



FREEDOM · HEALING · RESTORATION · ABUNDANT LIFE

FREEDOM & FULLNESS

Getting Free & Staying Free

A Biblical Guide to Spiritual Freedom,
Inner Healing & Living the Abundant Life

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

JOHN 8:36



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— DailyGraceMinistries.com —

A BRIGHTER TOMORROW THROUGH GOD'S DAILY GRACE

Freedom and Fullness: Getting Free and Staying Free

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I also wish to acknowledge the inspiration drawn from *Shadow Boxing* by Dr. Henry Malone, Founder of Vision Life Ministries. His teachings on spiritual identity, inner healing, and overcoming hidden battles have influenced and encouraged many believers — including myself — and helped frame some of the spiritual concepts explored in this work. This eBook is not a reproduction of that material, but rather a personal application and ministry expression inspired by those principles. This work is written with the permission of Vision Life Ministries.

Finally, I extend heartfelt thanks to all who have prayed, supported, encouraged, and labored behind the scenes to make this ministry possible. May this resource serve as a tool for deeper freedom, renewed identity, and wholehearted living in Christ.

A Note About Supporting This Ministry

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If you feel led by the Lord to support Daily Grace Ministries, love offerings are gratefully accepted. Your support helps us continue providing Freedom and Fullness ministry, resources, and eBooks free of charge to those seeking greater freedom in Christ.

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Table of Contents - Clickable

Introduction	1
Chapter 1. Spiritual Freedom	3
Freedom to Live an Abundant Life.....	7
The 2-5-14 Principle.....	8
Chapter 2. The Five (5) Open Doors	11
Door #1 – Willful Sin or Disobedience	11
Door #2 – Unforgiveness.....	16
Door #3 – Curses and Generational Curses	27
Door #4 – Emotional Trauma.....	45
Door #5 – Inner Vows and Judgements.....	54
Strongholds.....	70
Chapter 3. The Fourteen (14) Demonic Root Spirits and Prayers of Authority.....	75
1. Spirit of Divination	80
2. Spirit of Fear	83
3. Spirit of Whoredom/Idolatry.....	85
4. Spirit of Haughtiness	88
5. Spirit of Jealousy.....	91
6. Spirit of Antichrist.....	93
7. Spirit of Perverseness	95
8. Spirit of Deaf and Dumbness	98

9. Spirit of Heaviness	100
10. Spirit of Lying	102
11. Spirit of Bondage	105
12. Spirit of Error	107
13. Spirit of Stupor (Slumber/Sleep)	110
14. Spirit of Infirmary	112
Spirit of Death or Death Curse	114
Chapter 4. Replacing Ungodly Traits with Godly Qualities	117
Receive a Fresh Infilling of the Holy Spirit	120
My Declaration of Faith	124
Personal Ministry Appointments	125
A Final Note	126

Introduction

Living an abundant life, free from demonic oppression and emotional bondage, is our right as children of God. Jesus came not only to save us, but also to bring freedom, healing, and restoration so that we can live in the fullness He intended for us.

My purpose in writing this eBook is simple: to provide practical, biblical tools to help people **get free and stay free**. This eBook is designed for anyone who desires to experience greater freedom in Christ, whether you have attended a Freedom and Fullness Ministry Event or are beginning this journey for the first time.

Much of what I have learned about spiritual freedom was influenced by Dr. Henry Malone, founder of Vision Life Ministries, and his book *Shadow Boxing*. Dr. Malone was a deeply anointed man of God whom the Lord used to minister freedom to tens of thousands of people around the world and to train thousands of Christians to minister freedom to others. He faithfully served alongside his precious wife and ministry partner, Tina Malone.

The principles in this eBook are intended to help you recognize areas where the enemy may have gained access, close those doors, tear down strongholds, receive healing from emotional wounds, and exercise the authority Jesus Christ has given you.

Most importantly, always remember: **Jesus is the One who sets us free. Our freedom comes through Him, and our ability to remain free comes through continuing to walk closely with Him.**

Before you continue reading, I encourage you to begin by praying the following prayer.

Pray this prayer from your heart.

“Lord Jesus, I come to You today in humility. I repent of every sin and every area of my life where I have lived outside of Your will. I repent for resisting Your authority and withholding areas of my heart from You. Please forgive me and wash me clean by Your precious blood.

Today, I fully surrender my life to You. Be Lord over every area of my heart, my mind, my decisions, and my future.

Today, I receive You—and reaffirm You—as my Savior, and I choose to walk fully under Your Lordship.

I believe that You died for my sins and rose again in victory. By faith, I receive Your grace, Your authority, and Your life working in me. From this day forward, I belong completely to You, Lord.

I pray this now, from my heart, in Your name, Lord Jesus, Amen.”

God has completely restored your relationship with Him. You are saved and you are part of the Family of God. You belong!

Chapter 1. Spiritual Freedom

What is spiritual freedom? Spiritual freedom begins with the understanding that **we need Jesus**, since the Bible tells us, without Him we can do nothing. Jesus makes this clear in **John 15:5**.

“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; **for without Me you can do nothing.**” **John 15:5 NKJV**

I really like the way The Passion Translation (TPT) makes this clear. “I am the sprouting vine and you are my branches. As you live in union with me as your source, fruitfulness will stream from within you—**but when you live separated from me you are powerless.**” **John 15:5 TPT**

The Apostle Paul reinforces this truth in **Philippians 4:13**, reminding us that our strength comes through Christ: **“I can do all things through Christ who strengthens me.” Philippians 4:13 NKJV**

Once again, TPT gives us a powerful picture of what Paul was communicating:

“I know what it means to lack, and I know what it means to experience overwhelming abundance. For I am trained in the secret of overcoming all things, whether in fullness or in hunger. **And I find that the strength of Christ’s explosive power infuses me to conquer every difficulty.**” **Philippians 4:12-13 TPT**

Freedom to Thrive

We must realize that we have an enemy who does not want us to experience the freedom and abundant life Jesus came to give us. The Apostle Peter warns us:

“Be well balanced and always alert, because your enemy, the devil, roams around incessantly, like a roaring lion looking for its prey to devour.”

1 Peter 5:8 TPT

Jesus also said, “A thief has only one thing in mind—he wants to steal, slaughter, and destroy. But I have come to give you everything in abundance, more than you expect —life in its fullness until you overflow!

John 10:10 TPT

But here is the Good News: Jesus came to set us free!

“The Spirit of the Lord is upon me, and he has anointed me to be hope for the poor, healing for the brokenhearted, and new eyes for the blind, and to preach to prisoners, **‘You are set free!’** I have come to share the message of Jubilee, for the time of God’s great acceptance has begun.”

Luke 4:18–19 TPT

Let’s look more closely at what Jesus is saying.

Jesus came into the world filled with and empowered by the Holy Spirit. He was anointed by God the Father “to be hope for the poor.” This includes those who are physically poor and needy, as well as those who are

spiritually poor—those who recognize their need for God and know they cannot live the life God intended apart from Him. **Jesus is our true Hope.**

Jesus brings “healing for the brokenhearted.” He is the One we can turn to for healing from emotional trauma, broken relationships, rejection, disappointment, neglect, abuse, loss, and the painful experiences that deeply wound our hearts.

Unfortunately, many people do not understand that Jesus wants to heal their broken hearts. Instead, they may seek relief or escape through alcohol, drugs, food, sex, or other things that can ultimately lead to greater bondage. **Jesus is the true source of healing for the brokenness in our hearts.**

Jesus brings “new eyes for the blind.” Certainly, Jesus demonstrated His power to heal physical blindness. But there is also spiritual blindness. Many people go through life without recognizing God’s purpose for them or seeing the freedom and abundant life Jesus desires for them.

The Apostle Paul helps us further understand this ‘blindness,’

“For their minds have been blinded by the god of this age, leaving them in unbelief. Their blindness keeps them from seeing the dayspring light of the gospel of the glory of Christ, who is the divine image of God.”

2 Corinthians 4:4 TPT

The enemy wants to keep us from seeing and experiencing the truth of what Jesus has already made available to us.

And then Jesus declares that He was anointed **“to preach to prisoners, ‘You are set free!’”**

Think about those words: **“You are set free!”**

Jesus came to bring freedom to those who are bound. His desire is not for us simply to survive, but to walk in the spiritual freedom, healing, restoration, and abundant life He came to give us.

God’s Word reminds us:

“For God’s Word is something to sing about! He is true to his promises, his word can be trusted, and everything he does is reliable and right.”

Psalms 33:4 TPT

Let’s choose to believe that God’s Word is true.

If Jesus came to give us abundant life, heal the brokenhearted, and set the prisoners free, an important question remains:

Why aren’t so many of us fully experiencing the freedom and abundant life Jesus has already made available to us?

Let’s explore the possibilities...

Freedom to Live an Abundant Life

I have been greatly blessed through my association with Vision Life Ministries (VLM), founded by Dr. Henry and Tina Malone. For several years, I was privileged to have Dr. Henry and Tina in my life as spiritual parents.

My journey into this ministry began several years ago while I was participating in a small group. The Holy Spirit used a physically blind woman, who was also a Christian counselor, to encourage me to read Dr. Henry Malone's book, *Shadow Boxing*. That book had a profound impact on my life and led me to attend a VLM Freedom and Fullness Seminar in 2015.

As I began applying what I was learning, my life changed dramatically. **I was experiencing a level of freedom I had never known before.** Through that experience, I began to recognize God's calling on my life to help others experience the freedom Jesus came to give us.

I was blessed to complete VLM's training, serve on the VLM ministry team, and eventually establish Daily Grace Ministries, Inc. to continue helping others experience greater freedom and fullness in Christ.

But this eBook isn't about my journey—it's about yours.

So let's look at a simple framework that can help us understand how the enemy attempts to bring bondage into our lives and how we can walk in the freedom Jesus has already provided.

It's called the **2-5-14 Principle**.

The 2-5-14 Principle

The **2-5-14 Principle** comes from the wisdom God gave Dr. Henry Malone and is explained in his book, *Shadow Boxing*, and taught through Freedom and Fullness ministry.

The principle gives us a simple framework for understanding **how the enemy attempts to gain access to our lives, where that access may come from, and how demonic bondage can develop and operate.**

The “2” in the 2-5-14 Principle

The “**2**” represents two ways the enemy can interfere in our lives:

Intrusion and **Legal Access**.

Intrusion occurs when the enemy attempts to interfere in our lives without having a legal right to remain. He may introduce an ungodly thought, temptation, distraction, accusation, fear, or conflict in an attempt to get our attention off Jesus.

Think of it like a thief attempting to enter your home. The thief has no legal right to be there.

For example, imagine that you and your spouse get into an argument on the way to church. You arrive at church still thinking about the argument instead of focusing on Jesus and what God wants to do in your life. The

enemy has successfully distracted you and taken your attention away from the Lord.

Legal Access, however, is different.

Legal Access occurs when something we have done, something in our family bloodline, or something done to us by someone in authority has opened a door that gives the enemy an opportunity to bring oppression into our lives.

Unlike intrusion, **Legal Access involves an open door that needs to be recognized, addressed, and closed.**

That brings us to the “5.”

The “5” in the 2-5-14 Principle

The “5” represents the **Five Open Doors** through which the enemy may gain legal access to oppress us.

A simple way to understand this is to picture your life as a house with five doors. If the enemy has a key to one of those doors, he has an access point through which he can attempt to bring oppression into your life.

Those “keys” represent areas of legal access that may have resulted from something we have done, something in our family bloodline, or something that was done to us.

The Five Open Doors are:

1. Willful Sin or Disobedience
2. Unforgiveness
3. Curses and Generational Curses
4. Emotional Trauma
5. Inner Vows and Judgments

As we identify and properly deal with these open doors, we can remove the enemy's legal access and **close the doors through the finished work and authority of Jesus Christ.**

The “14” in the 2-5-14 Principle

The “14” represents the **14 demonic root spirits** identified within the 2-5-14 Principle from spirits specifically named in Scripture.

