

3 STEPS TO INFINITE FREEDOM

LAY IT DOWN: ACKNOWLEDGE GOD'S SOVEREIGNTY AND YOUR SIN

Father, you gave me life and now I give my life back to you. I surrender everything that has happened to me, especially (name)....

I believe that you were with me then and that you are with me now to heal me and to set me free.

I am sorry for my unhealthy and unholy responses to what happened, for the negative ways I tried to cope and take care of myself; I lay down my prideful self-reliance and the sins that come from it (name)... I am sorry for the ways I have hurt myself and others; most of all, I am sorry for hurting your heart.

Please forgive me

LET IT GO: AGREE WITH MERCY

Jesus, I receive the mercy and love you offer me right now. You died to save me, to rescue me, to set me free. I choose to let go of all my shame, guilt, regret, disappointment, and self-judgment; I choose to stop condemning myself and to rejoice instead that I have such a wonderful Savior.

Jesus, because you have forgiven me and because you command it, I now forgive others for the wrongs they have done to me, the ways they have hurt me, the damage they have caused in my life ... (name). I offer forgiveness to all these people in union with your forgiveness from the cross, knowing that I can't do it on my own.

In your name, Jesus, I let go of all unforgiveness; all self-pity and blame; all grudges; all jealousy; all resentment and bitterness; all anger, revenge, and hatred. I will no longer hold onto my injuries.

I release all the debts that I am owed and ask you not to hold them against those people who have hurt me when they before you for judgment.

MAKE NEW CHOICES: ANNOUNCE WITH AUTHORITY YOUR DECISION TO TURN FROM EVIL AND TURN TOWARDS GOOD

General: In your name, Jesus, I renounce all the ways that the enemy works against me ... (name). I choose your way for me, your truth, and your will for my life (name).

There are various other ways to speak renunciation and declaration. The words you use are not as important as that you know what you are saying no to and saying yes to. Make a firm decision to put it away everything that is not of God and replace it with the good he desires for you.

END: In your name, Jesus, I now take authority over the enemy and all the ways he works to deceive and destroy me, all his lies and all his chains. I command him to leave me right now.



INVITE THE HOLY SPIRIT TO MAKE YOU WHOLE: ASK THE SPIRIT TO BRING THE BLESSINGS THAT GOD WANTS FOR YOU

Lord Jesus, you came to show me the Father. Through your death and resurrection, you have made me a son/daughter of heaven. I now welcome your promised gift of the Holy Spirit.

Holy Spirit, I receive your graces, your healing, your power. I receive your counsel, your comfort, your help. I receive your truth. Pour into me the spirit of adoption, crying "Abba, Father!" I receive the blessing of God my Father now.

Amen!