



FREEDOM · HEALING · RESTORATION · ABUNDANT LIFE

FREEDOM & FULLNESS

Guide to Staying Free

*"If the Son
makes you free,
you shall be free indeed."*

JOHN 8:36

*Daily Practices.
Powerful Prayers.
A Lifetime of Freedom.*

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Daily Grace Ministries, Inc.

— DailyGraceMinistries.com —

A BRIGHTER TOMORROW THROUGH GOD'S DAILY GRACE

Freedom and Fullness: Guide to Staying Free

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Introduction: Staying Free Daily

This guide is designed to help you continue walking in the freedom Jesus Christ has given you.

It is especially written for those who have:

- *Attended a Freedom and Fullness Ministry Event,*
- *Attended a Vision Life Ministries Freedom and Fullness Seminar,*
- *Read Shadow Boxing by Dr. Henry Malone,*
- *Read Freedom and Fullness – Getting Free and Staying Free,*
- *Received a Personal Ministry Appointment from a VLM-trained minister, or*
- *Received a Personal Ministry Appointment through Daily Grace Ministries.*

The purpose of this guide is simple: to provide practical daily tools, prayers, and reminders to help you **stay free and continue growing in your relationship with Jesus Christ.**

Freedom is not simply something we experience during a ministry event or personal ministry appointment. We continue walking in freedom as we remain close to Jesus, renew our minds with God's Word, keep spiritual doors closed, forgive quickly, deal with issues when the Holy Spirit reveals them, and exercise the authority Jesus has given us.

Use this guide as a practical resource whenever you need it. Some portions may become part of your daily routine, while other prayers can be used as the Holy Spirit brings specific areas to your attention.

Most importantly, keep your focus on Jesus.

He is the One who sets us free, and He is the One who helps us remain free.

*May the Holy Spirit lead you day by day as you continue to live in the **Freedom and Fullness Jesus Christ has already given you.***

Put on the “Armour of God” Daily **(Ephesians 6:10-18, paraphrased)**

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 & I Pray in the Spirit ALL day!

Renew Your Mind

We must renew our minds with the Truth of God's Word.

We get to bring every thought captive as we learn to walk in God's Truth. There is a reason God had Paul write in **Romans 12:2**:

“And do not be conformed to this world, but **be transformed by the renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God.” (NKJV)

Pay attention to what you allow into your mind—the TV shows you watch, the movies you see, the music you listen to, and the things you continually expose yourself to. What we repeatedly see and hear can influence our thoughts, attitudes, and behavior.

Ask yourself:

“What words and images am I renewing my mind with?”

We can choose to renew our minds by meditating on God's Word and thinking about godly things. As we do, we begin replacing old, ungodly thinking patterns with godly thinking patterns. **Godly thinking leads to godly choices and godly actions.** This helps put us on—and keep us on—the path to freedom.

I strongly encourage you to read the Book of Proverbs daily. With its 31 chapters, you can read one chapter each day of the month. I personally read the chapter that corresponds with the day of the month.

For example, on the 15th, I read Proverbs 15.

Fill your mind with God's Word. Believe His Truth. Choose to walk in it.

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 unconfessed sin in your life, **repent immediately** and pray the Prayer for Willful Sin / Disobedience found in the *Prayers* section.
2. **Unforgiveness** – Unforgiveness harms you, not the person you refuse to forgive. When you recognize unforgiveness in your heart, or the Holy Spirit reveals it, **choose to forgive quickly** and pray the Prayer for Unforgiveness found in the *Prayers* section.
3. **Curses and Generational Curses** – Generational curses were broken during your ministry time. Continue to guard your freedom by dealing with any **new curses, word curses, or ungodly words spoken over you or by you**. Use the Prayer for Word Curses found in the *Prayers* section.
4. **Emotional Trauma** – When you experience emotional pain or trauma, **bring it to Jesus rather than allowing it to remain buried in your heart**. Invite Him to heal the hurt and pray the Prayer for Emotional Healing found in the *Prayers* section.
5. **Ungodly Inner Vows / Judgements** – When you recognize, or the Holy Spirit reveals, that you have made an ungodly judgment or inner vow through your thoughts or words, **repent and renounce it immediately**. Pray the Prayer for Breaking Ungodly Inner Vows and Judgements found in the *Prayers* section.

Deal with these areas quickly as the Holy Spirit brings them to your attention. Don't allow an open door to remain open.

Addressing the 14 Root Spirits

Continued freedom includes recognizing and dealing with root spirits and their fruit **as the Holy Spirit brings them to your attention.**

The list of the **14 Root Spirits and their associated fruit spirits** is provided on the **last two pages of the Freedom and Fullness Ministry Event workbook.** You can also review and/or download the list here – [14 Root Spirits List.](#)

When you recognize a recurring fruit or pattern in your life, prayerfully identify the root spirit associated with it. **Repent for any way you have participated in or come into agreement with it,** then exercise your authority in Jesus Christ and pray the Prayer to Take Authority Over a Root Spirit found in the *Prayers* section.

