESS:** [1 Chron.28:9; Psa.51:10-12; Isa.1:18-19; Rom.12:1-2; 2 Cor.8:10-12; Philippians 2:13]
- **WISDOM:** [Job 28:28; Psa.111:10; Pro.2:1-9; Ecc.7:11-12; Matt.7:24-29; Col.3:16-17; 2 Tim.3:14-17; Jam.3:17-18]

Used by permission from Christians in Recovery, Inc.

<http://christians-in-recovery.com/>

*Copyright ©1994, 2000, 2003 Christians in Recovery, Inc.*

*All Rights Reserved*

*except where copyrighted by other individuals or organizations*

**Comparing an  
“Unrenewed” Heart  
to a  
“Renewed” Heart**

## Character of the Unrenewed Heart

Hateful to God (Pro.6:16,18; 11:20); Full of evil (Ecc.9:3); Full of evil imaginations (Gen.6:5; 8:21; Pro.6:18); Full of vain thoughts (Jer.4:14); Fully set to do evil (Ecc.8:11); Desperately wicked (Jer.17:9); Far from God (Isa.29:13; Matt.15:8); Not perfect with God (1 Kings 15:3; Acts 8:21; Pro. 6:18); Not prepared to seek God (2 Chr.12:14); A treasury of evil (Matt.12:35; Mark 7:21); Darkened (Rom.1:21); Prone to error (Psa.95:10); Prone to depart from God (Deut.29:18; Jer.17:5); Impenitent (Rom.2:5); Unbelieving (Heb.3:12); Blind (Eph.4:18); Uncircumcised (Lev. 6:41; Acts 7:51); Of little worth (Pro.10:20); Deceitful (Jer.17:9); Deceived (Isa.44:20; James 1:26) Divided (Hos. 10:2); Double minded (1 Chr.12:33; Psa.12:2); Hard (Eze.3:7; Mark 10:5; Rom.2:5); Haughty (Pro.18:12; Jer.48:29); Influenced by the devil (John 13:2); Carnal (Rom.8:7); Covetous (Jer.22:17; 2Pet.2:14);



## Character of the Unrenewed Heart

Despiteful (Eze.25:15); Ensnaring (Ecc.7:26); Foolish (Pro.12:23; 22:15);  
Froward (Psa.101:4; Pro.6:14; 17:20); Fretful against the Lord (Pro.19:3);  
Idolatrous (Eze.14:3,4); Mad (Ecc.9:3); Mischievous (Psa.28:3; 140:2);  
Proud (Psa.101:5; Jer. 49:16); Rebellious (Jer.5:23); Perverse (Pro.12:8);  
Stiff (Eze.2:4); Stony (Eze.11:19; 36:26); Stout (Isa.10:12; 46:12); Elated by sensual  
indulgence (Hos.13:3); Elated by prosperity (2 Chr.26:16; Dan.5:20); Studies  
destruction (Pro.24:2); Often judicially stupefied (Isa.6:10; Acts 28:26,27); Often  
judicially hardened (Ex.4:21; Joshua 11:20)

## Character of the Renewed Heart

Prepared to seek God (2 Chr.19:3; Ezra 7:10; Psa.10:17); Fixed on God (Psa.57:7; 112:7); Joyful in God (1 Sam.2:1; Zech.10:7); Perfect with God (1Kings 8:61; Psa.101:2); Upright (Psa. 97:11; 125:4); Clean (Psa.73:1); Pure (Psa.24:4; Matt.5:8); Tender (1 Sam.24:5; 2 Kings22:19); Single and sincere (Acts 2:46; Heb.10:22); Honest and good (Luke 8:15); Broken, contrite (Psa.34:18; 51:17); Obedient (Psa.119:112; Rom.6:17); Filled with the law of God (Psa.40:8; 119:11); Awed by the word of God (Psa.119:161); Filled with the fear of God (Jer.32:40); Meditative (Psa.4:4; 77:6); Circumcised (Deut.30:6; Rom.2:29); Void of fear (Psa.27:3); Desirous of God (Psa.84:2); Enlarged (Psa.119:32; 2 Cor.6:11); Faithful to God (Neh.9:8); Confident in God (Psa.112:7); Sympathizing (Jer.4:19; Lam.3:51); Prayerful (1Sam.1:13; Psa.27:8); Inclined to obedience (Psa.119:112); Wholly devoted to God (Psa.9:1; 119:10, 69, 145); Zealous (2 Chron.17:6; Jer.20:9); Wise (Pro.10:8; 14:33; 23:15); A treasury of good (Matt.12:35)

