

INTRODUCTION TO HEALING PRAYER

How to be Set Free from the Things that Bind You

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SOUL TIES AND EMOTIONAL DEPENDENCY

based on a teaching by Jack Frost

“THE GOOD, THE BAD, AND THE UGLY”

St. Augustine: Good can exist alone but evil cannot. Evil is the perversion of something good.

SOUL TIES: What are they anyway?

- the knitting together of two or more souls that brings blessings or curses and confusion
- formed when two or more persons become bonded in the realm of the soul--the Mind, the Will (the ability to make choices), and the Emotions
- In the act of agreeing with others **mentally**, **emotionally**, or **in making choices**, a transference of spirits occurs. In godly soul ties we are blessed by our agreement with God.. Amos 3:33: Can two walk together unless they be agreed.

THE BAD...NEGATIVE, UNGODLY SOUL TIES

- ungodly, negative soul ties occur when either **the motive** for the tie or the **person(s) involved** are wrong.

Deut 13:6: When someone “as your own soul” entices you to serve another God or draws you away from godly principles

- Usually involves **witchcraft**. Witchcraft is defined as getting other people to do what you want through the use of **Domination**, **Intimidation**, and **Manipulation**. **DIM**.

Types of negative soul ties

- **fornication**. . .sex outside of marriage
- **evil companions, wrong friends**
- **perverted, twisted family ties**
- **under false teaching**
- **with the dead**
- **occult involvement**
- **through vows**
- **addictions**

THE GOOD . . .GODLY SOUL TIES:

- positive, godly, one-on-one soul ties created in life for love, security, health and growth

Types of Godly soul ties. . .

- Between friends--Jonathan and David, 1 Sam 1
- Between parent and child--Jacob and Joseph
- Between husband and wife--Gen 2:24, Eph 5:31
- Between members of the church--Acts 4:32, Eph 4:16
- Between spiritual fathers and children--1 Tim 1:2: Paul and Timothy

and the UGLY.

So what's the big deal.?

- **DEEP DIM** — manipulation, intimidation, and domination
 - Extreme attachment between two people that involves the use of DIM to control the other's life
 - Occurs between friends, spouses, parents, and children, boyfriend and girlfriend
 - Most becoming involved are not even aware it is happening
 - Happens between lovers, spouses, friendship, co-workers, counselor/counselee
 - Leads to sexual impurity
 - Opens doors to the Demonic

The Deception and the Lies: "I cannot live without this person". . . "I need them more than anything". . . "We are everything to one another" . . .etc, etc, etc

The Truth: God must be my strength. If not, I am committing idolatry.

Why do I do it?

Rejection

Loneliness

Insecurity

Fears

Rebellion

Life Crises

Low self-esteem, low self-image

What feeds this thing anyway?

Flattery Giving with strings attached

Smothering

Eye contact, the "LOOKs"

The "I need you syndrome"

WHAT DOES IT LOOK LIKE?

☹️ PREOCCUPATION with the other person ☹️ OTHER RELATIONSHIPS SUFFER ☹️ JEALOUSY
☹️ POSSESSIVENESS ☹️ MANIPULATION TO CONTROL TIME WITH YOU ☹️ ALWAYS NEAR TO ONE ANOTHER ☹️ PANIC, DEPRESSION, HATRED, ANGER WHEN ONE WITHDRAWS ☹️ SEXUAL FEELINGS AROUSED ☹️ ALWAYS MAKING OR LOOKING FOR EYE CONTACT

The Questionnaire

Am I in An Unhealthy Relationship?

1. Do you find yourself doing things you don't want to do or having feelings you don't want to feel even things that are unscriptural or borderline in order to please the person and keep them happy? Perhaps such things as sexual activity, peer pressure, gossip.
2. Do you refrain from certain behaviors that have no clear biblical guidelines just to keep this person happy?
3. Do you wear your clothing, jewelry a certain way the keep them happy and off your back?
4. Is there a list of do's and don'ts you follow in order not to hear grumbling and complaining?
5. Do you refrain from spending time with another or from developing a relationship with someone God may be leading you to in order to prevent conflict with the person?
Example: In divorce, does one parent try to prevent the child from seeing the other?
6. Do you avoid telling a friend when you spend time with another?
7. Do you experience doubt, confusion, feelings of being controlled after spending time with that person?
8. Do they make you feel like their problems are your fault?
9. Most of all, look at the fruit of the relationship. Is it taking you closer to God or farther away?

BREAKING FREE!!!!!!