We believe these root spirits represent major areas through which Satan attempts to establish bondage and produce destructive patterns—or **fruit**—in our lives.

This distinction between the **root and the fruit** is important. Just as the root of a tree produces its fruit, a demonic root can produce destructive attitudes, behaviors, thoughts, emotions, and patterns in our lives.

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

Chapter 2. The Five (5) Open Doors

This chapter will help us understand each of the **Five Open Doors** and how they can give the enemy legal access to bring oppression into our lives. We will also use prayers of repentance, forgiveness, healing, and authority in the Name of Jesus to address these areas and close the doors.

Door #1 – Willful Sin or Disobedience

Door #2 – Unforgiveness

Door #3 – Curses and Generational Curses

Door #4 – Emotional Trauma

Door #5 – Inner Vows and Judgments

Door #1 – Willful Sin or Disobedience

Willful sin or disobedience occurs when we knowingly choose to act contrary to God's Word or what God has instructed us to do. It can mean doing something God has told us **not** to do, or refusing to do something God has told us **to** do.

A powerful example is found in **1 Samuel 15:22–23 NKJV**, where King Saul disobeyed a specific command from God. **God had instructed Saul to completely destroy the Amalekites and everything they possessed. Instead, Saul spared King Agag and kept the best of the sheep and cattle, claiming they were being saved to sacrifice to the Lord.**

Through the prophet Samuel, God said:

“Behold, to obey is better than sacrifice...”

and:

“For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry.”

Saul allowed his own reasoning to override what God had specifically instructed him to do. **He tried to justify his disobedience by giving it a spiritual purpose, but partial obedience was still disobedience.** His disobedience had serious consequences, and God ultimately rejected him from continuing as king.

This teaches us something important: **our human reasoning can lead us into disobedience when we allow what seems right to us to take precedence over what God has said.**

We have a choice. We can trust God and submit to His direction, or we can rely primarily on our own reasoning, understanding, and experience.

Proverbs reminds us:

“Trust in the Lord completely, and do not rely on your own opinions. With all your heart rely on him to guide you, and he will lead you in every decision you make.” Proverbs 3:5 TPT

The better choice is always to **trust God and obey Him.**

Rebellion, stubbornness, pride, and unbelief can all contribute to disobedience. And when we knowingly continue in sin or rebellion, we can

open a door that the enemy may use to bring greater bondage into our lives.

There is no freedom in rebellion. True freedom is found in surrender and obedience to God.

A Personal Example

Let me share a personal example of a time when I believe I allowed my own reasoning to keep me from obeying what God was telling me to do.

A young woman who lived near me and spoke very little English seemed to be involved in one minor car accident after another. After one of those accidents, I sensed the Lord telling me that there was a spiritual issue involved and that I should pray with her.

Instead, I began reasoning with God: *“She’s young. I really don’t know her. She doesn’t speak English.”*

So I did nothing.

A couple of weeks later, she was involved in another minor accident. Again, I sensed the Lord telling me to pray with her, and again I allowed my reasoning to get in the way.

Then one evening, another vehicle struck the car she was driving with enough force to push it into the back of my SUV, which was parked in front of it.

That got my attention.

I repented for my disobedience and contacted a friend who spoke Spanish to help me communicate with her. We explained what I believed the Lord had placed on my heart, and she gave me permission to pray with her.

I prayed in the Name of Jesus and broke what I believed God had revealed was a death curse associated with the repeated accidents.

After that prayer, she stopped getting into car accidents.

That experience taught me something I have never forgotten: **when I believe God is telling me to do something, I don't let my human reasoning talk me out of being obedient. If God says it, I do it.**

Prayer of Repentance for Willful Sin or Disobedience

Pray the following 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 willfully sinned against You. I acknowledge that my sin was wrong and contrary to Your Word. Please forgive me for my sin and rebellion and cleanse me from all unrighteousness according to Your promise in **1 John 1:9**.

I repent and turn away from the sin(s) of (tell God your sin(s)). 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 have been crucified to the world and the world has been crucified to me. By Your grace, I consider myself dead to these sins and alive to You. 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. I renounce these sins and any agreement I have made with them, and I declare that they no longer have authority over my life.

I am forgiven, cleansed, and free through Jesus Christ.

In Jesus' Name, Amen.

God has forgiven you. Receive His forgiveness. Reject condemnation. You are forgiven!

Stand on the truth of God's Word:

“But if we freely admit our sins when his light uncovers them, he will be faithful to forgive us every time. God is just to forgive us our sins because of Christ, and he will continue to cleanse us from all unrighteousness.” **I**

John 1:9 TPT

“...to the praise of the glory of His grace, by which He has made us accepted in the Beloved. In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.”

Ephesians 1:6-7 NKJV

Door #2 – Unforgiveness

Unforgiveness is the second of the **Five Open Doors** through which the enemy may gain legal access to bring oppression into our lives.

Unforgiveness occurs when we refuse to release an offense, a wrong done to us, or a debt we believe someone owes us. When we continue holding on to an offense, bitterness can begin to take root in our hearts and affect our lives in ways we may not even recognize.

Jesus made the importance of forgiveness very clear:

“If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.” **Matthew 6:14–15 NLT**

Jesus also said:

“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses.” **Mark 11:25–26 NKJV**

And Colossians brings the point home by showing us what Jesus has done for us:

“...bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also **must** do.” **Colossians 3:13 NKJV**

These Scriptures make it clear: **God commands us to forgive all others—and ALL means ALL.**

That does not mean what someone did to us was right. It does not mean there are no consequences for their actions, and it does not mean we must immediately trust them again. **Forgiveness is not the same as trust.**

Forgiveness means releasing the person and the debt we believe they owe us and choosing not to hold the offense against them.

We also need to forgive ourselves. If God has forgiven us through Jesus Christ, we should not continue condemning ourselves for something He has already forgiven.

And what about God? **God has done nothing wrong and does not need our forgiveness.** However, we may have blamed God, become angry with Him, or held disappointment or resentment toward Him because of something He allowed to happen. When that has occurred, we need to be honest with God, release that anger and blame, and restore our trust in Him.

God has forgiven us completely through Jesus Christ, and He commands us to extend forgiveness to others.

Why Is Forgiving and Letting Go So Difficult?

Sometimes pride or stubbornness keeps us from forgiving. Other times the offense has caused such deep hurt or emotional trauma that letting go seems almost impossible.

In **Matthew 18:21–22 NKJV**, Peter asked Jesus:

“Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?”

Jesus answered:

“I do not say to you, up to seven times, but up to seventy times seven.”

Basically, Jesus is telling us that **forgiveness is not something we keep count of**. No matter how many times someone offends us, we are called to forgive.

Jesus then gives us an even deeper understanding of forgiveness in **Matthew 18:23–35** through the Parable of the Unforgiving Servant.

A king discovered that one of his servants owed him **10,000 talents**—an enormous debt that the servant could never repay.

Because the servant could not pay, the king ordered that he, his family, and his possessions be sold to help satisfy the debt.

The servant fell before the king and begged for mercy. The king had compassion on him and did something extraordinary: **he completely forgave the debt and let the servant go free.**

But after leaving the king, that same servant found a fellow servant who owed him only **100 denarii**. He demanded immediate payment. When the fellow servant begged for mercy, the man refused and had him thrown into prison.

When the king learned what had happened, he became angry. The servant who had been forgiven an enormous debt had refused to forgive the much smaller debt owed to him.

Jesus concludes the parable by saying:

“So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.” **Matthew 18:35 NKJV**

The contrast between these two debts is enormous.

The first servant owed the king **10,000 talents**. A talent was a very large measure of weight used for precious metals such as gold and silver. Using the value of gold as an illustration, **10,000 talents would represent billions of dollars today**—an overwhelming debt that an ordinary servant could never possibly repay.

The King represents God. **God has forgiven us a debt we could never repay.**

The second servant owed only **100 denarii**. Compared with the enormous debt that had just been forgiven, this was a much smaller amount.

To help us picture the difference, let's represent that smaller debt with a **\$12.50 note**.

Think about that: **God forgave us a debt of billions, yet we can find ourselves holding on to a \$12.50 debt against someone else.**

Every time we refuse to forgive an offense, imagine writing that person's name on another \$12.50 note. We may even accumulate a large stack of notes with the same person's name on them.

Forgiveness is like tearing up those \$12.50 notes, releasing the debt, and letting the person go free.

Jesus also tells us that we must forgive **from our heart**.

Forgiveness is more than simply saying the words, "I forgive you." It is a decision of our will to release the person and the offense into God's hands. As we surrender the hurt to God, He can also begin healing the emotions and wounds connected to what happened.

When we refuse to forgive, bitterness can take root in our hearts. That bitterness can affect our thoughts, emotions, relationships, and fellowship with God. Over time, resentment, anger, suspicion, and even hatred can grow from that root.

That's why forgiveness is so important. **We don't forgive merely to release the other person—we forgive because God wants to release us from the bondage of bitterness.**

How Do We Forgive?

Jesus said: “...without Me you can do nothing.” **John 15:5 NKJV**

And **Philippians 4:13 NKJV** tells us: “I can do all things through Christ who strengthens me.”

Some offenses are so painful that forgiving in our own strength can seem impossible. **But we are not required to do it in our own strength.**

True forgiveness requires us to humble ourselves, surrender the offense to God, and allow the Holy Spirit to help us do what we may not feel capable of doing on our own.

Many of us have been deeply wounded by words spoken over us or by things that were done to us. Some of those wounds may have occurred in childhood, before we had the ability to understand what was happening or know how to respond.

When those wounds remain unhealed, unforgiveness and bitterness can take root and begin affecting our thoughts, emotions, relationships, and even how we see ourselves.

God can reach into those wounded places. He can heal the hurt, uproot bitterness, and give us the grace and strength to forgive as we have been forgiven.

We sometimes believe that forgiving someone means they are getting away with what they did.

It does not.

Forgiveness does not excuse wrongdoing, eliminate appropriate consequences, or remove accountability. **Every person ultimately answers to God.**

When we forgive, we place the offense into the hands of a just and sovereign God.

We surrender our right to revenge and trust Him with justice.

God says:

“I will take revenge; I will pay them back.” Deuteronomy 32:35 NLT

We also need to be careful not to place conditions on forgiveness.

We may think:

“I’ll forgive them when they apologize.”

“I’ll forgive them when they understand how badly they hurt me.”

“I’ll forgive them when they change.”

But forgiveness cannot depend upon the other person's response.

We forgive because God commands us to forgive and because He has already forgiven us.

Sometimes we convince ourselves that we have forgiven someone when we are still holding on to the offense. Ask yourself:

When I think about that person, what happens inside me?

Do I still rehearse what they did? Do I secretly want them to suffer for what they did to me? Would I rejoice if something bad happened to them? Can I sincerely pray for God to bless them?

These questions are not intended to condemn us. They can help reveal areas where hurt, resentment, or unforgiveness may still remain in our hearts.

Forgiveness Is Not the Same as Trust

This distinction is extremely important.

Forgiveness is given freely in obedience to God, but trust must be rebuilt over time through repentance, changed behavior, and demonstrated faithfulness.

In some situations, you may completely forgive someone and still recognize that restoring the relationship would not be wise or safe.

A Personal Example

A few years ago, I allowed a relative to move into my second bedroom to help them get out of a drug-related and abusive situation.

Things seemed to be going reasonably well until one morning when that person attempted to kill me. They first came at me with a knife, which I was able to take away. Then they struck me in the head with a golf club.

I was bleeding heavily, and eventually they called 911. When the police arrived, they determined that the person was under the influence of drugs and placed them under arrest.

I prayed, and the bleeding stopped—it truly did.

In that moment, by the grace of God, I chose to forgive.

Forgiveness was immediate; trust, however, was not.