## Christ's Example

Is perfect (Heb.7:26); Conformity to, required in Holiness (1Pet.1:15,16; Rom.1:6); Righteousness (1 John 2:6); Purity (1 John 3:3); Love (John 13:34; Eph 5:2; 1 John 3:16); Humility (Luke 22:27; Phil.2:5,7); Meekness (Matt.11:29); Obedience (John 15:10); Self-denial (Matt. 16:24; Rom.15:3); Ministering to others (Matt.20:28; John 13:14,15); Benevolence (Acts 20:35; 2 Cor.8:7,9); Forgiving injuries (Col.3:13); Overcoming the world (John 16:33; 1 John 5:4); Being not of the world (John 17:16); Being guileless (1Pet.2:21-22); Suffering wrongfully (1Pet.2:21-23); Suffering for righteousness (Heb.12:3); Saints predestinated to follow (Rom.8:29); Conformity to, progressive (2 Cor.3:18)

**Adapted from Torrey's Topical Textbook (Public Domain)**

**[[www.ccel.org](http://www.ccel.org)]**

# **BIBLICAL MIRACLES**

## Miracles of Christ

Water turned to wine (John 2:6-10); Nobleman's son healed (John 4:46-53); Centurion's servant healed (Matt. 9:5-13); Draughts of fish (Luke 5:4-6; John 21:6); Devils cast out (Matt 8:28-32; 9:32,33; 15:22-28; 17:14-18; Mark 1:23-27); Peter's wife's mother healed (Matt. 8:14,15); Lepers cleansed (Matt. 8:3; Luke 17:14); Paralytic healed (Mark 2:3-12); Withered hand restored (Matt.12:10-13); Impotent man healed (John 5:5-9); The dead raised to life (Matt. 9:18; 19:23-25; Luke 7:12-15; John 11:11-44); Issue of blood stopped (Matt. 9:20-22); The blind restored to sight (Matt. 9:27-30; Mark 8:22-25; John 9:1-7); The deaf and dumb cured (Mark 7:32-35); The multitude fed (Matt. 14:15-21; 15:32-38); His walking on the sea (Matt.14:25-27); Peter walking on the sea (Matt.14:29); Tempest stilled (Matt.8:23-26; 14:32); Sudden arrival of the ship (John 6:21); Tribute money (Matt.17:27); Woman healed of infirmity (Luke 13:11-13); Fig tree blighted (Matt.21:19); Malchus healed (Luke 22:50,51); Performed before the messengers of John (Luke 7:21,22); Many and divers diseases healed (Matt.4:23,24; 14:14; 15:30; Mark 1:34; Luke 6:17-19); His transfiguration (Matt. 17:1-8); His resurrection (Luke 24:6; John 10:18); His appearance to his disciples, the doors being shut (John 20:19); His ascension (Acts 1:9)