- ❶ Cut relationships off completely whenever possible. In cases of marriage, take special care and repent from idolatry.
- ❷ Cut off all sexual contact outside of marriage.
- ❸ Guard yourself spiritually.
- ❹ Renew your relationship with God because it was cut off in the pursuit of the EDR.
- ❺ Receive ministry to break the soul ties
- ❻ Allow the Lord to reveal wounds or sins that have led to the soul tie development.
- ❼ Make new friends and do not let your life revolve around that person.

PRAYER FOR BREAKING SOUL TIES

May have to be prayed often. As the breaking of soul ties occurs, demonic forces and soulish forces are activated to maintain the ties.

- 1. Repent of idolatry and for allowing the unhealthy soul tie.**
- 2. Forgive the person who tied us up, who bound us.**
- 3. Break the soul tie to the mind, the will and the emotions. Renounce every unholy part of the bond and strengthen all the godly.**
- 4. Break any sexual soul ties, desires, bonds that have occurred.**
- 5. Bind any demonic spirits of Domination, Intimidation, Manipulation, witchcraft, familiar spirits, divination.**
- 6. Call back every emotion, thought and part of the will that was given to the other person. Send back to the other person every thought, emotion and part of the will that was imparted to the one being ministered to .**
- 7. Pray healing over the wholeness of mind, will or emotions. Pray they be made whole and free in Jesus.**
- 8. Thank the Lord for the cleansing and ask Him to bind us in godly associations with His help and strength.**

NON-CHRISTIAN /OCCULT SPIRITUAL ACTIVITIES

based on paper by Karl D. Lehman, and teaching and prayers from MacNutt's School of Healing Prayer 1

Why are we drawn to the occult?

Need for spiritual experience and spiritual connection

Each person is created with a God-sized hole in his heart that can only be filled by Jesus. The enemy of our souls is rushing to satisfy modern man's emptiness as he tailors New Age and other connection/fulfillment occult activities to appeal to his hunger and longing for connection with the living God.

Desire for power and control to protect ourselves from harm and to get the things we want.

The person involved in the power/control occult activities, rather than studying God's creation and cooperating with God's will, is attempting to manipulate and control spiritual knowledge and power for his own purposes.

Innocence and ignorance. Unfortunately ignorance is not bliss when it comes to occult activity. Satan looks for any open door. Once we have opened it, we will be open to demonic oppression and spiritual confusion. Looking to any spiritual resource other than God violates the first commandment and is idolatry. The good news is that God's way of healing us through confession and forgiveness works for unintentional sin just as effectively as for willfully defiant sin.

Results of Occult Involvement: What happens when the door is opened?

Mental illness, relational difficulties, poverty, early deaths, unexplained illnesses, mental torment.

Non-Christian/Occult Activities: Check List

from the MacNutt's Christian Healing Ministries

Sample prayer for guidance during use of checklist: "Lord Jesus, please reveal to me any involvement I have had, knowingly or unknowingly, with any non-Christian/occult religion, activity, power, or source of guidance. Please protect me from fear and erroneous judgement. Protect me also from denial and deception."

Have you ever, just for fun, out of curiosity, or in earnest. . .

Occult Games, Activities

- ☐ Attended a seance or spiritualist meeting?
- ☐ Participated in fortune telling (tea leaves, palm reading, crystal ball, tarot cards, etc.)?
- ☐ Participated in astrology (read or followed horoscopes, or had a chart made for yourself)?
- ☐ Studied or been involved in Kabbalah?
- ☐ Played with the Ouija board, magic eight ball, tarot cards, crystal ball, table tipping/lifting, automatic writing, levitation (lifting bodies), speaking in a trance, visionary dreams?
- ☐ Had a reincarnation reading (about what you were in some previous existence)?
- ☐ Consulted a medium, numerologist, handwriting analyst?
- ☐ Invited or interacted with ghosts?
- ☐ Possessed occult objects?
- ☐ Read or possessed occult literature? (Book of Shadows, Secrets of the Psalms, Sixth and Seventh Books of Moses, The Urantia Book, books about any of the occult activities mentioned above.)

Psychic experiences, metaphysics

- ☐ Practiced mind control over anyone?
- ☐ Sought psychic experiences?
- ☐ Had a spirit guide?
- ☐ Participated in psychic games, activities (ESP, telepathy, mental suggestion, hypnotism, self-hypnosis, clairvoyance, clairsentience, healing magnetism)?
- ☐ Received or participated in psychic healing or psychic surgery?
- ☐ Received or participated in non-Christian faith healing?
- ☐ Practiced soul travel, Astral travel, Astral projection?
- ☐ Read, been interested in psychic writings (Edgar Cayce, Jean Dixon, Nostradamus, etc)?
- ☐ Read or posses books about psychic phenomena?