Today, that person is drug-free, and we are rebuilding our relationship step by step. I am beginning to trust again.

That experience taught me something important: **forgiveness can be immediate, but trust is rebuilt over time as repentance, changed behavior, and faithfulness are demonstrated.**

Forgiveness releases the offender into God's hands. We do not pretend the wound never happened; instead, we refuse to allow what happened to continue ruling our hearts.

Forgiveness is given freely, but trust must be rebuilt—and in some situations, trust or the relationship may never be fully restored.

Bless and Pray for Those Who Hurt You

Jesus takes forgiveness even further.

In **Matthew 5:44 NKJV**, Jesus says:

“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.”

And in **Luke 6:28 NKJV**, Jesus says:

“Bless those who curse you, and pray for those who spitefully use you.”

Jesus doesn't simply tell us to release the offense. **He tells us to bless and pray for those who have hurt us.**

As we pray for and bless those who have wronged us, God can continue removing bitterness from our hearts and bringing healing to the places that were wounded.

Forgiveness Prayer

Pray this prayer for each person you need to forgive.

Heavenly Father, I choose to forgive **(name of person)** from my heart for the things they did or did not do to me.

(Tell God specifically what they did or did not do and how it made you feel.)

I release them from the debt I believe they owe me. I lay nothing to their charge, and I require nothing from them.

I release them into Your hands. You are the righteous Judge, and I trust You to deal with this situation according to Your perfect justice and mercy.

Father, I forgive **(name)** because You have forgiven me. I renounce all bitterness, resentment, anger, hatred, and unforgiveness that I have held against them.

I choose to bless them and pray for them. Please work in their life according to Your perfect will, and help me to be a blessing as You lead me.

Lord Jesus, please heal every wound this offense has caused in my heart. Remove the pain and hurt and fill those places with Your love, peace, and healing.

Thank You for giving me the grace and strength to forgive and for setting my heart free.

In Jesus' Name, Amen.

Now tear up those \$12.50 notes in your heart. Release the debt and let the person go free. Sweep those notes out the door of your heart—

and don't pick them back up. You have placed that person and the debt into God's hands.

Now ask Jesus to continue healing any pain or hurt connected to what happened and to fill your heart with His never-ending love, peace, and freedom.

Door #3 – Curses and Generational Curses

A curse is the calling down of evil upon someone or something. It can involve ungodly or destructive words spoken over another person, something they possess, or even ourselves. In many ways, a curse is the opposite of a blessing.

The Bible has a great deal to say about both blessings and curses, so this is something we should take seriously.

Some curses may be connected to choices we have made ourselves. Others may involve patterns of sin and iniquity that have continued through our family bloodlines from one generation to another.

But before we go any further, we need to establish one very important truth:

Jesus Christ has already provided the victory through His finished work on the cross.

Galatians tells us:

“But if you rely on works of keeping the law for salvation, you live under the law’s curse. For it is clearly written: ‘Utterly cursed is everyone who fails to practice every detail and requirement that is written in this law!’”

Galatians 3:10 TPT

But then comes the Good News:

“Yet, Christ paid the full price to set us free from the curse of the law. He absorbed the curse completely as he became a curse in our place. For it is written: ‘Everyone who is hung upon a tree is cursed.’ Jesus Christ dissolved the curse from our lives, so that in him all the blessings of Abraham can be poured out upon gentiles. And now through faith we receive the promised Holy Spirit who lives in us.” **Galatians 3:13–14 TPT**

Christ accomplished complete victory at the cross.

Our freedom is not based upon our own power or ability. **Our freedom is based upon what Jesus has already accomplished for us.**

As we recognize areas where we or our family lines have come into agreement with sin, rebellion, ungodly words, occult practices, or other forms of bondage, we can repent, renounce those agreements, and apply the finished work of Jesus Christ by faith.

We are not looking for curses to focus on them. We are simply identifying anything that needs to be brought under the finished work and authority of Jesus Christ.

A Curse Must Have a Cause

Proverbs gives us another important principle:

“Like a flitting sparrow, like a flying swallow, so a curse without cause shall not alight.” **Proverbs 26:2 NKJV**

The Passion Translation expresses it this way:

“An undeserved curse will be powerless to harm you. It may flutter over you like a bird, but it will find no place to land.” **Proverbs 26:2 TPT**

In other words, we should not assume that every negative word spoken against us automatically becomes a curse or has power over our lives.

Our focus should remain on Jesus while allowing the Holy Spirit to reveal anything in our lives that needs to be confessed, renounced, healed, or brought into obedience to God.

What Are Generational Curses and Iniquities?

Some destructive patterns seem to repeat themselves within families from one generation to another.

Scripture tells us:

“...For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me.” **Exodus 20:5 NKJV**

A similar statement appears in **Deuteronomy 5:9**.

The Hebrew word translated **“iniquity”** is *avon*. It can carry the meaning of iniquity, guilt, perversity, or wrongdoing. Within our 2-5-14 teaching, we use the term **generational iniquity** to describe destructive patterns of sin and bondage that may appear repeatedly within a family line.

We sometimes hear people say:

“That’s just the way our family is.”

“All the men in our family have terrible tempers.”

“Nobody in our family stays married.”

“Addiction runs in our family.”

“We’ve always struggled with this.”

Rather than simply accepting destructive patterns as part of our identity, we can bring them before God and ask:

“Holy Spirit, is there anything in my family line that needs to be confessed, renounced, healed, or broken?”

We are not responsible for the personal sins of our ancestors, nor can we repent on behalf of someone who has died. But we can acknowledge destructive patterns within our family lines, repent for our own participation in those patterns, renounce agreement with them, and declare that they will not continue through us.

What may have operated in previous generations does not have to continue through you. In Jesus Christ, those patterns can be broken.

Recognizing Destructive Generational Patterns

Generational patterns may involve recurring areas such as:

- Rebellion and disobedience
- Anger, hatred, jealousy, or violence
- Unforgiveness and bitterness
- Sexual immorality
- Alcohol or drug abuse
- Occult practices or idolatry
- Lying, stealing, or criminal behavior
- Manipulation, control, or abuse
- Pride and arrogance
- Broken marriages and destructive family relationships
- Persistent patterns of fear, rejection, or shame

The presence of hardship, illness, financial difficulty, infertility, depression, accidents, or other painful circumstances does **not automatically mean that a person is under a curse**. These things can have many different causes.

Our responsibility is not to become obsessed with finding a curse behind every problem. Instead, we prayerfully ask the Holy Spirit to reveal **persistent, recurring, and destructive spiritual patterns** that need to be addressed.

When He reveals something, we deal with it through repentance, forgiveness, renunciation, prayer, and the authority Jesus Christ has given us.

Common Ways Doors May Be Opened to Curses

There are several ways a door may be opened to curses or destructive spiritual patterns.

1. Generational Sin and Iniquity

Patterns of rebellion, idolatry, addiction, sexual sin, anger, violence, occult involvement, and other forms of bondage may repeat themselves within families.

We do not have to accept those patterns as our destiny.

Our identity is found in Jesus Christ—not in the failures of previous generations.

2. Our Own Sin and Disobedience

Our own choices can also open doors.

Deuteronomy 28:15 NKJV warns Israel about the consequences of disobedience: “...if you do not obey the voice of the Lord your God...all these curses will come upon you and overtake you.”

This reinforces something we discussed under Door #1: **obedience matters.**

When the Holy Spirit reveals sin, our response should be repentance—not fear or condemnation.

3. Destructive Words Spoken by Others or Ourselves

Words have consequences.

Parents, teachers, pastors, spouses, authority figures, and others may speak destructive words over us:

“You'll never amount to anything.”

“You're stupid.”

“Nobody will ever love you.”

“You'll always be a failure.”

“You're just like your father.”

Those words can become deeply embedded in our thinking, especially when spoken repeatedly or by someone whose opinion matters greatly to us.

We can also speak destructive words over ourselves:

“I'm stupid.”

“I can't do anything right.”

“I'll never change.”

“Nothing ever works out for me.”

Stop speaking death over yourself.

Proverbs tells us:

“Death and life are in the power of the tongue...” Proverbs 18:21

NKJV

TPT expresses it this way:

“Your words are so powerful that they will kill or give life, and the talkative person will reap the consequences.” **Proverbs 18:21 TPT**

Our words matter.

God wants us to speak words that agree with His truth—words of life, blessing, encouragement, faith, and hope.

4. Occult Practices and Idolatry

Involvement with occult practices, witchcraft, divination, false gods, idols, ungodly spiritual practices, or objects connected with those practices can create spiritual bondage.

If the Holy Spirit reveals previous involvement in these areas, we should repent, renounce that involvement, remove ungodly objects as He leads us, and close any doors that were opened.

Our allegiance belongs completely to **Jesus Christ**.

5. Ungodly Covenants, Oaths, Relationships, or Agreements

Ungodly relationships, sexual sin, abuse, manipulation, control, ungodly oaths, and agreements can also create unhealthy spiritual connections.

We refer to some of these connections as **ungodly spirit, soul, and body ties**.

When God reveals one of these areas, we repent of our own involvement, forgive others where necessary, renounce the ungodly connection, and ask Jesus to completely sever its influence over our lives.

How Do We Close the Door to Curses?

The answer is not fear. The answer is **Jesus**.

Luke 4:18 NKJV tells us:

“The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed...”

And **2 Corinthians 10:3–5 NKJV** reminds us:

“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds...”

When the Holy Spirit reveals a generational pattern, curse, ungodly agreement, or other open door:

Recognize it.

Ask the Holy Spirit to reveal what needs to be addressed.

Repent.

Confess your own participation in sin and receive God's forgiveness.

Forgive.

Forgive anyone whose actions or words contributed to the bondage.

Renounce it.

Break your agreement with the sin, curse, lie, oath, or ungodly connection.

Exercise your authority in Jesus Christ.

Declare that the enemy no longer has legal access through that door.

Replace the lie with God's truth.

Agree with what God says about you and who you are in Jesus Christ.

And remember:

The power is not in saying the perfect prayer. The power is in Jesus Christ and His finished work on the cross.

Prayer to Break Generational Curses and Iniquity

Heavenly Father, I come before You in the Name of Jesus Christ.

I acknowledge the sins and destructive patterns that have operated within my family lines through previous generations. I do not excuse or justify them, and I refuse to accept them as my identity or destiny.

I confess and repent for every way I have personally participated in or agreed with these same sins and patterns. Please forgive me and cleanse me from all unrighteousness according to Your Word.

I specifically renounce **(tell God any generational sins or patterns the Holy Spirit has revealed to you).**

I break my agreement with every generational pattern of rebellion, fear, idolatry, pride, jealousy, sexual immorality, bondage, deception, bitterness, anger, addiction, control, abuse, or any other pattern the Holy Spirit has revealed.

I place the cross of Jesus Christ between me and every ungodly pattern from my family lines. I declare that Jesus Christ became a curse for me and that His finished work on the cross is sufficient for my freedom.

In the Name and authority of Jesus Christ, I renounce and break every generational curse and ungodly agreement that has gained access to my life.

I ask You, Father, to tear down every stronghold built upon these sins, patterns, and lies.

What operated in previous generations will not continue through me.

I declare that I belong to Jesus Christ. I am a new creation in Christ. My identity is not determined by my bloodline, my past, or the sins of previous generations. My identity is in Jesus Christ.

Father, replace every curse with Your blessing, every lie with Your truth, every bondage with Your freedom, and every destructive pattern with righteousness.

I receive Your forgiveness, cleansing, freedom, and blessing through the blood of Jesus Christ.

In Jesus' Name, Amen.

Prayer to Break Word Curses and Ungodly Agreements

Heavenly Father, I come before You in the Name of Jesus. I forgive every person who has spoken destructive, hurtful, or ungodly words over me.

I specifically forgive **(name anyone the Holy Spirit brings to mind)**.