## Miracles Done Through Servants of God

**Moses and Aaron:** Rod turned into a serpent (Ex.4:3; 7:10); Rod restored (Ex. 4:4); Hand made leprous (Ex. 4:6); Hand healed (Ex. 4:7); Water turned into blood (Ex.4:9,30); River turned into blood (Ex.7:20); Frogs brought (Ex.8:6); Frogs removed (Ex. 8:13); Lice brought (Ex.8:17); Flies brought (Ex.8:21-24); Flies removed (Ex.8:31); Murrain of beasts (Ex.9:3-6); Boils and blains brought (Ex.9:10,11); Hail brought (Ex. 9:23); Hail removed (Ex.9:33); Locusts brought (Ex.10:13); Locust removed (Ex.10:19); Darkness brought (Ex.10:22); The first-born destroyed (Ex.12:29); The red-sea divided (Ex. 14:21,22); Egyptians overwhelmed (Ex.14:26-28); Water sweetened (Ex.15:25); Water from rock in Horeb (Ex 17:6); Amalek vanquished (Ex.17:11-13); Destruction of Korah (Num.16:28-32); Water from rock in Kadesh (Num.20:11); Healing by brazen serpent (Num.21:8,9)

**Joshua:** Waters of Jordan divided (Jos.3:10-17); Jordan restored to its course (Jos.4:18); Jericho taken (Jos.6:6-20); The sun and moon stayed (Jos.10:12-14)

**Gideon:** Midianites destroyed (Judges 7:16-22)

## Miracles Done Through Servants of God

**Samson:** A lion killed (Judges 14:6); Philistines killed (Judges 14:19; 15:15); The gates of Gaza carried away (Judges 16:3); Dagon's house pulled down (Judges 16:30)

**Samuel:** Thunder and rain in harvest (1Sam.12:18); Jeroboam's hand withered (1Kings 13:4); The altar rent (1Kings 13:5); The withered hand restored (1Kings 13:6)

**Elijah:** Drought caused (1Kings 17:1; James 5:17); Meal and oil multiplied (1Kings 17:14-16); A child restored to life (1Kings 17:22,23); Sacrifice consumed by fire (1Kings 18:36,38); Men destroyed by fire (2Kings 1:10-12); Rain brought (1Kings 18:41-45; James 5:18); Waters of Jordan divided (2Kings 2:8); Taken to heaven (2Kings 2:11)

**Elisha:** Waters healed (2Kings 2:21,22); Children torn by bears (2Kings 2:24); Oil multiplied (2Kings 4:1-7); Child restored to life (2Kings 4:32-35); Naaman healed (2Kings 5:10,14); Gehazi struck with leprosy (2Kings 5:27); Iron caused to swim (2Kings 6:6); Syrians smitten with blindness (2Kings 6:20); Syrians restored to sight (2Kings 6:20); A man restored to life (2Kings 13:21)

**Isaiah:** Hezekiah healed (2Kings 20:7); Shadow put back on the dial (2Kings 20:11)

## Miracles Done Through Servants of God

**The seventy disciples:** Various miracles (Luke 10:9,17)

**The apostles:** Many miracles (Acts 2:43; 5:12)

**Peter:** Lame man cured (Acts 3:7); Death of Ananias (Acts 5:5); Death of Sapphira (Acts 5:10); The sick healed (Acts 5:15,16); Aeneas made whole (Acts 9:34); Dorcas restored to life (Acts 9:40)

**Stephen:** Great miracles (Acts 6:8)

**Philip:** Various miracles (Acts 8:6,7,13)

**Paul:** Elymas smitten with blindness (Acts 13:11); Lame man cured (Acts 14:10); An unclean spirit cast out (Acts 16:18); Special miracles (Acts 19:11,12); Eutychus restored to life (Acts 20:10-12); Viper's bite made harmless (Acts 28:5); Father of Publius healed (Acts 28:8)