Alternative Medicine

- ☐ Received or participated in acupuncture, acupressure, aromatherapy, Bach flower remedies, colour therapy, crystal therapy, faith healer (non-Christian), guided imagery, homoeopathy, hypnotherapy, iridology, kinesiology, magnetic healing, new age medicine, past lives therapy, pyramid healing, radiesthesia, rebirthing, reflexology, zone therapy?

Fantasy/Science Fiction

- ☐ Have you been deeply immersed in books and/or movies involving magical powers/forces?
- ☐ Do you desire and/or fantasize about having magical and/or spiritual powers that you can channel/control (for example, channeling and using the "Force" as the Jedi in Star Wars)?

Magic, White or Black

- ☐ Attended, participated in wiccan (white witch) activities, church?
- ☐ Attended, participated in witchcraft or voodoo activities?
- ☐ Cast a magic spell?
- ☐ Sent a curse against somebody, spoken a curse against somebody?
- ☐ Participated in chain letters where there was a curse against those who did not participate?

- ☐ Used a charm of any kind for protection?
- ☐ Participated in, entered into blood pacts?
- ☐ Sought healing through magic spells or charms, through Christian Science or a spiritualist?
- ☐ Practiced water witching, "dowsing" rod, and pendulum to find water/where to dig a well?
- ☐ Read or possessed books about magic, spells, witchcraft?
- ☐ Played Dungeons and Dragons or any other game (including videos) that used spells and magic as part of the game?
- ☐ Ever wished someone else was dead? Wished you were dead?
- ☐ Ever attempted to take your own life? Ever attempted to take someone else's life?

Satanic

- ☐ Made a pact with Satan or been involved nor witness satan worship?
- ☐ Listened to hard rock or acid rock music with satanic influence (KISS, etc)?
- ☐ Possessed any satanic symbols, objects?
- ☐ Invited, participated with sexual spirits (incubi and succubi)?
- ☐ Watched, read, been interested in occult horror stories/movies (Exorcist, Rosemary's Baby, Bridey Murphy, The Omen, Helter-Skelter, Amityville Horror among others)?
- ☐ Read or possessed books about satanism?

Cult, False Religions

- ☐ Possessed any pagan religious objects?
- ☐ Visited a heathen temple?
- ☐ Had a spirit guide?
- ☐ Participated in non-Christian or cult religious activities? Yoga, Sen Buddhism, Hare Krishna, Bahaism, Rosicrucianism, Science of the Mind, Science of Creative Intelligence, Hinduism, Transcendental Meditation, Eckankar, Roy Masters, Silva Mind Control, Father Divine, Theosophical Society, Islam, Black Muslim, Christian Science, Unity, Scientology, The Way International, Unification Church, Church of the Living Word, Mormonism, Jehovah's Witnesses, Children of God, Swedenboganism, H.W. Armstrong (Worldwide Church of God), Unitarianism, Freemasonry, New Age, Fetishism (practices using objects of worship/idols)?

Sins of the Flesh: (these sins are open doors to demonic infestation)

- ☐ Ever exposed yourself to pornography in magazines, TV or stage shows, books, topless bars or X-rated movies?
- ☐ Ever had a problem with habitual masturbation?
- ☐ Seen shows about sexual deviation, homosexuality, or lesbianism?
- ☐ Been involved in group sex or bestiality?
- ☐ Ever had sexual relations with someone other than your spouse? If possible, recall them by name (first name or initial)
- ☐ Had an abortion? Have you fathered a child that was aborted? Been involved in an abortion in any way – viewed, viewed one, assisted in one, performed one, encouraged a friend to have one, had a botched abortion, etc.?

Mind Altering Drugs

- ☐ Have you ever used mind altering drugs as a spiritual activity?

Humanism

- ☐ Have you accepted the fallacy that humankind is self-sufficient and does not need God?

Other ? Ask God to reveal anything not covered in above checklist.

- ☐ Are you aware of anything else that you should confess and renounce

Occult Renouncement and Prayer of Forgiveness

FINDING HEALING

Most of us have been touched by the occult and need to be cleansed and set free. Go carefully through the list of Non-Christian/Occult Involvement and mark the ones that apply. In prayer ministry, ministers will deal with these one by one. If you are not preparing for prayer ministry, find some understanding Christian and confess these things to God before him, so he can minister God's healing. (James 5:16: "Therefore confess your sins to each other and pray for each other so that you may be healed.")

You may use something like the following:

PERSON: Lord, I confess that I have . . . (name them all). I see these now as sins and ask Your forgiveness by the blood of Your Cross.

PRAYER MINISTER: In the name of Jesus, this is forgiven as if it had never been.

PERSON: Thank you, Lord, for this forgiveness. I renounce you, Satan, and everything you have had in me. I command you in Jesus' name to depart from me and trouble me no more.

