

Freedom and Fullness

Guide to Staying Free

Jim Hageman

Daily Grace Ministries, Inc.

Introduction: Staying Free Daily

This guide is written for those who attended a Freedom and Fullness Ministry Event. Its purpose is to provide tools to help you stay free through the daily practices and prayers included on the following pages.

May the Holy Spirit lead you, day by day, as you continue to live in the Freedom and Fullness God has already begun in you.

Copyright © 2026 Daily Grace Ministries, Inc. All rights reserved.

This Guide is provided free of charge and may be shared freely with others for personal, ministry, and non-commercial use. No part of this publication may be sold, altered, or used for commercial purposes without prior written permission from the publisher. It may be used for teaching, review, or ministry purposes.

If God places it on your heart to give, donations are received as love offerings through the [Daily Grace Ministries Donate Page](#).

Table of Contents

Introduction: Staying Free Daily	
Put on the “Armour of God” Daily	3
Keep the Five Open Doors Closed.....	4
Addressing the 14 Root Spirits.....	5
Prayers for Staying Free.....	6
Prayer for Willful Sin / Disobedience	6
Prayer for Unforgiveness	6
Prayer for Word Curses	7
Daily Prayer to Cancel Curses.....	7
Prayer for Emotional Healing.....	8
Prayer for Breaking Ungodly Inner Vows and Judgments	8
Prayer to Break Ungodly Spirit, Soul, Body Ties.....	9
Prayer to Take Authority Over a Specific Root Spirit.....	10
Prayer for Every Area to Be Filled with the Holy Spirit	11
Personal Ministry Sessions	12
A Final Note.....	12

Put on the “Armour of God” Daily

(Ephesian 6:10-18)

I recommend that you physically make the motion of putting on each piece of the armor as you begin your day, right when you get up.

The NEW Belt of Truth – (Jesus is my Truth) defending against Satan’s lies.

The NEW Breastplate of Righteousness – (Jesus is my Righteousness) guarding my heart from evil.

The NEW Shoes to walk in & share the Gospel of Peace (Jesus is my Peace) bringing peace and light.

The NEW Shield of Faith – (Jesus is my Shield) defending against Satan’s darts of doubt, denial, & deceit.

The NEW Helmet of Salvation – (Jesus is my Salvation) keeping my mind on Christ, preventing strongholds of the enemy

The NEW Sword of the Spirit – (Jesus is my Sword, the Word) God’s Word exposing the tactics of the enemy. Pray in the Spirit throughout the day.

Keep the Five Open Doors Closed

Keeping these five doors closed helps protect the freedom you have received and prevents Satan and his demonic forces from regaining legal access to operate in your life.

1. **Willful Sin/Disobedience** – When you become aware of sin or the Holy Spirit reveals it, repent immediately and pray the prayer for willful sin found in the *Prayer* section.
2. **Unforgiveness** – Unforgiveness harms you, not the other person. When you recognize unforgiveness in your heart or the Holy Spirit reveals it, respond immediately by repenting and praying the prayer for unforgiveness found in the *Prayer* section.
3. **Curses and Generational Curses** – Generational curses were broken during the ministry time. Each day, pray to address and break any new, known, or unknown curses. Use the prayer for curses found in the *Prayer* section.
4. **Emotional Trauma** – Invite Jesus to heal any emotional trauma affecting your heart and life. Pray the prayer for emotional healing found in the *Prayer* section.
5. **Ungodly Inner Vows/Judgements** – When you recognize, or when the Holy Spirit reveals, that you have made a judgment or an ungodly inner vow through your thoughts or words, repent immediately and pray the prayer for ungodly inner vows and judgments found in the *Prayer* section.

Addressing the 14 Root Spirits

Continued freedom is strengthened when root spirit issues remain submitted to Jesus.

The list of the 14 Root Spirits and their associated fruit spirits was provided in the ministry event workbook and is also included in *Freedom and Fullness – Getting Free and Staying Free*. When you recognize an attack through a fruit spirit, identify the corresponding root spirit, repent, and pray the prayer for the 14 Root Spirits found in the *Prayer* section.

Prayers for Staying Free

The following prayers are provided as tools to help you maintain the freedom you have received and to stay free.

Prayer for Willful Sin / Disobedience

Pray the following prayer every time you realize you've sinned or when Holy Spirit reveals any unconfessed sin in your life.