**Paul and Barnabas:** Miracles (Acts 14:3)

**Adapted from Torrey's Topical Textbook (Public Domain) [www.ccel.org]**



**WHERE  
TO FIND HELP WHEN.....**

## WHERE TO FIND HELP WHEN.....

<b>AFRAID</b>	Psalm 34:4; Matthew 10:28; 2 Timothy 1:7; Hebrews 13:5,6
<b>ANXIOUS</b>	Psalm 46; Matthew 6:19-34; Philippians 4:6; 1 Peter 5:6,7
<b>BACKSLIDING</b>	Psalm 51; 1 John 1:4-9
<b>BEREAVED</b>	Matthew 5:4; 2 Corinthians 1:3,4
<b>BITTER/CRITICAL</b>	1 Corinthians 13
<b>CONSCIOUS OF SIN</b>	Proverbs 28:13
<b>DEFEATED</b>	Romans 8:31-39
<b>DEPRESSED</b>	Psalm 34
<b>DISASTER</b>	Psalm 91; 118:5,6; Luke 8:22-25
<b>DISCOURAGED</b>	Psalm 46; 42:6-11; 55:22; Matt.5:11,12; 2 Cor. 4:8-18; Phil.4:6,7
<b>DOUBTING</b>	Matthew 8:26; Hebrews 11

## WHERE TO FIND HELP WHEN.....

<b>FACING A CRISIS</b>	Psalm 121; Matthew 6:25-34; Hebrews 4:16
<b>FAITH FALLS</b>	Psalm 42:5; Hebrews 11
<b>FRIENDS FAIL</b>	Psalm 41:9-13; Luke 17:3,4; Romans 12: 14,17,19,21; 2 Tim.4:16-18
<b>LEAVING HOME</b>	Psalm 121; Matthew 10:16-20;
<b>LONELY</b>	Psalm 23; Hebrews 13:5,6
<b>GOD'S PROTECTION</b>	Psalm 27:1-6; Psalm 91; Philippians 4:19
<b>GUIDANCE</b>	Psalm 32:8; Proverbs 3:5,6
<b>PEACE</b>	John 14:1-4; John 16:33; Romans 5:1-5; Phil. 4:6,7
<b>RULES FOR LIVING</b>	Romans 12
<b>OVERCOME</b>	Psalm 6; Romans 8:31-39; Romans 5:1-5; 1 John 1:4-9

## WHERE TO FIND HELP WHEN.....

<b>PRAYERFUL</b>	Psalm 4; Psalm 42; Luke 11:1-13; John 17; 1 John 5:14,15
<b>PROTECTED</b>	Psalm 18:1-3; Psalm 34:7
<b>SICK or in PAIN</b>	Psalm 38; Matthew 26:39; Romans 5:3-5; 2 Corinthians 12:9,10
<b>SORROWFUL</b>	Psalm 51; Matthew 5:4; John 14; 2 Cor. 1:3,4; 1 Thess.4:13-18
<b>TEMPTED</b>	Psalm 1; 139:23,24; Matthew 26:41; James 4:7; 2 Peter 2:9
<b>THANKFUL</b>	Psalm 100; 1 Thessalonians 5:18; Hebrews 13:15
<b>TRAVELING</b>	Psalm 121
<b>IN TROUBLE</b>	Psalm 16; Psalm 31; John 14:1-4; Hebrews 7:25
<b>WEARY</b>	Psalm 90; Matthew 11:28-30; 1 Cor. 15:58; Gal. 6:9,10
<b>WORRIED</b>	Matthew 6:19-34; 1 Peter 5:6,7

# **PRAYER & DECLARATIONS**

## **(Freedom in Christ Ministries)**

# DAILY DECLARATIONS AND PRAYERS

## DAILY PRAYER AND DECLARATION

Dear Heavenly Father, I praise You and honor You as my Lord. You are in control of all things. I thank You that You are always with me and will never leave me nor forsake me. You are the only all-powerful and only wise God. You are kind and loving in all Your ways. I love You and thank You that I am united with Christ and spiritually alive in Him. I choose not to love the world or the things in the world, and I crucify the flesh and all its passions.

Thank You for the life I now have in Christ. I ask You to fill me with the Holy Spirit so I may say “no” to sin and “yes” to You. I declare my total dependence upon You and I take my stand against Satan and all his lying ways. I choose to believe the truth of God’s Word despite what my feelings may say. I refuse to be discouraged because You are the God of all hope. Nothing is too difficult for You. I am confident that You will supply all my needs as I seek to live according to Your Word. I thank You that I can be content and live a responsible life through Christ who strengthens me.