PRAYER MINISTER: I take the Sword of the Spirit, the Word of God, and cut you free from every bondage to the occult world. I close the door between you and that world and seal it with the blood of Jesus and bar it with His Cross. Walk carefully in your healing, asking the Lord's protection, staying close to His Word and His people.

Prayer to Break Any Curse on Your Life

(especially if the curse has been a result of occult involvement)

Lord Jesus Christ, I believe that You are the Son of God and the only way to God, and that You died on the Cross for my sins and rose again from the dead.

I give up all my rebellion and all my sin, and I submit myself to You as my Lord. I confess all my sins before You and ask for Your forgiveness – especially for any sins that exposed me to a curse. Release me also from the consequences of my ancestors' sins.

By a decision of my will, I forgive all who have harmed me or wronged me – just as I want God to forgive me. In particular, I forgive . . . (must specifically name person and sin against them)

I renounce all contact with anything occult or satanic. If I have any "contact objects," I commit myself to destroy them. I cancel all Satan's claims against me.

Lord Jesus, I believe that on the Cross You took on Yourself every curse that could ever come upon me. So I ask You now to release me from every curse over my life – In Your name, Lord Jesus Christ! By faith, I now receive my release and thank You for it.

From Blessing or Curse – You Can Choose by Derek Prince

THE BIBLICAL BASIS OF HEALING PRAYER

from the Elijah House School of Prayer Ministry

THE WORD. . . *Heaven and earth will pass away, but My words shall not pass away.* Matthew 24:35 (NAS)

The Facts, Ma'am, Just the Facts. . .

- These fundamental laws of God found in the Bible are active and written in the universe.
- The laws are impersonal, absolute, and eternal. "If you jump off a tall building, you will fall and die."
- The laws effect us whether we believe in them or not. "You may not know about gravity, but you will still die."
- When we keep the laws, good things happen. When we break the laws, bad things happen.
- When we sinfully react to wounds as children, we find we end up as an adult doing the very same things that wounded to others.
- The Ten Commandments are not God's way of keeping us from having fun, but God's way of telling us how reality works.

The Four Primary Laws

- ***"Honor your father and mother, as the Lord your God has commanded you, that your days may be prolonged, and that it may go well with you on the land which the Lord your God gives you."*** Deuteronomy 5:16 (NAS), (See also Ephesians 6:2-3)

In other words. . . If you treat your parents well, you will be blessed.

- ***"Therefore you are without excuse, every man of you who passes judgement, for in that you judge another, you condemn yourself; for you who judge practice the same things."*** Romans 2:1

In other words. . . You will do or become whatever you criticize and blame and hate about your parents.

- ***"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 reap corruption, but the one who sows to the Spirit shall from the Spirit reap eternal life."*** Galatians 6:7-8 (NAS)

In other words. . . "What goes around comes around." "You get what you give."

- ***"Do not judge, lest you be judged. For in the way you judge, you will be judged; and by the standard of measure, it will be measured to you."*** Matthew 7:1-2 (NAS) (See also Luke 6:37-38)

In other words. . . "You get an apple for an apple and an orange for an orange." If you judge for criticism, you will be judge for criticism, not another sin.

Judging others condemns us to blindly continue in the same sins, making us **to that degree** unable to avail ourselves of God's grace and healing.

☛ **Add to these laws the principle of increase. . .** What we sow will come back to us multiplied (both good and evil)

"For they sow the wind, and they reap the whirlwind. . ." Hosea 8:7a (NAS)

"Still other seed fell on good soil, where it produced a crop – a hundred, sixty or thirty times what was sown."

Matthew 13:8 (NIV) (See also the parable of the Sower – Matthew 13:1-23)

The laws of God are both natural and spiritual

- **Natural:** In physics, "For every action there is an equal and opposite reaction."
- **Spiritual:** ". . . whatever a man sows, this he will also reap."

Although Christ has fully accomplished our death on the Cross, our carnal nature refuses to stay dead – it springs back to life. *"See to it that no one comes short of the grace of God; that **no root of bitterness springing up** causes trouble, and by it many be defiled."*
Hebrews 12:15 (NAS)

Jesus told His disciples. . . Luke 6:42b - 48 (NAS)

- *"First take the log out of your own eye, and then you will see clearly to take out the speck that is in your brother's eye."* V. 42 (Look to your own faults before you look for others.)
- *"Bad fruit comes from bad roots."* V. 43 (Habitual bad behaviors have a hidden source.)
- **"What a person expresses comes from the treasure of his heart."** V. 45 (What's in your heart comes out your mouth.)
- *"Why do you call me 'Lord, Lord' and do not do what I say?"* V. 46 (If Jesus is truly your Lord, you will obey what He says.)
- *"Dig deep and lay your foundations upon the rock."* V. 48 (See also Psalm 58:3 and Isaiah 48:8)
(Ask God to show you the root of your problems so that your foundation of your character and your life is not built on wounds but the Word of God.)