I renounce every word spoken over me that does not agree with what You say about me. I also repent for every destructive word I have spoken over myself or others. Forgive me for agreeing with lies instead of Your truth.

In the Name of Jesus Christ, I break my agreement with the words **(tell God the specific words or statements that affected you)**.

Those words will no longer define me. I cancel their influence over my life and declare that they have no authority over my identity, my future, or my relationship with God. I choose instead to agree with **Your Word**.

I belong to Jesus Christ. I am forgiven. I am loved. I am accepted in the Beloved. I am a child of God, and my identity is found in Christ.

Father, replace every destructive word with Your truth and fill my heart and mind with words of life.

In Jesus' Name, Amen.

Prayer to Break Ungodly Spirit, Soul, and Body Ties

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, manipulation, 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 spirit, soul, and body 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 me or influence my life.**

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 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. **Amen.**

The Curse of Illegitimacy

Another area we specifically address in Freedom and Fullness ministry is the **Curse of Illegitimacy.**

“One of illegitimate birth shall not enter the assembly of the LORD; even to the tenth generation none of his descendants shall enter the assembly of the LORD.” **Deuteronomy 23:2 NKJV**

Under the Old Covenant, this passage placed restrictions upon entrance into the assembly of Israel. Within Freedom and Fullness ministry, we also address the spiritual effects that may be associated with illegitimacy in a family line, particularly **rejection, shame, separation, confusion, and a sense of not belonging.**

But we need to understand something very important:

The circumstances of your birth do not determine your value, identity, or destiny.

You are not responsible for the circumstances surrounding your conception or birth. If you were conceived or born outside of marriage, **you did nothing wrong.**

Through Jesus Christ, we have been adopted into God's family.

Ephesians 1:5 NKJV tells us that God has “...predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will.”

And **Romans 8:15 NKJV** says:

“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’”

Therefore, as part of our Freedom and Fullness ministry, we specifically pray to break and renounce the **Curse of Illegitimacy** and every pattern of rejection, shame, separation, confusion, or not belonging associated with it.

Our declaration is simple:

My identity is not determined by the circumstances of my birth. I have been adopted into God's family through Jesus Christ.

I belong!

Prayer to Break the Curse of Illegitimacy

Heavenly Father, in the Name of Jesus Christ, I acknowledge any illegitimacy that has occurred in my family bloodline or in the circumstances surrounding my conception or birth.

I declare that the circumstances of my birth do not determine my identity, my value, or my destiny.

In the Name and authority of Jesus Christ, **I renounce and break the Curse of Illegitimacy and its effects upon my life and family line.**

I renounce every spirit and pattern of rejection, shame, separation, confusion, isolation, and not belonging that has attempted to operate through illegitimacy.

I place the cross of Jesus Christ between me and every effect of illegitimacy in my family line. I declare that every claim of the enemy associated with this curse is broken through the finished work and blood of Jesus Christ.

I renounce the lie that I am unwanted, rejected, inferior, or that I do not belong.

Instead, I receive the truth of God's Word:

I am wanted by God. I am loved by God. I am accepted in the Beloved. I have received the Spirit of adoption. I am a child of God. I am part of the Family of God. I belong!

Father, heal every place in my heart that has been affected by rejection, shame, abandonment, or feelings of not belonging.

I declare that illegitimacy will not determine or destroy my God-given destiny. My past and my family history do not define me. **Jesus Christ defines who I am.**

I receive Your love, acceptance, healing, restoration, and freedom. I declare that this curse and every ungodly effect associated with it are broken in the mighty Name of Jesus Christ.

In Jesus' Name, Amen.

Daily Prayer to Cancel Curses

(This is an additional prayer that I personally pray daily.)

In Jesus' Name, I cancel every curse, hex, spell, ungodly assignment, word curse, or thought intended for evil against me or my family (**speak their names**).

I cancel every demonic assignment connected with those curses and command every demonic spirit involved to leave and go wherever Jesus Christ commands you to go. You have no authority over me or my family.

I declare that **Jesus Christ is Lord over my life and my family** and that no demonic force will take me off the path God has placed me on.

Heavenly Father, I pray for those who have cursed us or intended evil against us. Draw them to Jesus Christ, deliver them from darkness, and bring them into Your truth.

I choose to bless those who curse us and pray for those who have come against us. Father, bless my family and me. Protect us, guide us, and keep our hearts and minds focused on Jesus.

In Jesus' mighty Name, Amen.

Receive Your Freedom

After praying, don't spend your time looking backward or wondering whether you said every word perfectly.

Look to Jesus.

Thank Him for His finished work on the cross. Receive His forgiveness. Receive His cleansing. Receive His healing. Receive His freedom.

If the Holy Spirit reveals another area that needs to be addressed, simply bring it before God. You do not have to live afraid of your family history, someone else's words, your past mistakes, or the enemy.

“Therefore if the Son makes you free, you shall be free indeed.” John 8:36 NKJV

Jesus Christ is greater than anything that has operated in your past.

Door #4 – Emotional Trauma

Emotional trauma and emotional pain are wounds and bruises to our hearts. They can come through emotional, physical, or sexual abuse, neglect, rejection, betrayal, great loss, sudden injury, accidents, violence, or other painful experiences that leave lasting emotional or spiritual wounds.

Unfortunately, many of us—especially men—have learned to deal with emotional pain by ignoring it, stuffing it down, keeping a “stiff upper lip,” or simply denying that it exists.

But buried pain is not the same as healed pain.

Jesus cares about our emotional wounds. Part of His ministry when He walked on the earth was healing the brokenhearted and setting free those who were oppressed. That is still His heart today.

Jesus knows our hurt. **Jesus knows our pain. And Jesus wants to heal our broken hearts.**

Two Types of Wounds and Trauma:

For the purpose of this ministry, it can be helpful to think about emotional wounds and trauma in two broad categories.

First – Wounds We Had Some Part in Creating

Sometimes we contributed to the circumstances that caused our pain. Even if our part was only 5%, we need to take responsibility for that 5%.

For example, a marriage may end after we were unfaithful. The divorce may cause tremendous emotional pain, but we still need to acknowledge and repent for our own part in what happened.

Sometimes our pain results from the way we responded when someone hurt or offended us. Other times, we may hurt someone, and that person responds out of their own pain, causing additional hurt.

Hurting people hurt people. Healed people heal people. Free people free people.

When we contributed to what happened, healing begins with honestly acknowledging our part, repenting where necessary, forgiving others, and bringing the entire situation to Jesus.

Second – Wounds and Trauma We Had No Part in Creating

There are also painful experiences that happened to us **through no fault of our own.**

Examples may include:

Physical, emotional, or sexual abuse

Violence

Being mugged or assaulted

Abandonment

Car accidents or other serious accidents

Rape or sexual assault

Rejection

Frightening or traumatic experiences

Being dominated, manipulated, or controlled

Molestation
The death of someone close to us
Near-death experiences
Betrayal by friends or people we trusted
Sudden or devastating loss

When something was done to you that you did not cause, **you are not responsible for what another person chose to do to you.**

However, we do have a choice about what we do with the pain afterward. We can carry it, bury it, allow it to define us—or we can bring that pain to Jesus and allow Him to begin healing our hearts.

Sometimes the Wound Is What We Didn't Receive

Not every emotional wound comes from something terrible that was done to us. Sometimes the wound comes from **something we desperately needed but never received.**

Every child needs love, nurture, acceptance, encouragement, protection, and security. Some parents may have been physically present but emotionally unavailable.

A child may grow up rarely hearing:

“I love you.”

“I’m proud of you.”

“You did a good job.”

Other parents may be highly critical or perfectionistic, leaving a child feeling that nothing they do is ever good enough.

These missing pieces can leave deep wounds involving rejection, insecurity, shame, fear, or a feeling of never measuring up.

Sometimes emotional pain becomes buried so deeply that we may no longer consciously recognize the original wound. Yet unresolved hurt may still influence how we think, respond, and relate to others.

The enemy can also use wounded places to introduce lies:

“Nobody really loves me.”

“I’m not good enough.”

“I’m unwanted.”

“I can’t trust anyone.”

“Something is wrong with me.”

“God abandoned me.”

Those lies can become strongholds if we continue believing them.

But Jesus wants to replace the enemy’s lies with His truth and heal the wounds beneath them. Jesus Heals the Brokenhearted

In **Luke 4:18 NKJV**, Jesus said:

“The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me **to heal the brokenhearted**, to proclaim liberty to the captives and recovery of sight to the blind, **to set at liberty those who are oppressed...**”

I love that. Jesus didn't come only to forgive our sins. **He came to heal the brokenhearted.**

“He heals the brokenhearted and binds up their wounds.”

Psalm 147:3 NKJV

There is **no wound so deep that Jesus cannot reach it**. There is no rejection He cannot touch. There is no betrayal He cannot heal. There is no shame He cannot remove. There is no painful memory beyond His love and healing power.

What About Counseling and Professional Help?

Counseling and professional support can provide understanding, practical tools, coping strategies, and appropriate treatment. In some situations, professional or medical care can be an important part of someone's healing process.

But as Christians, we also recognize that our deepest healing ultimately comes through Jesus Christ. Jesus can reach places in our hearts that we may have hidden from everyone else—and sometimes even from ourselves.

We do not have to choose between receiving appropriate help and bringing our pain to Jesus. We can do both while trusting Him as our ultimate source of healing, restoration, and freedom.

Have You Ever Blamed God?

Pain can also affect our relationship with God.

When something terrible happens, we may find ourselves asking:

“God, where were You?”

“Why did You allow this?”

“Why didn't You stop it?”

Some people become angry with God. Others quietly blame Him without ever admitting it.

Have you ever blamed God for something that happened in your life?

If so, be honest with Him. God is not intimidated by your questions, your anger, or your pain. Bring it to Him.

God created us for relationship with Him. But sin entered the world through human disobedience, and we now live in a fallen world where people make sinful choices and painful things happen.

But what happened to us does not have to define the rest of our lives.

God Is a God of Restoration

But God! He can take what was broken, wounded, or stolen and bring healing, restoration, and purpose out of it.

In **Joel 2:25 NKJV**, the Lord says:

“So I will restore to you the years that the swarming locust has eaten...”

I love that promise.

God can restore what the enemy has stolen.

We cannot go backward and change what happened. But God can heal what happened **inside of us because of it.**

He can restore joy. He can restore peace. He can restore hope. He can restore relationships when restoration is possible and healthy. He can restore our ability to love and receive love. He can restore our sense of identity and purpose.

And He can take even the painful things in our lives and bring something good from them.

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

Romans 8:28 NKJV

That does not mean everything that happened to us was good. **It means God can bring good even out of what was meant to hurt us.**

Bring the Pain to Jesus

There comes a time when we need to stop carrying the pain by ourselves and bring it to Jesus.

We can open our hearts and say:

“Jesus, this hurt me. I don't want to carry this pain anymore. Please heal my heart.”

Isaiah gives us a beautiful picture of what Jesus accomplished for us:

“Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted.

But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.

All we like sheep have gone astray; we have turned, every one, to his own way; and the LORD has laid on Him the iniquity of us all.”

Isaiah 53:4–6 NKJV

Jesus understands suffering. **He carried our griefs and our sorrows.** So when we bring our emotional wounds to Him, we are bringing them to Someone who understands our pain and loves us completely.

Ministry for Emotional Trauma

As you prepare to pray, don't try to force an emotion or manufacture a response. **Simply be honest with Jesus.**

- Open your heart completely to Jesus.
- Allow the Holy Spirit to bring to mind any wound or painful memory He wants to heal.
- Don't be afraid of the emotions connected with what happened.
- Ask Jesus to heal the wounds and bruises in your heart.
- Release the pain, hurt, rejection, shame, anger, fear, and grief to Him.
- Ask Jesus to replace the pain and the lies with His love, peace, and truth.
- Receive His healing.