Remember: the root is what produces the fruit, so we need to deal with the root.

Keep your focus on Jesus. He is the source of your freedom.

Prayers for Staying Free

The following prayers are provided as tools to help you **maintain the freedom you have received and continue walking in freedom.**

Through your personal relationship with Jesus Christ—God the Son—you are brought into relationship with God the Father and filled with the Holy Spirit. As you pray, rely on the power of the Holy Spirit and **exercise the authority you have in the Name of Jesus Christ.**

Prayer for Willful Sin / Disobedience

Pray this prayer whenever you realize you have sinned or when the Holy Spirit reveals unconfessed sin in your life.

Dear Heavenly Father, I confess that I have sinned against You and Your Word. I take responsibility for my sin and rebellion. Please forgive me and cleanse me from all unrighteousness according to Your Word in **1 John 1:9.**

I repent and turn away from the sin(s) of _____ (tell God your sin or sins). Today I choose to agree with You and Your Word that sin will not have dominion over me.

I 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 choose to walk in obedience and freedom.

I receive Your forgiveness and cleansing through the Blood of Jesus Christ, and I declare that I am free from these sins **in Jesus' Name. Amen.**

God forgives you. Accept and receive His forgiveness. You are forgiven.

Forgive and Release the Debt

Before you pray, remember the lesson of the **\$12.50 notes** from *Freedom and Fullness – Getting Free and Staying Free*.

In Matthew 18, Jesus tells us about a servant who was forgiven an enormous debt he could never repay, yet he refused to forgive the much smaller debt owed to him.

To help us picture the debts we hold against others, imagine that **every offense against you is written on a \$12.50 note**.

Someone may have hurt you once—or many times. Imagine writing each offense on a separate \$12.50 note. For some people, you may have accumulated a whole stack of notes.

Those notes represent the debts you believe they owe you because of what they did—or failed to do.

Now picture those \$12.50 notes lying on the floor of your spiritual heart.

Forgiveness is choosing to release those debts.

As you forgive, picture yourself taking a broom and **sweeping every one of those \$12.50 notes out the door of your heart**.

Don't leave a few behind. Don't pick them back up later.

Sweep them all out. Release the debt. Let the person go free.

Forgiveness does not mean that what happened was right. It does not mean that you must trust the person again or place yourself back into an unsafe situation. **It means you are releasing the debt and placing that person into God's hands.**

Now pray the following prayer for **each person you need to forgive**.

Prayer for Unforgiveness

Heavenly Father, I choose to forgive _____ **(name the person)** from my heart for what they did—or failed to do—that hurt me.

_____ **(Tell God specifically what happened, how it made you feel, and how it affected your life.)**

I choose to release them from the debt I believe they owe me.

In my heart, I tear up every \$12.50 note that represents what _____ owes me. I tear up every note—every offense, every hurt, every disappointment, and every wrong. I sweep all of those torn-up notes out the door of my heart and release every debt completely. I choose not to hold on to them, keep a record of them, or pick them back up again. I release _____ from what I believe they owe me and place them completely into Your hands, Father.

I let them go free. I lay nothing to their charge, and I require nothing from them. I release _____ into Your hands, Father. You are the Judge, and I trust You to deal with them according to Your perfect justice and mercy.

I forgive _____ from my heart because You have forgiven me.

Father, forgive me for the unforgiveness, bitterness, anger, resentment, or judgment I have held against them.

I choose to bless them and ask You to work in their life according to Your will. In Jesus' Name, Amen.

After You Forgive

Now ask Jesus to heal the hurt that remains in your heart.

Jesus, I give You all the pain, hurt, rejection, anger, and disappointment connected with what happened. Please heal my

heart, remove the pain, and fill every wounded place with Your love, peace, and truth. In Jesus' Name, Amen.

Prayer for Word Curses

Pray this prayer when a word curse or curses have been spoken over you, when you have spoken word curses over yourself, or when the Holy Spirit brings any word curse(s) to your attention.

Father, in the Name of Jesus, I renounce and reject the word curse(s) of _____ **(name the curse or curses, or the words spoken).**

I repent for any way I have received, believed, repeated, or come into agreement with these word curse(s). Please forgive me and cleanse me from all unrighteousness.

I reject these lies and choose to believe Your Truth about me.