MUY IMPORTANTE!!!! Sanctification and transformation are totally based on **God's grace and His working in you**. If you try to become holy or acceptable to God through your own efforts, you will absolutely never win. It is the difference between my building my own self into something I think I should be or letting God form me into my true self, who He has created me to be.

TWO SIDES OF HEALING

Sanctification: Bringing to Death: The Holy Spirit brings us daily to more and more death of self on the cross and to more and more new life in Him.

"I die every day – I mean that, brothers – just as surely as I glory over you in Christ Jesus our Lord."

1 Corinthians 15:31 (NIV)

Transformation: Bringing to Life: **God** turns our ashes into glory, our deserts into gardens, and our weaknesses into strengths.

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

Romans 8:28 (NAS) (See also Isaiah 51:1-3)

A modern term. . . Inner Healing is simply the ongoing, internal process of sanctification and transformation in a person born anew.

"Therefore, putting aside all malice and all guile, and hypocrisy, and envy, and all slander, like newborn babes, long for the pure milk of the word, that by it you may grow up in respect to salvation, if you have tasted the kindness of the Lord."

1 Peter 2:1-3 (NAS)

**Performance leads me to build my own
SELF- IMAGE**

"If I work hard enough I can be a good person."
"I serve God because I am afraid of what will
happen if I don't."

- ☆ I work on it. Satan and me
- ☆ I build it. Satan and me
- ☆ I am necessarily self-centered, even in good works Satan and me
- ☆ I can do all things through myself and my self image. Satan and me
- ☆ I am vulnerable to the accuser.
- ☆ I am never done.

**Relationship lets God reveal my
CHRISTIAN IDENTITY**

"If God does not help me, I am lost."
"I delight in God and to do His will."

- † God builds me. 1 Peter 2:5
- † I rest in Him. Hebrews 4:10
- † God is my defender. Psalm 23, Psalm 91
- † I am self-emptied. Phillipians 2:5-8
- † I am free to set others free. Galatians 5:1,13
- † I am an over comer. Rev. 3:21, Phil. 3:20-21
- † I am a sinner saved by grace, not works. Eph 2:8-9
- † I am loved. I am a treasure. I am beautiful. In Him I can do all things. Phillipians 4:13

BITTER ROOTS

from the Elijah House School of Prayer Ministry

THE WORD: *See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.*
Hebrews 12:154

INTRODUCTION

We are effected by the law of judgement whether we remember making the judgement or not. The **power** of bitter roots comes from God's unchangeable laws which cause us to reap what we have sown. Every bitter root in us was dealt a death blow when we came to Jesus but as we lived on the roots sprang up again. Once formed, judgements bring destructive results. Bitter roots not brought to the Cross may be the most powerful negative force in our lives, hurting us and those around us.

The root of a tree brings life . . .

A root is a practiced, hidden, and automatic way of drinking nurture from God, others, ourselves and nature.

- If we are rooted in Christ, we drink nourishment from God and His creation and produce fruits of love, joy and peace.
- If we are rooted in resentments, unforgiveness and anger, we produce bitter fruit, harming ourselves and defiling others.

What are bitter roots, or bitter root judgments?

- The results of OUR sinful reactions to hurt. It is not what was done to us but our sinful reactions to what happened to us
- Critical, condemning judgements of other people.
- Refusal or inability to forgive someone
- They have the power to defile many, including ourselves, causing us to drink "poison" instead of nourishment.
- Unbiblical beliefs that operate according to the unchangeable Law of Sowing and Reaping, which causes us to reap in kind what we have sown.

An example of bitter root judgement and the bitter fruit it produces

- In childhood, we judge and condemn a parent for a real or perceived wound

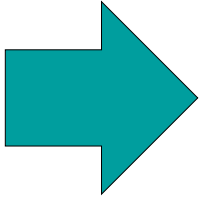
The Law broken: *"Do not judge lest you be judged. For in the way you judge, you will be judge; and by*
Matthew 7:1-2 (NAS)

- We soon forget the judgment -distancing ourselves from the pain--, but it has been sown as a seed, which lied dormant until the right conditions arise.

The Law broken: *"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 shall from the flesh reap corruption, but the one who sows to the Spirit shall from the Spirit reap eternal life."*
Galatians 6:7-8 (NAS)

- As the judgment is reaped, we are condemned to repeat the very behavior for which we judged our parent OR we will continue to be wounded in the same way by others throughout our lives.