You don't have to understand everything that happened. You don't have to analyze every memory. **Just give Jesus permission to minister to your heart.**

Prayer for Healing Emotional Trauma

Lord Jesus, I open my heart completely to You. I open every room, every closet, and every hidden place in my heart. Thank You for loving me. Thank You for going to the Cross so that I could experience healing and wholeness in spirit, soul, and body.

Holy Spirit, please shine Your light into every wounded and hidden place within me.

Lord Jesus, I give You all the pain I have experienced. I give You every rejection, every hurt, every betrayal, every disappointment, every loss, every abuse, and every wound. I give You the things I remember and the things I may have buried so deeply that I no longer consciously remember them.

I don't want to carry this pain anymore. Lord Jesus, I give it to You. I release the hurt. I release the anger. I release the fear. I release the rejection. I release the grief. I release the shame. I release every painful emotion I have carried because of what happened to me.

Lord Jesus, please take this pain from me and heal every wounded and bruised place in my heart. Pour Your healing love into every place that has been hurt.

Where I believed a lie because of what happened to me, reveal Your truth. Where I have felt rejected, let me experience Your acceptance. Where I have felt abandoned, remind me that You will never leave me nor forsake me. Where I have carried shame, cleanse me and restore my dignity and identity in You. Where I have been afraid, fill me with Your peace. Where my heart has been broken, **heal my broken heart.**

Jesus, You carried my griefs and my sorrows. You carried my shame and rejection so that I could be free. I cannot change what happened, but I refuse to allow what happened to continue controlling my life.

I give it all to You. **I hold nothing back.** Heal me, restore me, and fill every place that once held pain with Your love, Your peace, Your joy, and Your presence.

Thank You, Jesus, for loving me. Thank You for healing my broken heart. Thank You for restoring what was lost. And thank You for setting me free. **In Jesus' Name, Amen.**

Door #5 – Inner Vows and Judgements

Most people have no idea what an inner vow is. It is rare to hear anyone teach about ungodly inner vows, yet many of us have made them without realizing the impact they may have had on our lives.

An inner vow is a deep inner decision made with intense emotion in the heart and mind of a person.

Many inner vows are made early in life as a reaction to a painful person, experience, or situation. Unlike a vow made to God or another person, an inner vow is something we determine within ourselves.

We may say or think:

“I will never...”

“I will always...”

“No one will ever...”

“I have to...”

“I can't trust...”

Sometimes we don't even speak the words aloud. An inner vow can simply be a decision made deep within our heart.

Judgments and Inner Vows

Ungodly inner vows are often connected to **judgments** we have made about another person, ourselves, or even God.

For example, someone hurts us and we decide:

“They hurt me on purpose.”

Or:

“If they really loved me, they wouldn't treat me this way.”

We may not actually know the other person's motives, but we have already made a judgment about what they intended.

Jesus warns us about judging others:

“Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.” **Matthew 7:1–2 NLT**

A judgment can then lead to an inner vow.

For example:

Judgment: “People I love will eventually abandon me.”

Inner Vow: “I will never let anyone get close enough to hurt me again.”

Resulting Pattern: I begin pushing people away whenever a relationship becomes emotionally close.

This is important:

Judgments can form expectations, and expectations can influence how we respond to people. Over time, those responses may help produce the very outcomes we fear.

An ungodly inner vow is therefore more than a passing thought. It is a deep inner decision, often made during a time of intense emotion, in which we determine how we will protect ourselves, what we will or will not do, or how we believe life is going to be.

Instead of trusting God, we begin relying upon ourselves.

“Thus says the Lord: ‘Cursed is the man who trusts in man and makes flesh his strength, whose heart departs from the Lord.’” **Jeremiah 17:5 NKJV**

Inner Vows Can Become Like a Train on a Track

Some inner vows may initially sound reasonable.

A child with an alcoholic father might say:

“I’ll never be an alcoholic like my father.”

Someone who experienced abuse might decide:

“I’ll never treat anyone the way I was treated.”

The desire itself may sound good. The problem occurs when we make a deep inner determination that **we will accomplish it through our own strength**, rather than depending upon God.

An ungodly inner vow can become like a track our life begins following. Like a train running down that track, we can find ourselves repeating the very patterns we vowed we would never repeat.

A young man with unresolved issues involving his mother might say:

“I’ll never marry a woman like my mother.”

Then years later, he realizes he married someone with many of the same characteristics.

A young woman might say:

“I'll never marry a man like my father.”

Years later, she discovers that many of the same relational patterns are appearing in her marriage.

Or someone who experienced abuse might vow:

“I'll never be like the person who abused me.”

Yet unresolved wounds can influence later relationships and behavior. This does not excuse abusive behavior, but it helps us understand why wounded patterns sometimes continue until they are recognized and addressed.

The answer is not simply trying harder. We need to repent for ungodly judgments, renounce the lies we believed, break the inner vows we made, and replace those lies with the truth of God's Word.

Inner Vows Can Begin Early in Life

One of the challenging things about inner vows is that they may be made very early in life and then forgotten.

But the decision we made can continue influencing how we think and respond years later.

A childhood wound can create a judgment. That judgment can produce an inner vow. And that inner vow can influence our expectations, decisions, emotions, and relationships.

The vow may seem dormant until a person or situation triggers it. Then suddenly, without understanding why, we react from an old wound instead of responding to what is actually happening in the present.

A Personal Example

Let me share a deeply personal inner vow that I believe affected relationships throughout my life.

During ministry training on emotional trauma and inner healing, I volunteered to receive ministry in front of the class. During that time, I shared that I had been adopted at birth and had never known my biological family.

As we prayed, I believed the Holy Spirit revealed something to me concerning my experience before birth. I sensed that although I was loved, I was also going to be given away. In my understanding of what the Holy Spirit showed me, my human spirit responded to that experience by forming this ungodly inner vow:

“The woman who loves me will reject and abandon me.”

That vow was reinforced when I was about three years old.

I remember sitting in a shopping cart at a grocery store when my mother stepped away for a moment and went down an aisle. **I couldn't see her anymore.** As a small child, I began crying because I believed that my mother—the woman who loved me—was abandoning me.

She returned a few minutes later, and everything was fine. But the fear of abandonment was very real to me at that moment.

Over time, the Holy Spirit showed me how that vow had influenced my love relationships.

When a relationship became important to me, fear of rejection or abandonment could influence my behavior. Without realizing what I was doing, I could react in ways that actually pushed the woman away.

How the Vow Showed Up

The Lord brought something from high school back to my memory.

I asked the girl who had been voted “most beautiful” and “most likely to succeed” to go to the prom with me—and to my surprise, she said yes. We started dating, and she genuinely liked me. I felt like I was on top of the world.

Then, a couple of weeks before the prom, something happened. I asked her to attend a picnic with me the day after the prom. She said she didn't want to go. **The picnic really wasn't that important to me, but her saying no triggered something in me.** Instead of simply accepting her answer, I became angry. In my pride and insecurity, I told her I would not take her to the prom—and I didn't.

Looking back, I can see how immature and reactive that was. **My reaction wasn't really about the picnic. Something much deeper had been triggered in me.**

During ministry, I believed the Holy Spirit showed me that my reaction was connected to that old expectation of rejection and abandonment.

I feared rejection, reacted out of that fear, and then behaved in a way that helped produce the very rejection I feared.

I had no idea that this pattern was operating in my life. Once the Holy Spirit brought the inner vow to my attention, I repented for the judgments I had made, renounced the lie, and broke the ungodly inner vow in Jesus' Name.

Inner Vows Can Tie Us to the Past

Ungodly inner vows can tie us to the past in unhealthy ways. They can keep us responding to today's relationships through yesterday's wounds. They can influence how we see ourselves, other people, authority, relationships, and even God.

We may judge ourselves:

"I am rejected."

"Something is wrong with me."

"I'm not worthy of being loved."

Or we may judge others:

“Nobody can be trusted.”

“Everyone eventually leaves me.”

Or we may judge God:

“God wasn't there for me.”

“God doesn't protect me.”

“God abandoned me.”

Those judgments can become deeply held beliefs, and those beliefs can influence our expectations and decisions.

The lie becomes the foundation, the judgment reinforces the lie, and the inner vow determines how we will respond.

That's why we need the Holy Spirit to reveal the **root**, not merely the fruit.

The Alpha Principle

There is another principle we teach in Freedom and Fullness ministry called the **Alpha Principle**.

Our earliest relationships with our parents can have a powerful influence on how we later relate to other people.

For a man, his mother is his first significant female relationship—his **“Alpha Woman.”** Unresolved wounds, judgments, or inner vows involving his mother can sometimes influence how he later relates to his wife.

For example, a man may have unresolved anger, rejection, hurt, or judgments toward his mother. Later in life, after he marries, some of those unresolved feelings and responses can be transferred to his wife.

His wife may say or do something that **triggers an unresolved wound involving his mother**, and suddenly he reacts to her with anger or emotion that seems far greater than what just happened.

His wife may be thinking, **“Where did that come from?”**

The problem may be that he isn't responding only to what his wife just said or did. **He may also be reacting out of the unresolved hurt, judgments, or inner vows involving his mother.**

The same principle can apply to a woman and her father. Her father is her first significant male relationship—her **“Alpha Man.”** If she has unresolved hurt, rejection, anger, judgments, or inner vows involving her father, some of those feelings and responses can later be transferred to her husband.

Her husband may say or do something that **triggers an unresolved wound involving her father**, and suddenly she reacts to him out of that old wound.

Unresolved wounds from our past can affect how we respond to our spouse today. This doesn't mean every marital problem comes from our relationship with our parents.

But it does mean we should be willing to ask:

“Holy Spirit, is there anything unresolved involving my mother or father that is affecting my relationships today?”

If He reveals something, we can deal with the original wound rather than continuing to react to its fruit.

Common Judgments and Inner Vows About Ourselves

Some of the deepest judgments we make are against ourselves may include:

- I am rejected.
- I am not wanted.
- I am unloved.
- I am abandoned.
- Something is wrong with me.
- No one cares about me.
- I am alone.
- I will never be good enough.
- I am weak.
- Everything is my fault.
- I will never feel again because feelings are bad.
- I will never love or be loved again.
- I will never get married or married again.
- I have to protect myself.
- I cannot let anyone get too close to me.

Sometimes several of these become connected.

For example:

“I am rejected” can lead to: **“Something must be wrong with me.”**

That may then produce an inner vow: **“I will never let anyone get close enough to reject me again.”**

Over time, these lies, judgments, and vows can become a stronghold. **Breaking ungodly inner vows can therefore be an important step toward freedom.**

Common Judgments and Inner Vows About Others

They may include:

- People will hurt me.
- Men will hurt me.
- Women will hurt me.
- I can't trust anyone.
- I'll never be like my father, mother, or another person who hurt me.
- Christians are hypocrites.
- People in authority are abusive.
- People aren't there for me, so I must take care of myself.
- Life is unfair.
- I have to please people.
- I have to earn love.
- I'll never be angry like them.
- I must always be in control.
- I will never depend on anyone.
- I will never allow anyone to hurt me again.

Ask the Holy Spirit whether any of these—or something similar—has become a deep belief or inner decision in your life.

Common Judgments and Inner Vows About God

Painful experiences can also influence what we believe about God, for example:

- God doesn't protect me.
- God doesn't provide for me.
- God isn't good.
- God lets bad things happen to me.
- God doesn't love me.
- God isn't there for me.
- I cannot trust God, so I must take care of everything myself.
- God abandoned me.

Remember what we discussed earlier:

God has done nothing wrong. But because of our pain, we may have blamed Him or formed judgments about His character.

Those judgments need to be brought into the light and replaced with the truth of who God really is.

How Do We Break Ungodly Inner Vows & Judgments?

We don't break ungodly inner vows simply by trying harder to behave differently. **We bring them to Jesus.**

Ask the Holy Spirit to reveal the judgments, lies, and inner vows that may be operating in your life.