In the Name of Jesus Christ, I break the power of these word curse(s) over my life. **I cancel their assignments and declare their power and effect over me null and void.**

I take authority over every demonic spirit that has attempted to operate through these word curse(s). **You no longer have any right to operate in my life through these words. In the Name of Jesus Christ, I command you to leave me now, go to dry places, and do not return.**

Father, I ask You to replace every ungodly word and lie with **Your Truth, Your blessing, and what You say about me.**

I seal this by the Blood of Jesus Christ and ask the Holy Spirit to fill every place with His presence, truth, and peace.

Thank You, Father, for Your freedom. In Jesus' Name, Amen.

Daily Prayer to Cancel Curses

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

In the Name of Jesus Christ, I cancel any and all curses, hexes, spells, ungodly assignments, word curses, and thought curses spoken, declared, or directed against my family **(speak their names)** and me.

In Jesus' Name, I declare every curse and ungodly assignment null and void and cancel its power and effect against us.

I cancel the assignments of every demonic spirit sent to carry out these curses or assignments. In the Name of Jesus Christ, **I command every demonic spirit assigned against my family or me to leave, go to the dry places or wherever Jesus Christ commands you to go, and never return.**

Heavenly Father, I ask You to save and bring to repentance anyone involved in witchcraft or intentionally speaking curses against us. **I choose to forgive them and bless those who have cursed us**, and I ask You to deliver them from the powers of darkness and draw them to Jesus Christ.

Father, I declare that no demonic force will take my family or me off the path You have prepared for us. **I ask You to bless, protect, guide, and strengthen my family and me as we continue walking in Your Truth and freedom.**

I seal this prayer by the Blood of Jesus Christ.

In Jesus' Mighty Name, Amen. Thank You, Jesus!

Prayer for Emotional Healing

Open your heart completely to Jesus. Allow any emotional pain to come to the surface as the Holy Spirit leads you. Invite Him to heal the wounds and bruises in your heart. **Give Jesus the pain, release the emotions, and receive His healing.**

Lord Jesus, I open my heart to You. I open every room, every closet, and 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.

Holy Spirit, please come into every dark and wounded place and shed Your light deep within my heart.

Lord, all the pain I have experienced, **I give to You.** All the rejection, hurt, and betrayal—every abuse and every wounding—I give to You. I speak to the pain deep within me, even the pain that has been buried so deeply that I may no longer be aware of it. **Pain, come up! Come up and be healed.**

Jesus, I give this pain to You, and I ask You to take it from me now. I release it all to You. Pour Your healing love into every wounded and bruised place in my heart.

You carried my shame and my defilement. You carried my rejection so that I could be free.

I don't want to carry this pain any longer, Lord. I let it go. I give it all to You. I hold nothing back. I pour it all out before You.

Lord Jesus, heal my broken heart. Fill every wounded place with Your love, peace, joy, and Truth. Restore what has been broken and help me walk forward in the freedom You have given me.

I receive Your healing and Your love. In Jesus' Name, Amen.

Prayer for Breaking Ungodly Inner Vows and Judgements

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

Heavenly Father, I confess that my Judgements against _____ **(name the person or persons)** were sin. I repent and turn away from these Judgements and from the ungodly inner vows I made because of them. Please forgive me and cleanse me from all unrighteousness.

I repent from my heart for every lie I have believed about **You, others, or myself** because of these Judgements and inner vows.

In Jesus' Name, I renounce and break the ungodly inner vow(s) of _____ **(say specifically what you vowed—for example, “I will never trust anyone again,” “I will never be like my father,” or “No one will ever hurt me again.”)**

I withdraw every ungodly thought, decision, and word connected with these Judgements and vows. **I cancel every ungodly assignment connected with them and declare their power and effect over my life null and void.**

I break the power of these Judgements and inner vows over **my spirit, soul, body, health, marriage, family, relationships, finances, thoughts, emotions, decisions, and every area of my life.**

I take authority over every demonic spirit that has attempted to operate through these Judgements or inner vows. **In the Name of Jesus Christ, I cancel your assignment and command you to leave me now, go to dry places, and do not return.**

Father, I ask You to replace every ungodly judgement, inner vow, and lie with **Your Truth**. Renew my mind and help me see You, myself, and others according to Your Word.

Thank You, Lord Jesus, for setting me free from the effects of these ungodly Judgements and inner vows. **I choose to walk in Your Truth and freedom.**

In Jesus' Name, 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, repent and renounce them, and receive His healing, freedom, and restoration.

Father, in the Name of Jesus, I repent of every ungodly relationship, whether known or unknown, remembered or forgotten.

I repent of controlling or manipulating others. I repent of willingly submitting to ungodly control or manipulation. I repent of abusing another person in any way.

I repent of and renounce all ungodly sexual behavior and connections. I acknowledge my own sin. Please forgive me and cleanse me.

