

Healing the Wounds – Bitter Root Judgments & Inner Vows

RECOGNITION – Seeing sinful patterns and how they affect one’s life.	
WOUND – Real, perceived, or witnessed	OFFENDER(S)
BITTER ROOT JUDGMENTS – Behaviors I judged and condemned the offender for.	
SOWING AND REAPING – Am I exhibiting the same behavior that I have judged?	
NEGATIVE EXPECTATIONS – Do I continue to experience from others the behavior that I judged?	
INNER VOWS – What did I decide to do about the negative judgment? What statements or promises did I make to protect myself, comfort myself, and/or take revenge? (For example, <i>I will always...</i> be in control. <i>I will not...</i> listen. <i>I will never...</i> trust anyone, be like him/her)	
GIVE BACKS – What did I get from the vows? (For example: Appearance / illusion / feeling of... being in control, safety. Avoidance of / protection from... pain, helplessness, embarrassment.)	
TAKE BACKS – What did I give up to the vows? (For example: The ability / freedom / option to... feel and express emotions, forgive, take risks. Appropriate... vulnerability, initiative, anger.)	

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REPENTANCE – Choosing change; determining to stop patterns by bringing judgments and expectations to death on the cross in prayer. Repentance for sinful reactions that led to the making of vows.

CONFESSION – Allows us to be fully known before God, in our brokenness and sin, so that He can heal and change us.

"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9

"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much." James 5:16 (NAS)

PRAYERS OF FORGIVENESS

Elijah House Basic 1, p. 63

"For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions." Matthew 6:14-15 (NAS) (See also, Matthew 18:21-35)

Dear Lord, you have told me that forgiveness is not an option. You simply said I have to choose, yet I can't even do that! *Do for me what I cannot do for myself.*

Forgive the offender

By myself, I cannot forgive. But, for Your sake, Jesus, as an act of my will, I give You any right I've felt was mine to throw people, even myself, into a debtor's prison. Lord, I release [OFFENDER]; I forgive them for [WOUND], Jesus. Before You and my prayer minister as witnesses, they owe me nothing. I give You the right to hold them accountable for their actions. Lord, dismantle the prison I've built for others. Thank You, Jesus, for accomplishing forgiveness for me.

Forgive myself (and renounce performance-orientation)

Lord, take the keys to the prison of unforgiveness I've built for myself. Release me from trying to make up for [offender], from the prison of trying to be worthy. You alone are my worth; I give You my feelings of unworthiness. Help me to forgive myself for what I did/did not do. Help me to forgive myself; release me to receive the forgiveness You want to give. I give You the right to hold me accountable for my actions or lack thereof. You know what to require of me and of others, and when to give mercy.

Forgive God

I release You, God, from the expectations I have had of You. Your ways are not my ways. I can never wrap my mind around forgiveness. I do not understand it, and I don't know how it works. When You did not do what I expected or wanted of You, I became angry and resented You. I forgive You, Lord, for what I perceived to be sins of omission on Your part. Forgive me, Lord, for my anger and resentment, and help me to accept You and Your ways. Teach me Your ways.

Ask for God's forgiveness

I often want those who hurt me to hurt like I do. I want them to know the enormity of what they have done to me, and I want them to be sorry - but that is vengeance, and that is Your territory. Forgive me for trying to take Your place. Forgive me for my desire for vengeance. Thank You that I do not have to pretend it is alright, or pretend it does not hurt or matter. Thank You for listening to my expressions of pain. My hurt, and my sin, matter to You, so much that *You provided forgiveness for my healing.*

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Ask for God's cleansing and healing

Lord, wash my mind, spirit and emotions of the acid of pain, resentment and anger, and clothe me in Your righteousness. I know my emotions will heal in time. In time I will be able to forgive emotionally as well - I will be able to feel the emotion of being forgiven and of extending forgiveness. Until then, Lord, keep mending my wounded spirit and bruised emotions. Thank You for taking care of the legal aspects of forgiveness; for restoring relationship with others, You, and the Father. In Jesus' Name, Amen.

PRAYERS OF DEATH

Elijah House Basic 1, p. 35

Bring to death sowing and reaping

"Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life." Galatians 6:7-8

"Therefore you have no excuse, everyone of you who passes judgment, for in that which you judge another, you condemn yourself; for you who judge practice the same things. And we know that the judgment of God rightly falls upon those who practice such things." Romans 2:1-2 (NAS)

PERSON RECEIVING PRAYER: Lord, I recognize I have judged [OFFENDER] for [JUDGMENTS] and have locked myself into that same behavior / attitude. I choose to forgive him for hurting me, and I choose to release my right to hold this offense against him, knowing it is up to You alone to judge all of us. Please forgive me for the sinful ways I've reacted and for the ways in which I have done the very same to others *(be specific in naming those you've hurt and how)*.

Bring to death negative expectations

"Do not judge so that you will not be judged. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you." Matthew 7:1-2 (NAS)

PERSON RECEIVING PRAYER: Lord Jesus, forgive me for judging [OFFENDER]. Now I see I am reaping the same pattern throughout my life. I choose to forgive, and release my anger and bitterness to You, Lord. Please remove it from my heart. Forgive me also for my part in tempting [OFFENDER, OTHERS] to do the very thing I hated by the power of my bitter root expectancies and judgments.

PRAYERS TO BREAK INNER VOWS

Elijah House Basic 1, p. 131

"I will give you the keys of the kingdom of heaven; and whatever you bind on earth shall have been bound in heaven, and whatever you loose on earth shall have been loosed in heaven." Matthew 16:19 (NAS)

PERSON RECEIVING MINISTRY: I renounce the vow [INNER VOWS]. I give back [GIVE BACKS]. I take back [TAKE BACKS].

"Truly I say to you, whatever you bind on earth shall have been bound in heaven; and whatever you loose on earth shall have been loosed in heaven. Again I say to you, that if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven." Matthew 18:18-19 (NAS)

PRAYER MINISTER: By the power and authority of Jesus, I break this vow. I command your spirit, soul and body to remember it no longer. You are free, restored to your original design. You are no longer required to feel, think, and act according to this vow. In Jesus' Name, Amen.

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PRAYERS OF RESURRECTION AND LIFE

Elijah House Basic 1, p. 35

"If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained." John 20:23 (NAS)

PRAYER MINISTER: I forgive you, [WOUNDED]. And as a servant of Jesus Christ, I say to you that as you have forgiven those who wounded you, so also has the Lord forgiven you. Lord, I ask You to break each judgment that has been named and remove it from [WOUNDED]'s life. I ask You to consume the reaping of all the years of sowing destruction. Replace it with Your blessing. And I ask You to bring experiences into [WOUNDED]'s life as evidence these judgments are no longer operating. Strengthen [WOUNDED] in the inner man to be able to practice new responses. And continue to bring awareness of any other judgments in the perfection of Your timing, Lord. In Jesus' Name, Amen