Dear Heavenly Father, I confess to you that I have willfully sinned. My sins were wicked, ungodly and against You. Please forgive me of my sins and my rebellion against You and cleanse me of all unrighteousness according to Your word in **I John 1:9**. I confess that I have willfully chosen to rebel against You and Your Word. Forgive me and cleanse me.

Today I choose to agree with You, that no sin will have dominion over me. I turn away from the sin(s) of _____ and receive the power of the cross through which I am crucified to the world, and the world is crucified to me. By your grace, I am dead to these sins. From this day forward, with your help, I will walk in Your freedom. I receive Your forgiveness and cleansing by the blood of Jesus, and I declare that I am free from these sins in Jesus' name right now. Amen.

God forgives you – accept and receive God's forgiveness. You are forgiven.

Prayer for Unforgiveness

Pray this prayer for each person you need to forgive.

Heavenly Father, I forgive _____ (Name of person) from my heart for all the things that he/she did (or didn't do) to me. _____ (Tell God all what they did and how it made you feel and how it affected your life.) I let him/her go free. I lay nothing to his/her charge. I require

nothing of him/her. I release him/her into Your hands, Father, for You to get vengeance as You so choose. I forgive (name) from my heart for all the things he/she did just because You, Heavenly Father, have already forgiven me. Now I release blessings to them, please make me a blessing to them in Jesus Name. Amen.

***Note:** Ask Jesus to pull out the pain, all the hurt, and heal your heart, then let Him fill your heart with His never ending love for you.*

Prayer for Word Curses

Pray this prayer when word curses have been spoken over you or revealed by the Holy Spirit.

Father, I confess that I have sinned. I have opened myself to Satan and the kingdom of darkness. I acknowledge that I have received the curse of _____ (Name the curse). Forgive me for submitting and bowing down to the kingdom of darkness and believing Satan's lies. I turn from Satan and this curse to You. In the name of Jesus, I break this curse and declare it null and void. I speak to any demons assigned to carry out this curse, and I reassign you to dry places. Leave me now. Thank You, Father, for breaking the curse in Jesus' name. Amen.

Daily Prayer to Cancel Curses

This is an additional prayer I encourage you to pray daily.

In Jesus Name, I cancel any and all curses, hexes, spells, ungodly assignments, word curses, thought curses spoken or thought against my family (speak their names) and me. I throw you to the ground. I cancel the assignments of any and all demons assigned and command all of you to go to the dry places or where ever Jesus Christ tells you to go and never come back. And I do this In Jesus Mighty Name.

Heavenly Father, I ask that You save the witches and warlocks and cut off all their powers of darkness and I pray blessings on all those who cursed

us, in Jesus Name. And I DECREE that no demon force will take me off the path that You have put me on! I pray blessings on my family and me, in Jesus Name, Amen. Thank You Jesus.

Prayer for Emotional Healing

Open your heart to Jesus and allow Him to gently bring any emotional pain to the surface. Invite the Holy Spirit to heal the wounds caused by trauma. Pray this prayer to let go of pain and release stored emotions.

Lord Jesus, I open my heart to you. I open every room, every closet, every hidden place. I thank you that you love me and that you went to the cross so that I could be whole in spirit, soul, and body. Spirit of God, please invade every dark place and shed your light deep within my heart. Lord, all the pain I have experienced, I give to you. All the rejection, the hurt, the betrayal. Every abuse, every wounding, I give to you. I speak to the pain deep within – even that which is so repressed I no longer am aware of it. I say, Pain, come up! Come up and be healed. I give the pain to you, Lord, and I ask you to take it now. I release it all to you, Lord. Pour your healing love into every bruised place. You carried my shame and my defilement. You carried my rejection so I could be free. I can't live with this pain any longer; I don't want to, Lord. I let it all go. I give it to you. I hold nothing back. I pour it all out. Amen.

Prayer for Breaking Ungodly Inner Vows and Judgments

As you pray, ask the Holy Spirit to reveal any ungodly inner vows or judgments you have made through your thoughts or words. Bring them honestly before Jesus, repent, and allow Him to replace them with His truth and freedom.