The Law broken: *"Therefore you are without excuse, every man of you who passes judgment, for in that 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)



This is the goodness of God . . . Jesus did not come to abolish the work of the Law but to fulfill the law. . .

What law? The law of sowing and reaping.

First He moves on us by the Holy Spirit and prompts us to do a good deed.

When we do a good deed, He lets us reap a reward as if it were all our own idea.

Then He works on us through the Bible, preachers, our conscience, any way He can to keep us from doing something sinful.

When we do something bad, God goes to work all the harder to get us to repent

So that He can reap for us the evil we were due to reap.

BITTER ROOT EXPECTANCIES. . . Bitter roots infect the mind with expectancies. Expectancies are attitudes which look for the worst from and in others and ourselves.

- They are psychological in nature, self-fulfilling prophecies, that push other people or ourselves to fulfill our picture of the way things will go. IE . "Women will always be critical.", "Men can't be depended upon.", "No one ever listens to me." "I'll never get it right."
- They are an example of faith in reverse: "Be it done to you according to your faith." Matthew 9:29

The seed of judgement or negative expectation sown in my spirit obediently sends out a message to all within its reach. My spirit might say, "I am programmed to fail; please respond to me in that light." In this case, everyone else's spirits hear and receive that message and respond in kind. Their spirits say, "Let's do everything we can to ensure that this expectation is fulfilled." And so I continue to attract events, people, and situations to my life which ensure my failure over and over again . I draw to myself that which I believe to be true. I create my own lifestyle based on the beliefs I hold within.

An Example of Bitter Root Expectancy

A man is brought up by a critical mother

- Feeling wounded and rejected, he learns to protect his heart by withdrawing.
- His experiences with mother form his picture of "woman," they will always be critical.
- When he marries, he expects and fears criticism and consciously or unconsciously project his expectations onto his wife. Whatever she says is interpreted as criticism.
- He holds her at a distance to protect himself.
- She becomes lonely and appeals to him to share with her.
- He interprets this as more criticism and pulls farther away.
- When she become openly critical of his treatment of her, he doesn't see his part in pushing her to fulfill that expectation.

Where do we find the source of judgements and expectancies?

Sowing and reaping for bitter root judgements and expectancies most often happen in relation to parents and spouses. They can also be found in relation to other primary people during our foundational years, and sometimes even with those who are not primary such as baby sitters, school teachers, siblings.

!!!! ALWAYS REMEMBER THIS. . . WE ARE ACCOUNTABLE FOR OUR OWN SINFUL REACTIONS !!!!

- We are guilty but not condemned.
- Guilt is the friend which brings us to the Cross, and to healing and transformation

DISCOVERING BITTER ROOT JUDGMENTS AND EXPECTATIONS

Ask the following questions:

- **Lord, what negative beliefs come out of my mouth?**

Ex: "I'll never succeed." "I'm not smart enough." "I always get it wrong."

- **Lord, what negative expectations are in my heart?**

Ex: "Women will leave you." "The Church will hurt you." "All men are jerks."

- **Lord, what things do I believe that do not line up with what the Bible and Spirit are revealing to me?**

Ex: "God will hurt me if I get close to him." "I am worthless."

- **Lord, what beliefs and expectations rob me of love, joy, and peace?**

Ex: "Something bad happens when I get happy." "My anger controls people."

- **Lord, what beliefs and expectations keep me from giving thanks for all things and in all things?**

Ex: "They get everything I would like." "I'm always last." "Life is too hard."

HEALING IS ACCOMPLISHED BY:

Recognition of

- Patterns of sin, circumstances in our lives.
- Sources of judgement (Where have I seen this growing up?)

Repentance

Choosing to change and determined to stop patterns by bringing judgements and expectations to death on cross in prayer.

Confession

Agreement with God that we have come into agreement with wrong beliefs and wrong attitudes

Forgiveness

Of one who hurt us

Of self for judging others, self or God

Asking God to forgive us for hurting others the way we were hurt and for helping defile others into hurting us.

Prayers of Death to break down structures of belief and judgement and expectancies, habits, attitudes, and reflexes by taking them to the Cross of Christ. "Lord, bring those practices to death by the power of Your cross." "Even so consider yourselves to be dead to sin but alive to God in Christ Jesus." Romans 6:11, also Gal 5:24

Prayers of Resurrection and Life

"Lord, restore. . ." be specific OR, "Lord, reverse the old pattern and build in me new ways of thinking and acting."