In the Name of the Lord Jesus Christ, **I take the Axe of the Holy Spirit and completely cut and sever every ungodly spirit, soul, and body tie** that has been established between me and _____ **(speak the names of the individuals involved)** or any other person or entity by whatever means—through sexual sin, abuse, control, being controlled, or any other ungodly avenue.

I apply the Blood of the Lamb to cleanse these ties. **I sever every ungodly connection in the spiritual realm** and ask You, Lord, to remove every ungodly influence connected with these relationships and restore everything according to Your will.

In the almighty Name of Jesus Christ, I now speak directly to every evil spirit that has taken advantage of these ungodly ties. **I shut every doorway of demonic access that was opened through these sins and relationships. You no longer have any right to remain.**

In the Name of Jesus Christ, **I command you to leave me now, without hurting or harming me or any other person, and without going into any other member of my family.**

I seal these doorways by the Blood of Jesus Christ shed on the Cross.

Thank You, Lord Jesus, for cleansing me, restoring me, and setting me free. In Jesus' Name, Amen.

Prayer to Take Authority Over a Root Spirit

As you pray, ask the Holy Spirit to help you identify the specific root spirit connected to the issue you are facing and any associated fruit spirits that have surfaced.

Spirit of _____ (name the root spirit), I repent for every way I have participated in or come into agreement with you. I take authority over you, I reject you, I renounce you, and I break every tie and agreement with you.

In the Name of Jesus Christ, 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 cut you off at the root and pull you out of me right now.

I separate you from every other demonic spirit, and in the Name of Jesus Christ, I break every generational iniquity associated with the Spirit of _____ **(name the root spirit)** off me and my bloodline, throughout the generations, all the way back to Adam.

Every generational pattern, agreement, and iniquity associated with the Spirit of _____ (name the root spirit) is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of _____ **(name the root spirit):**

(Prayerfully speak aloud the fruits that apply to you or that you recognize as recurring patterns in your family bloodline.)

Every spirit associated with _____ **(name the root spirit)**, in the Name of Jesus Christ, I cancel your assignment right now.

I line you up in rank and order, gather you together as one, and command you to leave me now, go to dry places, and never return.

I close and seal every doorway by the Blood of Jesus Christ.

Holy Spirit, fill every place that has been cleansed and set free. **Fill me afresh with Your presence, Your power, Your peace, and Your Truth.**

Thank You, Jesus, for setting me free.

In Jesus' Name, Amen.

(Take a deep breath in and slowly breathe it out.)

Replacing Ungodly Traits with Godly Qualities

Declare the following over yourself:

“I speak a pure heart, discernment, self-denial, worship, submission, power, love, sound mind, trust faith, courage, holiness, sensitivity, devotion, faithfulness, self-control, humility, grace, transparency, security, gentleness, patience, victory, endurance, confidence, understanding, goodness, peace, hearing ear, seeing eye, tongue of the disciple, life, gladness, praise, singing, dancing, thanksgiving, wisdom, blessing, freedom, adoption, responsibility, revelation knowledge, maturity, success, energy, passion, zeal for the Kingdom, diligence, divine health, prosperity, abundant life, fruit of the Spirit, and Joy, Joy unstoppable!”

Prayer for a Fresh Infilling of the Holy Spirit

*After praying any of the prayers above, invite the Holy Spirit to fill **every place that has been cleansed and freed from ungodly influence.***

Lord Jesus, I thank You for the freedom You have given me. I ask You to fill every place in my life where any ungodly spirit or influence has been removed. **Holy Spirit, fill every place that has been cleansed and freed.**

Fill me with Your presence, Truth, peace, love, joy, and life. Fill my heart and mind with the things of God and help me continue walking in the freedom Jesus has given me.

I submit my **spirit, soul, and body** completely to You. Holy Spirit, lead me, strengthen me, renew my mind, and empower me to live according to God's Word. **Fill me afresh with Your presence and establish Your rule in every area of my life. In Jesus' Name, Amen.**

Personal Ministry Appointments

If you feel you need additional help, you may request a **personal ministry appointment at no charge**. There is never a charge for personal ministry. If you feel led by the Lord to support the ministry, love offerings are gratefully accepted.

To request a personal ministry appointment, please contact the ministry or minister who shared *Freedom and Fullness – Guide to Staying Free* or *Freedom and Fullness – Getting Free and Staying Free* with you, or contact **Daily Grace Ministries** through our website – [Daily Grace Ministries](#).

A Final Note

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May the Holy Spirit lead you day by day as you continue to live in the Freedom and Fullness Jesus Christ has already given you.

Keep your focus on Jesus. Continue walking in His Truth. And enjoy the freedom He has given you!

Blessings,

Jim Hageman