## DAILY DECLARATIONS AND PRAYERS

I now take my stand against Satan and command him and all his evil spirits to depart from me. I choose to put on the full armor of God so I may be able to stand firm against all the devil's schemes. I submit my body as a living and holy sacrifice to God and I choose to renew my mind by the living Word of God. By so doing I will be able to prove that the will of God is good, acceptable and perfect for me. In the name of my Lord and Savior, Jesus Christ. Amen.

# DAILY DECLARATIONS AND PRAYERS

## BEDTIME PRAYER

Thank You, Lord, that You have brought me into Your family and have blessed me with every spiritual blessing in the heavenly places in Christ Jesus. Thank You for this time of renewal and refreshment through sleep. I accept it as one of Your blessings for Your children and I trust You to guard my mind and my body during my sleep.

As I have thought about You and Your truth during the day, I choose to let those good thoughts continue in my mind while I am asleep. I commit myself to You for Your protection against every attempt of Satan and his demons to attack me during sleep. Guard my mind from nightmares. I renounce all fear and cast every anxiety upon You, Lord. I commit myself to You as my rock, my fortress and my strong tower. May Your peace be upon this place of rest now. In the strong name of the Lord Jesus Christ, I pray. Amen.



## DECLARATIONS

**I renounce the lie that I am rejected, unloved, dirty or shameful because IN CHRIST I am completely accepted. God says.....**

- |                |  |
|----------------|--|
| John 1:12      | I am God's child.                                    |
| John 15:5      | I am Christ's friend.                                |
| Romans 5:1     | I have been justified.                               |
| 1 Cor. 6:17    | I am united with the Lord & am one spirit with Him   |
| 1 Cor. 6:19-20 | I have been bought with a price. I belong to God.    |
| 1 Cor.12:27    | I am a member of Christ's Body.                      |
| Eph.1:1        | I am a saint, a holy one.                            |
| Eph.1:5        | I have been adopted as God's child.                  |
| Eph.2:18       | I have direct access to God through the Holy Spirit. |
| Col.1:14       | I have been redeemed and forgiven of all my sins.    |
| Col.2:10       | I am complete in Christ.                             |

# DECLARATIONS

**I renounce the lie that I am guilty, unprotected, alone or abandoned because**

**IN CHRIST I am totally secure. God says...**

**Romans 8:1-2 I am free forever from condemnation.**

**Romans 8:28 I am assured that all things work together for good.**

**Romans 8:31-34 I am free from any condemning charges against me.**

**Romans 8:35-39 I cannot be separated from the love of God.**

**2 Cor. 1:21-22 I have been established, anointed, and sealed by God.**

**Phil. 1:6 I am confident that the good work God has  
begun in me will be perfected.**

**Phil. 3:20 I am a citizen of heaven.**

**Col. 3:3 I am hidden with Christ in God.**

**2 Tim. 1:7 I have not been given a spirit of fear, but of power, love and a  
sound mind.**

**Hebrews 4:16 I can find grace and mercy to help in time of need.**

**1 John 5:18 I am born of God and the evil one cannot touch me.**

## DECLARATIONS

**I renounce the lie that I am worthless, inadequate, helpless or hopeless because IN CHRIST I am deeply significant. God says...**

- Matt. 5:13-14** I am the salt of the earth / the light of the world.
- John 15:1,5** I am a branch of the true vine, Jesus, a channel of His life.
- John 15:16** I have been chosen and appointed by God to bear fruit.
- Acts 1:8** I am a personal, Spirit-empowered witness of Christ.
- 1 Cor.3:16** I am a temple of God.
- 2 Cor.5:17-21** I am a minister of reconciliation for God.
- 2 Cor.6:1** I am God's co-worker.
- Eph.2:6** I am seated with Christ in the heavenly realms.
- Eph.2:10** I am God's workmanship, created for good works.
- Eph.3:12** I may approach God with freedom and confidence.
- Phil.4:13** I can do all things thru Christ who strengthens me!