Restitution where necessary to restore trust

INNER VOWS

from the Elijah House School of Prayer Ministry

Introduction: Bitter Root Judgements hurt us and others and keep us from knowing God's love. We consciously or unconsciously say, "I will always. . ." or "I will never. . ." in an attempt to avoid repeating painful event. Although we make these inner vows to control our lives, they end up controlling us and hurting others.

Inner vows are

- the "I wills" or the "I will nevers" made early in life and then forgotten.
- tied to beliefs, bitter root judgments, and expectancies.
- commands that tell us to think and act only as they instruct.
- common to every individual
- powerful
- sometimes hard to find – Look for the "I always" or "I never"
- refuse to change - must be recognized or broken by an act of the will
- take on a life of their own - must be broken separately after BRJs are brought to the Cross

Examples of Negative Vows

I will never get angry like my father/mother.

I will never allow that in my house.

When I grow up, I will never. . .

Examples of Positive Vows

I will always help others.

I will always avoid sinners.

I will always take care of the underdog.

WHAT HAPPENS WHEN WE MAKE INNER VOWS

- We are forced to act according to our inner vows or experience running from situations, people, life, confusion, extreme fear, irritations, explosive anger, and out of proportion reactions. This works in all areas of our lives – physical, emotional, mental and spiritual.
- When we judge another person and vow to never be like them, the vow often works in reverse. (Romans 2:1)
- When we judge another person for something and then do the same thing ourselves, we end up condemning ourselves in the same way we condemned them.

What about “Good Vows?”

Some good vows may come out of good things we have seen or experienced. For example good parenting. “I’ll always be gentle to women like my dad.”

Some good vows may have come out of bad things we have seen or experienced. For example, “I’ll never drink or smoke like my dad.”

How can such good vows harm us?

We cannot hear what God is calling us to do in any particular situation. For example, God may be causing us to be stern and we are gentle. (Or vice versa)

Instead of our righteousness coming from God, we are righteous through the working of the vow and we end up becoming self-righteous. “See I don’t drink and chew as the others do!”

WE NEED TO DIE TO ALL VOWS, GOOD OR BAD, SO THAT OUR RIGHTEOUSNESS IS BY GOD’S GRACE AND NOT BY OUR STRIVING.

HOW DO I END THE WORKING OF INNER VOWS IN MY LIFE?

Recognize them

When we see the behavior, we must accept that the vow is present whether we remember making it or not.

Repentance and Confession for sinful reactions which led to the making of the vow.

Forgiveness for both those who have hurt us and for ourselves for making the vows and for hurting others when controlled by the vows.

Recognize and bring to the Cross the belief, the Bitter Root Judgement that started the vow.

Renounce the vows - Vows can be broken only by the authority given us by Christ Jesus.

Prayer Ministers must take up their authority to break the vow – “I break the vows (name them specifically) that (Name of person) has made. I speak to your body, spirit, emotions, and mind that they are no longer to be controlled by this inner vow. I give back to Satan and to this vow (whatever false sense of protection, control, revenge, security, etc.) that this vow provided. I take back from Satan and this vow (whatever was given up to the vow – trusting God, identity, peace, God’s protection, etc.) In the Name of Jesus Christ, whatever demonic presences have been give power in (person’s name) life through this vow, I order you to go to the feet of the True Lord Jesus now.”

ACCOMPLISHING FORGIVENESS

from the Elijah House School of Prayer Ministry

Forgiveness is the key to peace, to holiness, to sanctification and transformation. When resentments become lodged in the heart, it takes a work of God's grace to be removed. We often cling to unforgiveness because we think it justifies and protects us. In truth, it separates us from God and others and keeps us in bondage to pain and sin.

What forgiveness does NOT mean. . .	Forgiveness is. . .
<ul style="list-style-type: none"> • We must deny our hurt or anger • We have to work to change our feelings • We must forget the offense happened • The offender was not wrong • The offender is not accountable • Forgiving is the same as excusing • Forgiving is the same as reconciliation • "Now I will be vulnerable!" • "Now I have to trust again!" • "If I give up resentment, I will really have nothing left!" • It's the same as pardoning. 	<ul style="list-style-type: none"> • A choice I make with my will to allow Jesus' work on the cross to remove hurts, judgments, bitterness, resentments and hatred from my heart. • Surrendering my right to be paid back for sins against me; letting God be the judge and jury. • It's not about that other person's guilt but about my resentment regardless if it's founded or not. • Greek definition – <i>apheimi</i>: to remit a punishment or cancel a debt (In my own heart, pardon is accomplished by Jesus.) <p><i>"And forgive us our debts, as we also have forgiven our debtors."</i> Matthew 6:12</p>

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus Our Lord."

Romans 6:23

WE ARE COMMANDED TO FORGIVE!!!