Heavenly Father, I confess that my judgments of _____ (Name the person(s)). are sin. I now repent and turn from the judgments and from the making of inner vows. Please forgive me and cleanse me. I renounce these ungodly vows. I repent from my heart for the lies I have believed about you, about others and about myself based on these judgments. In Jesus'

name I break the vow(s) of _____ (Repeat whatever you vowed). I speak to my spirit and I withdraw the thoughts, the decisions made and any words spoken. I call back the assignments in the heavenlies and cancel their effects. I cast the judgments and vows at my feet and break their power over my spirit, my health, my finances, my ancestry, my marriage, my relationships, my thoughts, my emotions, my decisions, and my body. Any demonic spirits assigned to enforce these vows are now assigned to dry places. Thank you, Lord Jesus, for breaking these vows and restoring my relationship with you, Heavenly Father, and _____ (Name the person(s)). Praise you, Lord Jesus, that I am free from all the effects of this inner vow and judgments as I pray right now. Amen.

Prayer to Break Ungodly Spirit, Soul, Body Ties

As you pray, ask the Holy Spirit to reveal any ungodly spirit, soul, or body ties that are not from God and have not already been broken. Bring them before Jesus, renounce them, and receive His healing, freedom, and restoration.

Father, in the name of Jesus, I repent of any ungodly relationship, known or unknown, remembered or forgotten. I repent of controlling others or allowing myself to be controlled by others. I repent of abusing another person in any way. I repent and renounce all ungodly sexual behavior and connections. I acknowledge it as sin. Cleanse me and forgive me.

In the name of the Lord Jesus Christ, I take the ax of the Holy Spirit and I cut and sever completely any and all ungodly spirit, soul and body ties that have been established between me and (speak out here the name of individuals involved) or any other entity by whatever means – wrong sexual activity, abuse, control, being controlled or by any other avenue. I apply the blood of the Lamb to cleanse these ties. I sever the linking in the invisible world and ask you, Lord, to remove from me all influence of these persons. Draw back to me every part that has been wrongfully tied in bondage to them.

In the almighty name of Jesus, I now speak directly to every evil spirit that has taken advantage of this ungodly soul tie. I shut any doorways of demonic access opened by these sins or connections. You no longer have any rights here, and I order you to leave now without hurting or harming me or any other person and without going into any other member of the family. I seal these doorways forever by the blood of Jesus shed on the cross. Thank You, Lord Jesus, for setting me free.

Prayer to Take Authority Over a Specific Root Spirit

As you pray, ask the Holy Spirit to help you identify the specific root spirit connected to the issue you are facing, including any fruit spirit that has surfaced. Take authority in Jesus' name, renounce any agreement with that root spirit, and submit the issue fully to Christ.

Spirit of _____, (Name the root spirit.) I repent, I take authority over you, I reject you, I renounce you, and break all ties with you. In Jesus Name, I command you to leave me now, go to dry places, and do not return.

Spirit of _____, (Name the root spirit.) I take the Axe of the Holy Spirit and I cut you off at the root and I pull you out of me right now. I separate you from every other spirit and break every generational iniquity off me and off my blood lines thru 4 generations back, all the way back to Adam. I twist the iniquity of the spirit of _____ (Name the root spirit.) out of my DNA. I command you to come out of me right now.

I come against every spirit of _____ (Name the root spirit and specific fruit spirits involved.) Every spirit of _____ (Name the root spirit.) in Jesus Name I cancel your assignment right now, I line you up in rank and order, I gather you up as one, and I command you to go to dry places never to return. I seal this with the Blood of Jesus and ask the Holy Spirit to fill me with a fresh new anointing. (Take a deep breath in and blow it out.)

Prayer for Every Area to Be Filled with the Holy Spirit

After praying any of the prayers above, it is important to invite the Holy Spirit to fill the area where you were freed from any demonic presence.

Lord Jesus,

I thank You for the freedom You have given me. I now ask that You fill every place in my life where any ungodly spirit or influence has been removed. I invite Your Holy Spirit to fully occupy every area that was once affected, filling me with Your presence, truth, peace, and life. I submit my heart, mind, body, and spirit to You and ask You to establish Your rule and protection in every area.

In Jesus' name, Amen.

Personal Ministry Sessions

If you need further help, ministers are available for personal appointments at no charge. If you desire, you may choose to give a love offering.

A Final Note

This guide is freely given and may be shared with others. If you feel led by the Lord to support this ministry, love offerings may be given through the [Daily Grace Ministries Donate Page](#).