**FOR CHILDREN**

**Prayers**

**“For them”**

**and**

**“By them”.**

# Praying for CHILDREN

## For Their Salvation

Dear Heavenly Father, I bring my (sons and/or daughters) before You. I stand against the blinding of Satan that would keep them from believing and seeing the light of the gospel of the glory of Christ (2 Corinthians 4:4). I take the authority that is mine because of my position in Christ, and I exercise that authority over Satan in regards to my family and all that You have entrusted to me, Heavenly Father. In the name of Jesus, I take authority over speculation and every lofty thing raised up against the knowledge of God in the minds of my children (2 Corinthians 10:5). I tear down those strongholds and bring their minds into captivity in order to obey Christ.

## Praying for CHILDREN

By the authority that I have in Christ and in obedience to the great commission to make disciples, I command Satan to release the minds of my children so that they may obey God. I declare myself and all that You have entrusted to me to be eternally signed over to the Lord Jesus Christ. Based on Your Word according to 1 John 5:16, I am asking You to give spiritual life to my (sons and/or daughters). I pray that You would enable me to be the kind of parent that You want me to be. May I never be the kind of parent that would be a stumbling block to my children. Enable me to be a positive witness and a living epistle for all those who don't know You. I ask this in the name and authority of the Lord Jesus Christ. Amen.

# Praying for CHILDREN

## For Their Protection

Dear Heavenly Father, I ask for Your divine protection for my (sons and/or daughters) as they are absent from me. I pray that You would put a hedge of protection around them so that all harmful influences would be unable to affect them. I commit them to You for Your care, and I assume all my responsibilities for training them in the Lord. I also assume the responsibility for their attitudes and actions that are the result of my training. I ask for Your Holy Spirit to guard their hearts and their minds, and bring to their minds all that they have learned according to Your Word. I pray that when they are tempted You would provide them with a way of escape, and that they would not be led into temptation beyond that which they are able to endure. I ask that the way they live may be a witness to Your presence in their life. May whatever they do be done to the glory of God. I ask this in the precious name of my Lord and Saviour Jesus Christ. Amen.

# Praying for CHILDREN

## For Their Rebellion

Dear Heavenly Father, I ask in the name of the Lord Jesus Christ and through His shed blood that You would rebuke Satan and prohibit him from having any harmful influence on (my sons and/or daughters). Forgive me for any negative influence that I may have had on them that they would choose to rebel against You. I pray that You would give me the grace to ask their forgiveness for my sin in regards to this matter. I ask for the wisdom and the grace to be the kind of parent that You want me to be. I confess the sins of my children (*list all the known sins*) and assume my responsibility in their actions. I pray that You would build a hedge of thorns around them such that all harmful influences would lose interest, and that my children would come to their senses and return to righteous relationships and living. I pray for the grace to welcome them home or the guidance to find a place of refuge for their good. Teach me to love my children but hate their sin. I ask this in the precious name of Jesus. Amen.



# Praying for CHILDREN

## For Their Future

Dear Heavenly Father, I ask for divine guidance for my (sons and/or daughters). I trust that You have already gone before them and prepared a place for them. You have known my children from the foundation of the world. I trust them into Your hands and pray for wisdom as to how I should relate to them in the future. I release them from all my expectations and entrust them to be what You want them to be. I pray for their future spouses and that You would give them wisdom in choosing a life partner. Should You bless them with children, may I be the grandparent that You would want me to be. I pray as Jesus prayed, that you would keep them from the evil one and sanctify them in Your Word for Your Word is truth. I ask this in the name of my Lord and Saviour, Jesus Christ. Amen.