The law of God mandates reaping what is sown. If we sow sin, we reap death.

- **If we sow unforgiveness, we reap death** in our relationships with God and with others.
- **If we sow forgiveness, we will reap forgiveness and life** in our relationships with God and with others.

"For if you forgive men for their transgressions, our heavenly Father will also forgive you. But if you do not forgive men, then your Father will not forgive your transgressions."

Matthew 6:14-15 See also Matthew 18:21 - 35

"And whenever you stand praying, forgive, if you have anything against anyone; so that your Father also who is in heaven may forgive you your transgressions."

Mark 11:25 - 26

"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

THE EASY WAY OR THE HARD WAY?

☛ **Forgiving is easier** when we catch our resentments quickly.

- **“Be kind and compassionate to one another, forgive each other, just as Christ in God forgave you.”**
Ephesians 4:32 (emphasis added)
- **“Bearing with one another and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.”**
Colossians 3:13 (emphasis added)
- **“See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.”**
Heb 12:15 (emphasis added)

☛ **Forgiving is difficult** when resentments and judgments are allowed to lodge in the heart. Learn to walk in an attitude of forgiveness.

- *“See to it, brothers, that none of you has a sinful, **unbelieving heart that turns away** from the living God. But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin’s deceitfulness. We have come to share in Christ if we hold firmly til the end of the confidence we had at first. As has just been said: “Today if you hear His voice, **do not harden your hearts** as you did in the rebellion.”*
(emphasis added) Heb 3:12 - 15

? ??? Are you in denial? Are you... ?????

- **Avoiding:** “I don’t want to go there. . .”
- **Forgetting, repression:** “I don’t remember anything about my childhood.”
- **Minimizing:** “It wasn’t that bad.”
- **Rationalizing:** “I understand why they couldn’t be there for me.”
- **Justifying:** “If ____ hadn’t happened. . .”
- **Blame shifting:** “It was my fault. If I hadn’t _____”
- **Pretending to repent-** “Let’s just get past this. . .”

Understanding is no substitute for forgiving! Understanding is commendable and desirable, but it is only in the mind and does not deal with the heart.

When our hearts insist that they owe us, we have big chains around our legs keeping us bound

- To the one who hurt us
- To feelings of hurt and anger
- To the real truth about what may have happened
- To overblown reactions every time we encounter a similar situation
- To the operation of God’s law - not receiving forgiveness from God, being turned over to the torturers

Fruits of Forgiveness

- We are forgiven, cleansed and healed.
*“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 NAS
“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
- We are freed from the bondage of bitterness and the burden of debt.
- Our hearts are reconciled to others and to God.
- We can walk in spiritual authority.
- Fullness of fellowship in worship and in human relationship is restored.

Recognizing Unforgiveness When You Have Been Hurt by Someone

- ☐ Do you have strong emotional reactions when you see the person who hurt you?
- ☐ Do you want relationship or do you try to avoid the person?
- ☐ Do you still rehearse "speeches" you'd like to deliver?
- ☐ Do you imagine ways of getting even, getting revenge?
- ☐ Can you sincerely bless this person?

"I do not understand what I do. For what I want to do, I do not do. . . For I have the desire to do what is good, but I cannot carry it out. . . No, the evil I do not want to do, this I keep on doing. . . So I find this law at work. . ." Romans 7:15

More Signs of Unforgiveness

- ☐ Difficulty sleeping or resting
- ☐ Physical problems that make no sense but don't seem to go away
- ☐ Periods of despondency which quickly return after joyful times
- ☐ Physical emotional, mental exhaustion or torment
- ☐ Continuing patterns of sin or difficulty
- ☐ Difficulty in relationship with God: Prayers not answered as before, difficulty coming into God's presence

"Be angry and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity." Ephesians 4:26-27

Special Note: It is to be understood that these symptoms can be caused by other factors, but their presence indicates we should consider the possibility of unforgiveness.

Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head. Do not be overcome by evil, but overcome evil with good." Rom 12:14-21: NIV

But I tell you: Love your enemies and pray for those who persecute you.

Matt 5:43-45 NIV

Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing. 1Peter 3:8-9 NIV

A Prayer of Forgiveness

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

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 _____. I forgive them for (b e s p e c i f i c), Jesus. Before You and my prayer ministers 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.

Lord, take the keys to the prison of unforgiveness I have built for myself. Release me from trying to make up for _____, 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. 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.

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 wanted or expected 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.

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 for listening to my expressions of pain. My hurt and my sin matters to You, so much that *You provided forgiveness for my healing*.

Lord, wash my mind, spirit and emotions of the acid of pain, resentment, and anger. 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 relationships with others, You and the Father.

**In Jesus' Name,
Amen.**