Then: **Confess the judgment.** Acknowledge where you judged another person, yourself, or God.

Forgive. Forgive anyone connected with the original hurt or wound.

Repent. Repent for the ungodly judgment and for making the inner vow.

Renounce the lie. Reject the false belief upon which the judgment and vow were built.

Break the vow. In the authority of Jesus Christ, break your agreement with the inner vow.

Cancel the enemy's access. Declare that the enemy no longer has legal access through that judgment, lie, or vow.

Replace the lie with God's truth. Ask the Holy Spirit what God says about you, the situation, and the people involved.

Then choose to agree with **God's truth.**

Prayer for Breaking Ungodly Inner Vows & Judgments

Heavenly Father, I come before You in the Name of Jesus Christ. I confess that my judgment of **(name the person, yourself, or God)** was wrong.

I specifically judged **(tell God the judgment you made).**

I repent for making this judgment and ask You to forgive me and cleanse me from all unrighteousness. I forgive **(name the person)** for the hurt or circumstances connected with this judgment, and I release them into Your hands.

Father, I also repent for every ungodly inner vow I made because of this judgment or the pain connected with it. I specifically renounce the vow:

(Tell God the inner vow you made.)

In the Name and authority of Jesus Christ, **I break this ungodly inner vow and cancel my agreement with it.**

I withdraw every decision I made and every word I spoke that agreed with this vow. I renounce every lie I believed about myself, other people, or You because of what happened. I close every doorway of demonic access that was opened through these judgments, lies, and ungodly inner vows.

In the Name of Jesus Christ, I command every demonic spirit that has taken advantage of these judgments and vows to leave me now. You no longer have any right to remain or influence my thoughts, emotions, decisions, relationships, or behavior.

Lord Jesus, replace every lie with Your truth. Where I believed I was rejected, show me that **I am accepted in the Beloved**. Where I believed I was unwanted, show me that **You chose me and love me**. Where I believed I was abandoned, remind me that **You will never leave me nor forsake me**.

Where I believed I had to protect myself, teach me to **trust You**. Where I believed I was not good enough, remind me that **my identity and worth are found in Jesus Christ**. Holy Spirit, reveal any other lie that needs to be replaced with Your truth.

I declare that these judgments and ungodly inner vows no longer have authority over my life. **I am no longer bound to my past**. I choose to walk in agreement with God's Word and in the freedom Jesus Christ has given me. Thank You, Lord Jesus, for forgiving me, restoring me, and setting me free. **In Jesus' Name, Amen.**

The Five Open Doors

So far, we have reviewed the **Five Open Doors** through which the enemy may seek to gain access and establish bondage in our lives:

- 1. Willful Sin or Disobedience**
- 2. Unforgiveness**
- 3. Curses and Generational Curses**
- 4. Emotional Trauma**
- 5. Ungodly Inner Vows and Judgments**

The enemy seeks access through sin, wounds, lies, and ungodly agreements. But those doors do not have to remain open.

Through repentance, forgiveness, healing, renunciation, and the authority of Jesus Christ, **the doors can be closed and the enemy's footholds removed.**

And remember: our focus is not on the enemy. **Our focus is on Jesus Christ—the One who came to heal the brokenhearted, set the captives free, and give us life abundantly.**

Strongholds

A **stronghold** is a fortified system of thinking—a **house of lies** that is contrary to the truth of God's Word.

Strongholds develop when lies, wrong beliefs, sinful patterns, or ungodly ways of thinking become established in our minds and hearts. Over time, we can become so accustomed to these patterns that we don't even recognize them as lies.

Strongholds can also provide places where demonic spirits hide and work in our lives without us realizing it. Through strongholds, the enemy attempts to blind us to the truth, keep us in bondage, and steal the freedom Jesus has given us.

A stronghold keeps us believing a lie when God wants us living in His truth.

Sin can also develop into a stronghold. Sin may initially be pleasurable, but it can become progressive. The more we repeatedly give ourselves to a particular sin, the stronger its hold on our lives can become. What began as a choice can eventually become a controlling pattern. We don't want sin, lies, or the enemy controlling our lives. **Jesus came to set us free.**

The Enemy Uses Lies to Build Strongholds

Satan is the father of lies. He knows that when we know and live in God's truth, his lies lose their power over us.

Jesus said:

“And you shall know the truth, and the truth shall make you free.”

John 8:32 NKJV

But Jesus wasn't talking merely about knowing facts in our minds.

The Greek word translated **“know”** speaks of knowing personally and experientially. God's truth must become more than information we have heard or memorized. **We need to know His truth, believe His truth, and live according to His truth.**

Ultimately, truth is found in Jesus.

Jesus said:

“I am the way, the truth, and the life.” John 14:6 NKJV

The enemy does not want us living in that truth.

Just as Satan deceived Eve in the Garden, he still attempts to deceive us today. He uses lies, fear, temptation, accusation, and deception to establish strongholds in our thinking.

A lie may begin as a thought:

“Nobody loves me.”

“I’ll always be this way.”

“I can never change.”

“God won’t forgive me.”

“I have to take care of myself because I can’t trust God.”

If we repeatedly agree with the lie, it can become something we believe. The lie becomes a belief. The belief affects our thinking. Our thinking affects our choices. And repeated choices can become a stronghold.

Through these strongholds, demonic spirits may attempt to:

- Deceive our minds
- Enslave our wills
- Frustrate and discourage us
- Harden our hearts
- Damage our emotions
- Afflict our bodies
- Defile us spiritually

For me, understanding strongholds was eye-opening. Once I realized that strongholds could be affecting areas of my life, I wanted to know how to recognize them, tear them down, and walk in the freedom Jesus had already given me.

Pulling Down Strongholds

God has not left us powerless.

“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God **for pulling down strongholds**, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.” **2 Corinthians 10:3–5 NKJV**

To Experience Freedom and Transformation, We Must:

- **Remove** the legal ground of the enemy through repentance and obedience.
- **Take authority** in Jesus’ Name and cast out the demonic spirits.
- **Pull down** every stronghold and every high thing that exalts itself against the knowledge of God. The lies we have believed must be exposed, renounced, and replaced with the Truth.
- **Renew our minds** with the Truth of God’s Word.

We must learn to bring every thought captive and continually choose to walk in the Truth. There is a reason God had Paul write:

“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.” **Romans 12:2 NKJV**

Pay attention to what you are allowing into your mind. Consider the television shows you watch, the movies you see, the music you listen to,

and the other content you regularly consume. Continual exposure can influence our thoughts, attitudes, and behavior.

Ask yourself:

“What words and images am I using to renew my mind?” We can choose to renew our minds by meditating on God’s Word and intentionally thinking about godly things. As we do, we begin replacing old, ungodly thinking patterns with the Truth of God’s Word.

Godly thinking leads to godly choices, and godly choices help 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.

IT IS OUR SPIRITUAL BIRTHRIGHT TO BE FREE!

Chapter 3. The Fourteen (14) Demonic Root Spirits and Prayers of Authority

The “14” in the **2-5-14 Principle** represents 14 demonic root spirits specifically identified as “spirits” in Scripture. We believe these are major root spirits Satan uses to bring deception, oppression, and bondage into people's lives.

A **demonic root spirit** is a primary spirit that may produce various destructive fruits or patterns in a person's life. Just as a natural root produces fruit, a demonic root can produce ungodly fruit.

The 14 Demonic Root Spirits are:

- Divination
- Fear
- Whoredom/Idolatry
- Haughtiness
- Jealousy
- Antichrist
- Perverseness
- Deaf and Dumb
- Heaviness
- Lying
- Bondage
- Error
- Sleep/Slumber
- Infirmary

Understanding the Root/Fruit Principle

The fruit of the Holy Spirit is:

“...love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.” **Galatians 5:22–23 NKJV**

The Kingdom of God operates through a righteous root-and-fruit principle. Jesus is the Vine, and we are the branches.

Jesus said:

“I am the true vine, and My Father is the vinedresser.” **John 15:1 NKJV**

As we abide in Jesus, His life produces godly fruit through us.

The kingdom of darkness also attempts to establish ungodly roots that produce destructive fruit in our lives. **Hebrews 12:15 NKJV** warns us about a “root of bitterness” springing up and causing trouble.

This is why dealing with the **root** is so important.

John the Baptist said:

“And even now the ax is laid to the root of the trees.”

Matthew 3:10 NKJV

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

The Red Apple Tree

Dr. Henry Malone used a simple apple-tree illustration to help us understand why dealing with the root is so important.

Imagine that you have an apple tree that produces **red apples**, but you don't want red apples.

So you pick all the red apples off the tree and get rid of them. For a while, the apples are gone. **But what happens?** More red apples grow.

So this time, you decide to cut off the branches along with the apples. That seems to solve the problem—but eventually the branches begin growing again, and once again they produce red apples.

Why? **Because the root is still there.**

Finally, you take an axe, cut the tree off at the root, and remove the root from the ground. Now the red apples can no longer grow from that tree because **the root that was producing the fruit has been removed.**

That's the picture I want you to remember as we begin looking at the 14 demonic root spirits.

Deal With the Root, Not Just the Fruit

The same principle applies spiritually. We may recognize destructive fruit in our lives and continually try to deal with the fruit without recognizing what is feeding it at the root.

Anger is a good example.

Within the 2-5-14 Principle, we identify anger as one of the fruits associated with the **root spirit of jealousy**.

We may repeatedly deal with anger, but if the underlying root remains, the same destructive fruit may continue appearing.

That's why, in Freedom and Fullness ministry, we don't want to deal only with what we can see on the surface.

We want to deal with the root that is producing the fruit.

When the Holy Spirit reveals an area of bondage, we repent where repentance is needed, remove any legal access, renounce agreement with the root and its fruit, and exercise the authority Jesus Christ has given us.

Then we replace the enemy's lies and destructive patterns with **the Truth of God's Word**.

Think Generationally

As we look at each of the 14 demonic root spirits and their associated fruit, also prayerfully consider whether you recognize recurring patterns within your family bloodline.

Earlier, we looked at **Exodus 20:5** and **Deuteronomy 5:9**, which speak about iniquity affecting succeeding generations. We may not know everything that occurred in previous generations. That's why we don't need

to spend our time trying to analyze or discover every sin committed by our ancestors.

Instead, ask the Holy Spirit:

“Is there a recurring pattern here in my life or my family bloodline that You want me to address?”

If the Holy Spirit brings something to your attention, deal with it.

As we go through each root, don't focus only on the root spirit itself. **Look at the fruit associated with that root.** You may recognize a fruit or recurring pattern even when you had never considered the root behind it.

And remember what we have already learned:

Our focus is not on the enemy or what he is doing. Our focus is on Jesus, His authority, and the freedom He has given us.

Our purpose in identifying roots and fruit is not to become afraid of demonic spirits. It is to recognize anything that may be keeping us in bondage so we can deal with it in the authority of Jesus Christ and continue walking in the freedom He has already given us.

The root is what produces the fruit—so let's deal with the root.

1. Spirit of Divination – Acts 16:16-18

“Now it happened, as we went to prayer, that a certain slave girl possessed with a spirit of divination met us, who brought her masters much profit by fortune-telling. This girl followed Paul and us, and cried out, saying," These men are the servants of the Most High God, who proclaim to us the way of salvation." And this she did for many days. But Paul, greatly annoyed, turned and said to the spirit, "I command you in the name of Jesus Christ to come out of her." And he came out that very hour.”