## Praying for CHILDREN

### For an Adopted Child

Dear Heavenly Father, we thank You for entrusting (*name*) to our care. We declare (*name*) to be under Your authority. We dedicate this child to You, Heavenly Father, and ask for Your protection and guidance stand against all the devices of Satan that would keep this child in bondage. We renounce the sins of this child's ancestors and all curses that have been passed on from generation to generation. We announce that Christ became a curse for this child when He was crucified on the cross. We renounce all Satanic sacrifices that have been made on behalf of this child and renounce any claim of ownership that Satan may have. We announce only the sacrifice of the Lord Jesus Christ as any claim of ownership for (*name*). We pray for a hedge of protection around this child all the days of his/her life. We ask this in the strong name of Jesus who reigns supreme as the sovereign Lord of the universe. Amen.

## PRAYERS FOR KIDS TO PRAY

### Before They Go To Bed (from Psalm 91)

Dear God, I thank You that You are my Heavenly Father. I thank You for being in my life and in my room and everywhere I go. I know that You are always with me and will never leave me. I commit myself to You and ask for Your protection. I trust You, and I know that if I'm ever afraid that I can always call upon You to rescue me. I ask You to protect my mind tonight when I am sleeping. Please bless our home, my parents, and protect them too. I love You. I pray this in the name of Jesus. Amen.

# PRAYERS FOR KIDS TO PRAY

## When Under Attack

A child may sense a presence in their room and be frightened. It is important to teach the child that when they are under attack, the best approach is for them to declare the truth of who they are in Christ. They should verbally declare something like:

*“I am a child of God and the evil one cannot touch me.”*

(paraphrase of 1 John 5:18)

Often by simply speaking the name of Jesus, the presence will leave. They should know that Jesus has defeated Satan and will protect them from Satan’s attacks. “Jesus Saves”!!!

# PRAYERS FOR KIDS TO PRAY

## For General Living

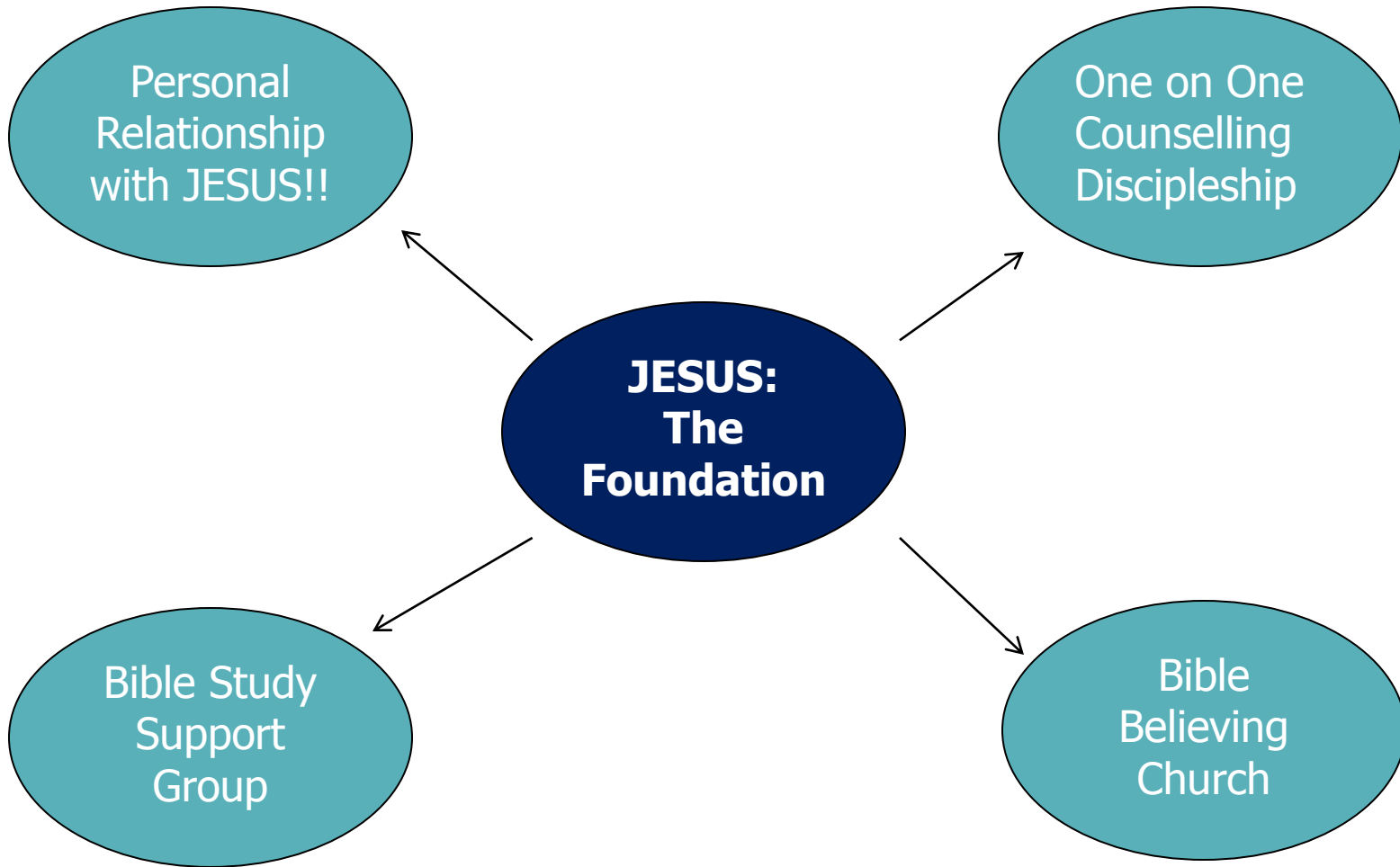
Dear Heavenly Father, You are my Lord. I know that You love me and that You will never leave me nor forsake me. You are the only true and living God that is worthy of worship. You are kind and loving in all Your ways. I love You and I thank You that I am alive in Christ. I submit myself to You and ask You to fill me with Your Holy Spirit in order to live my life free from sin. I choose to believe the truth which You have given us in the Bible, and I reject all the lies of Satan. I refuse to be discouraged because You are a God of all hope. I believe that you will meet my needs as I seek to obey You. I believe that I can do everything You want me to do because Jesus is my strength.

## PRAYERS FOR KIDS TO PRAY

I submit to God and I resist the devil. I stand against Satan and all his lies, and I command him and all his demons to leave me. I put on the armour of God by believing and speaking the truth. I believe that Jesus is my protection because He never sinned and He took my sin on Himself. I commit myself to be a peacemaker and take the truth of the Bible and use it against all of Satan's dirty tricks.

I submit my body as a living sacrifice to God, and I am going to keep studying the truth so I can prove that what God wants me to do is good and perfect for me. I do all this in the name of Jesus. Amen.

# “The Path to Healing & Freedom in Christ”



## **DISCLAIMER**

**This information is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this teaching claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this teaching offers “laymen” resources for those wanting to grow in Christ.**



# OTHER REFERENCES

## 1) THE TWELVE STEPS:

Used by permission from Christians in Recovery, Inc.  
Copyright ©1994, 2000, 2003 Christians in Recovery, Inc.

All Rights Reserved

except where copyrighted by other individuals or organizations

See: <http://christians-in-recovery.com/> for multiple resources

## 2) EXPERIENCING GOD'S LOVE 1 (EGL1) by Dr. Richard

See: [www.altogetherlovely.org](http://www.altogetherlovely.org) (see FREE BOOKS)

(See also: FREE TEACHINGS for multiple teachings/resources)

## 3) THE SEVEN STEPS TO FREEDOM

Freedom In Christ Ministries (Canada)

PO Box 33115, Regina, Sask., Canada, S4T 7X2

Email: [freedominchrist@sasktel.net](mailto:freedominchrist@sasktel.net) Website: [www.ficm.ca](http://www.ficm.ca)

See: [www.altogetherlovely.org](http://www.altogetherlovely.org) (FREE TEACHINGS/healing)