Divination is the “root” spirit and some of its fruits are:

- ☐ abortion
- ☐ astrology
- ☐ channeling
- ☐ crystal balls / 8 balls
- ☐ demonic games (Masters of the Universe, Dungeons and Dragons, etc.)
- ☐ diviners (witches)
- ☐ drugs
- ☐ fortune tellers
- ☐ Freemasonry
- ☐ horoscopes
- ☐ hypnosis
- ☐ independence
- ☐ manipulation
- ☐ mediums
- ☐ mutterer (one who talks with a familiar spirit as if talking to himself)
- ☐ mysticism
- ☐ Ouija boards
- ☐ palm readers

- ☐ Pharmacia (sorcery, witchcraft, or the use of drugs)
 - ☐ rebellion
 - ☐ religious spirits
 - ☐ Satanism (worship of Satan)
 - ☐ séances
 - ☐ stubbornness
 - ☐ tarot cards
 - ☐ unscriptural attempts at deliverance (do not line up with the Word)
 - ☐ white witchcraft
 - ☐ TM (transcendental meditation)
 - ☐ All forms of witchcraft (there is no good form of witchcraft)
 - ☐ Harry Potter books and movies or TV shows like “Lucifer”
- These are demonic. (Christians get sucked into watching these thinking it is just entertainment. These are the exact opposite of what the Bible says regarding being transformed by the renewing of your mind.)
- ☐ _____ (you can add fruit spirits as Holy Spirit leads)

Prayer To Take Authority Over the Root Spirit of Divination

Spirit of Divination, I repent for every way I have participated in or come into agreement with you. I reject you, I renounce you, and I break every agreement and tie with you.

In the Name and authority of Jesus Christ, I command you to leave me now, go to dry places, and never return.

Spirit of Divination, 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 Divination 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 Divination is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Divination:

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

In the Name of Jesus Christ, I cancel every demonic assignment connected with the Spirit of Divination and its fruit.

I line up every demonic spirit associated with this root in rank and order, gather you together as one, and command you, **in the Name and authority of Jesus Christ, 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.)

2. Spirit of Fear – II Timothy 1:7

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Some of its fruits are:

- ☐ abandonment, fear of abandonment
- ☐ anxiety
- ☐ critical spirit
- ☐ faithlessness
- ☐ fear of rejection
- ☐ fear of authority
- ☐ fear of death
- ☐ fear of failure
- ☐ fear of man (what others think of you)
- ☐ fear of men or women (because of abuse)
- ☐ fear of pain
- ☐ fear of poverty
- ☐ fear of punishment
- ☐ fear of success
- ☐ fright
- ☐ inadequacy
- ☐ inferiority
- ☐ insanity
- ☐ lack of trust
- ☐ migraine headaches
- ☐ nightmares
- ☐ paranoia
- ☐ performance
- ☐ phobias (fears of dark, height, water, closed in places, etc.)

- ☐ rejection
- ☐ schizophrenia
- ☐ self-rejection
- ☐ shyness
- ☐ stress (heart attacks)
- ☐ tensions
- ☐ timidity
- ☐ torments
- ☐ worry
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Fear

Spirit of Fear, 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 Fear, 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 Fear 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 Fear is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Fear:

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

Every spirit associated with Fear, 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.)

3. Spirit of Whoredom/Idolatry – Hosea 4:12

“My people ask counsel at their stocks, and their staff declares unto them: for the spirit of whoredoms hath caused them to err, and they have gone a whoring from under their God.”

In addition to sexual sin, this scripture calls out the sins of worshiping idols – statues – golden calves.

Some of its fruits are:

****And remember- this includes those in your bloodlines.**

- ☐ adultery
- ☐ all sexual sins
- ☐ anything you worship or put trust in for security
- ☐ bestiality
- ☐ compulsive masturbation (especially when watching pornography – creates spirit/soul/body ties that can be broken)
- ☐ exhibition of the body
- ☐ fornication (includes sex with your spouse before marriage which creates an ungodly spirit/soul tie that could be affecting your marriage - this can be broken)
- ☐ harlotry
- ☐ idolatry
- ☐ illegitimacy
- ☐ incest
- ☐ love of money
- ☐ love of social standing
- ☐ love of the world
- ☐ lust
- ☐ lust for position
- ☐ lust for power
- ☐ molestation
- ☐ molestation of a child
- ☐ multi-partner sex orgies
- ☐ peeping toms
- ☐ placing anyone or thing before God
- ☐ pornography
- ☐ rape

- ☐ seduction
- ☐ soul ties from sexual abuse or sexual involvement outside marriage
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Whoredom/Idolatry

Spirit of Whoredom/Idolatry, 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 Whoredom/Idolatry, 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 Whoredom/Idolatry 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 Whoredom/Idolatry is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Whoredom/Idolatry:

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

Every spirit associated with Whoredom/Idolatry, 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.)

4. Spirit of Haughtiness – Proverbs 16:18--19

“Pride goes before destruction, and a haughty spirit before a fall. Better to be of a humble spirit with the lowly, than to divide the spoil with the proud.”

Some of its fruits are:

- ☐ abortion
- ☐ arrogant
- ☐ boastful
- ☐ contentious
- ☐ controlling

- ☐ critical
- ☐ dictatorial
- ☐ domineering
- ☐ egotistical
- ☐ proud (pride is definitely a fruit that affects most people at times)
- ☐ mockery
- ☐ gossip
- ☐ judgmental
- ☐ prejudice
- ☐ mockery
- ☐ rudeness
- ☐ selfish ambition
- ☐ self-righteous
- ☐ superiority
- ☐ vanity
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Haughtiness

Spirit of Haughtiness, 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 Haughtiness, 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 Haughtiness 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 Haughtiness is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Haughtiness:

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

Every spirit associated with Haughtiness, 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.)

5. Spirit of Jealousy – Numbers 5:14

“If the spirit of jealousy comes upon him and he becomes jealous...”

Some of fruits of the Spirit of Jealousy are:

☐ abortion

☐ anger, wrath, rage, murder

Anger is a fruit of the spirit of jealousy – please remember that we must deal with the root (the spirit of jealousy) or the fruit (the red apples – anger) will keep coming back.

☐ betrayal

☐ covetousness

☐ cruelty

☐ distrustful

☐ divorce/division

☐ feels God loves others more

☐ hatred

☐ insecurity

☐ jealousy

☐ revenge

☐ self-centeredness

☐ suspicion

☐ unnatural competition

☐ _____

Prayer To Take Authority Over the Root Spirit of Jealousy

Spirit of Jealousy, 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 Jealousy, 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 Jealousy 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 Jealousy is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Jealousy:

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

Every spirit associated with Jealousy, 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.)

6. Spirit of Antichrist – I John 4:3

“...and every spirit that does not confess that Jesus Christ has come in the flesh is not of God. And this is the spirit of the Antichrist, which you have heard was coming, and is now already in the world.”

Some of its fruits are:

- ☐ attempts to take the place of Christ
- ☐ blasphemes the gifts of the Holy Spirit attributing them to Satan
- ☐ causes church splits
- ☐ condemnation of the Word
- ☐ denies spiritual gifts
- ☐ explains away all the power of God in the life of the saint (no miracles)
- ☐ gives up on Christianity
- ☐ harasses and persecutes the saints
- ☐ opposes Christ's deity/humanity
- ☐ opposes the Bible
- ☐ rationalizes the Word

- ☐ religious spirits
- ☐ suppresses ministers/ministries
- ☐ religions that deny Christ
- ☐ unbelief
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Antichrist

Spirit of Antichrist, 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 Antichrist, 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 Antichrist 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 Antichrist is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Antichrist:

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

Every spirit associated with Antichrist, 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.)

7. Spirit of Perverseness – Isaiah 19:14

“The LORD has mingled a perverse spirit in her midst; and they have caused Egypt to err in all her work, as a drunken man staggers in his vomit.”

Some of its fruits are:

- ☐ abnormal crankiness
- ☐ all sexual deviations
- ☐ bisexuality
- ☐ error (especially in religious areas – legalism)

- ☐ false teachers / doctrine
- ☐ gender confusion
- ☐ homosexuality
- ☐ legalism
- ☐ multi-partner sex orgies
- ☐ one who twists the word of God to Satan's advantage
- ☐ polygamy
- ☐ religious spirits
- ☐ sadomasochism
- ☐ self-lovers
- ☐ stubbornness
- ☐ transgender
- ☐ twisted thinking
- ☐ unreasonableness
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Perverseness

Spirit of Perverseness, 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 Perverseness, 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 Perverseness 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 Perverseness is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Perverseness:

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

Every spirit associated with Perverseness, 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.)

8. Spirit of Deaf and Dumbness – Mark 9:25-27

“When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, ‘Deaf and dumb spirit, I command you, come out of him and enter him no more!’”

Some of its fruits are:

- ☐ accidents w/drowning / fire
- ☐ convulsions
- ☐ deafness
- ☐ diseases of eyes/ears
- ☐ epilepsy
- ☐ grinding teeth
- ☐ inappropriate excessive crying
- ☐ insanity
- ☐ lunatic
- ☐ madness
- ☐ schizophrenia
- ☐ seizures
- ☐ stupor
- ☐ suicidal thoughts and attempts
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Deaf and Dumbness

Spirit of Deaf and Dumbness, 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 Deaf and Dumbness, 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 Deaf and Dumbness 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 Deaf and Dumbness is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Deaf and Dumbness:

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

Every spirit associated with Deaf and Dumbness, 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.)

9. Spirit of Heaviness – Isaiah 61:3

“To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified.”

Some of its fruits are:

- ☐ abnormal grief and mourning
- ☐ broken-heartedness
- ☐ continual sadness
- ☐ continual sorrow
- ☐ defilement
- ☐ depression
- ☐ despair
- ☐ discouragement
- ☐ gloominess

- ☐ hopelessness
- ☐ humiliation
- ☐ loneliness
- ☐ rejection
- ☐ self-pity
- ☐ shame
- ☐ unjustified guilt (false burden)
- ☐ whining
- ☐ wounded spirit (father and/or mother)
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Heaviness

Spirit of Heaviness, 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 Heaviness, 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 Heaviness 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 Heaviness is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Heaviness:

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

Every spirit associated with Heaviness, 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.)

10. Spirit of Lying – II Chronicles 18:22

"Therefore look! The LORD has put a lying spirit in the mouth of these prophets of yours, and the LORD has declared disaster against you."

Some of its fruits are:

☐ condemnation

- ☐ deception
- ☐ emotionalism
- ☐ exaggeration
- ☐ excessive talking
- ☐ feels like hypocrite
- ☐ financial problems (if you are tithing)
- ☐ flattery
- ☐ hypocrisy
- ☐ lies
- ☐ lies about God
- ☐ performance
- ☐ poverty
- ☐ profanity
- ☐ religious spirit
- ☐ strong delusions
- ☐ vain imaginations
- ☐ poor self-image
- ☐ _____

This Spirit of Lying lies to people telling them that...

- ☐ “You’re ugly.”
- ☐ “Worthless!”
- ☐ “Stupid!”
- ☐ “You will never get married.
- ☐ “No one wants you!”
- ☐ “You are trash!”
- ☐ “You will never change!”
- ☐ “You’re fat!”
- ☐ “Whore”

- ☐ “Bitch”
- ☐ “Dummy”
- ☐ “Liar”
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Lying

Spirit of Lying, 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 Lying, 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 Lying 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 Lying is broken in Jesus’ Name.

I now come against every fruit associated with the Spirit of Lying:

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

Every spirit associated with Lying, 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.)

11. Spirit of Bondage – Romans 8:15

“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

Some of its fruits are:

- ☐ addicted to possessions
- ☐ addicted to a specific sin
- ☐ addicted to another person (Co-dependency)
- ☐ alcohol
- ☐ anorexia
- ☐ bulimia
- ☐ cigarettes
- ☐ computers
- ☐ coveting of wealth in order to hoard it

- ☐ drugs
- ☐ food
- ☐ pornography
- ☐ sex
- ☐ soul/spirit ties (under the power and dominion of another)
- ☐ superiority (addicted to self)
- ☐ TV
- ☐ video games
- ☐ work co-dependency
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Bondage

Spirit of Bondage, 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 Bondage, 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 Bondage 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 Bondage is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Bondage:

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

Every spirit associated with Bondage, 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.)

12. Spirit of Error – I John 4:6

“We are of God. He who knows God hears us; he who is not of God does not hear us. By this we know the spirit of truth and the spirit of error.”

Some of its fruits are:

☐ anorexia

- ☐ anti-Semitism
- ☐ bulimia
- ☐ compromise your convictions
- ☐ confusion
- ☐ continuously make wrong decisions
- ☐ cults/false doctrine
- ☐ deception
- ☐ doubt/unbelief
- ☐ false prophets and preachers
- ☐ false teachers
- ☐ false tongues
- ☐ immaturity
- ☐ inappropriate behavior
- ☐ inappropriate thinking
- ☐ intellectualism
- ☐ irresponsibility
- ☐ inappropriate thinking/behavior
- ☐ religious spirits
- ☐ ungodly spiritual or energy healing
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Error

Spirit of Error, 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 Error, 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 Error 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 Error is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Error:

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

Every spirit associated with Error, 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.)

13. Spirit of Stupor (Slumber/Sleep) – Romans 11:8

Just as it is written: "God has given them a spirit of stupor, eyes that they should not see and ears that they should not hear, to this very day."

On your Ministry sheet – it is listed as SLUMBER/SLEEP

Some of its fruits are:

- ☐ blocks success
- ☐ constant fatigue
- ☐ draws back from life
- ☐ human spirit is asleep
- ☐ passivity
- ☐ procrastination
- ☐ success blocked
- ☐ wish you had never been born
- ☐ self-pity
- ☐ acting like a “wallflower”
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Slumber/Sleep

Spirit of Slumber/Sleep, 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 Slumber/Sleep, 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 Slumber/Sleep 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 Slumber/Sleep is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Slumber/Sleep:

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

Every spirit associated with Slumber/Sleep, 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.)

14. Spirit of Infirmary – Luke 13:11,16

“And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up...” (The spirit of infirmity is the root cause of most diseases and sicknesses.)

Some of its fruits are:

- ☐ allergies
- ☐ arthritis
- ☐ asthma
- ☐ cancer
- ☐ diabetes
- ☐ female problems
- ☐ fevers
- ☐ fungus
- ☐ heart disease
- ☐ high blood pressure
- ☐ lingering disorders of the body
- ☐ sinus problems
- ☐ strokes
- ☐ viruses
- ☐ weakness or feebleness
- ☐ _____

Prayer To Take Authority Over the Root Spirit of Infirmity

Spirit of Infirmity, 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 Infirmity, 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 Infirmity 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 Infirmity is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Infirmity:

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

Every spirit associated with Infirmity, 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.)

Spirit of Death or Death Curse

It's not a root spirit, but it works with them and acts like a root spirit.

Hebrews 2:14-15 NKJV - "Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage."

This spirit of death or death curse attempts to kill our body, our calling, our created purpose, our ministry, our destiny and tries to steal the abundant life Jesus came and gave us.

Some of its fruits are:

- ☐ abortion – had one, paid for one, driven a person, or believe it is ok
- ☐ death curses, especially spoken by parents

- ☐ Freemasonry
- ☐ near drowning
- ☐ near fatal accidents
- ☐ car accidents
- ☐ _____

Prayer To Take Authority Over the Spirit of Death

Spirit of Death, 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 Death, 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 Death 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 Death is broken in Jesus' Name.

I now come against every fruit associated with the Spirit of Death:

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

Every spirit associated with Death, 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.)

Prayer To Take Authority Over the Death Curse

Father, I confess and repent for every way I have come into agreement with Satan and the kingdom of darkness. Please forgive me for believing and accepting the enemy's lies rather than Your Truth.

Father, today I choose Jesus and His Truth. I choose life and life more abundantly.

In the Name and authority of Jesus Christ, I renounce and break every agreement with death and declare that **the curse of death is broken off me right now by the Blood of Jesus Christ.**

I belong to Jesus Christ. I choose life, and I receive the abundant life Jesus came to give me. **In Jesus' Name, Amen.**

Chapter 4. Replacing Ungodly Traits with Godly Qualities

We have identified and dealt with ungodly roots and their fruit. Now let's intentionally replace the enemy's lies and ungodly patterns with **God's Truth and godly qualities**.

Before speaking these declarations, pause and invite the Holy Spirit to align your heart and mind with God's Truth.

Speak these words slowly, intentionally, and by faith. Don't simply read them—**believe them, receive them, and choose to walk in them**.

As you speak these words over yourself and your life, allow God's Truth to replace every lie and ungodly belief.

In Place of Divination

In place of divination, I receive a pure heart and godly discernment.

I embrace self-denial, true worship, and complete submission to the Lord.

In Place of Fear

In place of fear, I receive power, love, and a sound mind.

I walk in trust, faith, and courage.

In Place of Whoredom / Idolatry

In place of whoredom and idolatry, I receive purity and holiness.
I walk in devotion, faithfulness, sensitivity to the Holy Spirit, and self-control.

In Place of Haughtiness

In place of haughtiness, I receive humility and grace.
I walk in transparency, respect, and submission to God.

In Place of Jealousy

In place of jealousy, I receive trust and security.
I walk in gentleness, patience, and love.

In Place of Antichrist

In place of the spirit of antichrist, I receive the mind of Christ.
I walk in victory, endurance, and confidence in Him.

In Place of Perverseness

In place of perverseness, I receive understanding and clarity of mind.
I walk in straight thinking, truth, holiness, and goodness.

In Place of Deaf and Dumbness

In place of deaf and dumbness, I receive peace and life.

I receive the hearing ear and the seeing eye.

I receive the tongue of a disciple.

In Place of Heaviness

In place of heaviness, I receive joy and gladness.

I put on praise and thanksgiving.

In Place of Lying

In place of lying, I receive integrity and truth.

I walk in faith, blessing, and godly discernment.

In Place of Bondage

In place of bondage, I receive freedom and adoption.

I walk in peace and overcome by the power of the Spirit.

In Place of Error

In place of error, I receive faith and understanding.

I receive wisdom, revelation, knowledge, responsibility, maturity, and truth.

In Place of Slumber / Sleep

In place of slumber and spiritual sleep, I receive energy and passion.

I walk in zeal for the Kingdom, diligence, and success.

In Place of Infirmary

In place of infirmity, I receive divine health and strength.
I receive prosperity, abundant life, and the fruit of the Spirit.

In Place of Death

In place of death, I receive purpose and resurrection life.
I walk in fruitfulness and step into my God-given destiny.

Receive a Fresh Infilling of the Holy Spirit

Now that you have dealt with the roots and their fruit and replaced ungodly traits with godly qualities, **ask the Holy Spirit to fill every place that has been cleansed and set free.**

Open your heart to Him and receive a fresh infilling of His presence, power, peace, love, and truth.

Ephesians 5:18 NKJV – “And do not be drunk with wine, in which is dissipation; but be filled with the Spirit.”

Prayer for a Fresh Infilling of the Holy Spirit

Holy Spirit, I welcome You. Fill every place in me that has been cleansed and set free. Fill me completely with Your presence, Your power, Your love, Your peace, Your joy, and Your truth.

Renew my mind, strengthen my spirit, guide my thoughts, direct my steps, and empower me to live the abundant life Jesus has given me.

I surrender myself completely to You. Fill me afresh and help me walk daily in the freedom I have received through Jesus Christ.

In Jesus' Name, Amen.

Receive the Blessings of a Righteous Generation

We have dealt with generational iniquity from the past. Now let's also remember that God's Word speaks of His covenant love and mercy extending for **a thousand generations** to those who love Him and keep His commandments.

“Therefore know that the LORD your God, He is God, the faithful God who keeps covenant and mercy for a thousand generations with those who love Him and keep His commandments.” **Deuteronomy 7:9 NKJV**

Receive by faith the blessings of a righteous heritage extending forward through your family line.

Declare:

“Father, I receive Your covenant love, mercy, and blessing over my life and my family. I choose to love You, obey You, and establish a godly heritage for the generations that follow me. May my children, grandchildren, and the generations after them know You, love You, serve You, and walk in Your Truth and freedom. In Jesus' Name, Amen.”

Give Praise and Glory to God for Your Freedom

Now give God the praise and glory!

Don't simply focus on what you have been set free **from**. Focus on the One who has set you free and what He has set you **free to become**.

David declared:

“I will bless the LORD at all times; His praise shall continually be in my mouth. My soul shall make its boast in the LORD; the humble shall hear of it and be glad. Oh, magnify the LORD with me, and let us exalt His name together.

I sought the LORD, and He heard me, and delivered me from all my fears.

Oh, taste and see that the LORD is good; blessed is the man who trusts in Him!

The righteous cry out, and the LORD hears, and delivers them out of all their troubles. The LORD is near to those who have a broken heart, and saves such as have a contrite spirit. ... the LORD delivers him ...The LORD redeems the soul of His servants, and none of those who trust in Him shall be condemned.” **Psalm 34:1–4, 8, 17–18, 22 NKJV**

The Next 30 Days

Read the Declaration of Faith on the following page aloud at least once each day for the next 30 days—or longer, as the Holy Spirit leads you.

Don't simply read the words. Speak them slowly, intentionally, and by faith. Ask the Holy Spirit to speak to your spirit and help His Truth become firmly established in your heart and mind.

As you read, pay attention to anything that seems to **“light up” in your spirit** or that the Holy Spirit brings to your attention.

When that happens, pause and ask:

“Holy Spirit, what are You showing me, and what do You want me to do with this?”

Then listen, respond to His leading, and continue allowing God's Truth to renew your mind and strengthen your walk in freedom.

My Declaration of Faith

Heavenly Father, I choose to believe what Your Word says about me (Isaiah 40:8) rather than my carnal thoughts and feelings (2 Corinthians 10:4). My unbelief has been sin (Romans 14:23).

Lord Jesus, thank You for loving me enough to die on the cross for my sins (Romans 5:8). There is, therefore, now no condemnation to me because I am in you (Romans 8:1). Every sin, past - present - future, has been forgiven (Ephesians 1:7) and cleansed (I John 1:7) by your blood. Your love for me is perfect (I John 4:18); therefore, I have nothing to fear. Thank You that nothing can touch me unless it is filtered through You, and all things will work for my good and Your glory (Romans 8:28). Your love for me is unconditional (John 15:9) and everlasting (Jeremiah 31:3). I open my heart and life to Your love; flow that love through me (Romans 5:5).

You know everything about me (Psalms 139:1-4) and yet You have accepted me just as I am in the beloved (Ephesians 1:6). You made me unique and special to fulfill Your plan (Ephesians 2:10). Thank You for my body, my abilities, my parents which You designed as a part of Your perfect plan (Psalms 139:14). Thank You for the Holy Spirit who lives within me to empower me to obey You (Ephesians 3:20). Thank You that I am complete in You (Colossians 2:10). You have given me all spiritual blessings in Christ (Ephesians 1:3). Your strength is adequate for every task; Your grace is sufficient for every trial (2 Corinthians 12:9). I can do all

things through You, Lord Jesus (Philippians 4:13). Thank You that You will perfect in me Your plan (I Thessalonians 5:23-24). You are faithful even when I am not (2 Timothy 2:13). You have promised never to leave me (Hebrews 13:5). Even now You are changing me bit by bit into Your image (2 Corinthians 3:18). I will not be foolish by comparing myself with others (2 Corinthians 10:12,5).

Father, how good it is to be Your child. I belong! (I John 3:1) That makes me Your responsibility (John 15:16). I give myself completely to You. Whatever is accomplished in and through my life, you will have to do it (John 15:5; Philippians 2:13). Thank You for the confidence that You will (Philippians 1:6). Praise, praise be to you!

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 this eBook with you, or contact **Daily Grace Ministries** directly through our website –[Daily Grace Ministries](http://DailyGraceMinistries.com).

A Final Note

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