

Healing the Wounds – Bitter Root Judgements and Inner Vows

RECOGNITION – Seeing sinful patterns and how they affect one’s life.
FRUIT: What is the presenting problem, emotions, situation of today?
WOUND (ROOT): Real, perceived, or witnessed of the past that relates today’s fruit?
OFFENDER(S)
BITTER ROOT JUDGEMENTS - Behaviors I judged and condemned the offender(s) for.
SOWING AND REAPING - Am I exhibiting the same behavior that I have judged? (To family members, co-workers, church family, neighbors?)
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? Look for reactive behavior statements, ie. “I will or will not . . .”
GIVE BACKS – What did I get from the vows? (False sense of control, protection, revenge)
TAKE BACKS – What did I give up to the vows? (Freedom to trust God, ability to relax, vulnerability, emotions, relationships, etc.)

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 making the vows.

CONFESSION – Allows us to be fully known before God, broken and in 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

PRAYERS OF FORGIVENESS

Elijah House Basic 1, p. 63

For If you forgive others 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 cannot 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 the 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 against You 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 so much to You that You provided forgiveness for my healing.

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

Bringing Judgments to the Cross

Person Receiving Prayer: Lord, I realize that I have judged offender for being judgments and am now bearing the bitter fruit of these

judgements. I ask You to forgive me. I bring these judgements to Your Cross and ask that You deal the death blow to them.

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

PERSON RECEIVING PRAYER: Lord, I recognize that I have judged offender(s) for judgments and have locked myself into that same behavior/attitude. I choose to forgive them 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 things to others. (Be specific in naming those whom you have 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 measurement, it will be measured to you. Matthew 7:1-2

PERSON RECEIVING PRAYER: Lord Jesus, forgive me for judging offender(s). Now I see that 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 OF RESURRECTION AND LIFE

Elijah House Basic 1, p. 35

PRAYER MINISTER: I forgive you, ministry recipient. 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 _____'s life. I ask You to consume the reaping of all the years of sowing destruction. Replace it with Your blessing. (Here pray specifically as led by the Holy Spirit the blessings into the life of the ministry recipient that have been lost through the judgements and their consequences.) I ask You to bring experiences into _____'s life as evidence these judgments are no longer operating. Strengthen _____-in the inner man with Truth and with the ability 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.

PRAYERS TO BREAK INNER VOWS

Elijah House Basic 1, p. 131

PERSON RECEIVING MINISTRY: Lord, I realize that I have in my own self sufficiency made sinful responses to the wounds and sins I have suffered. I confess making and holding the vows of (name each vow). I ask You to forgive me for making and holding these vows. I repent of making and holding these vows. And I now renounce making and holding the vows of (name each vow separately.) I now give back to the vows and to Satan, _____. And I now take back from the vows and from Satan, _____.

PRAYER MINISTER: By the power and authority of Jesus, I break these vows. I command your spirit, soul and body to remember them no more. You are free, restored to your original design. You are no longer required to think, feel and act according to these vows. In the Name of Jesus Christ, I now take authority over any demonic powers who had legal access to you through these judgments and vows. I break you off of _____ and send you to the feet of the Lord Jesus. You must leave attaching to no one on your way out. Holy Spirit, I ask that You would come and wash away any residue of spiritual darkness that may still be attached to _____ and that You would fill each spot that has now been vacated. We seal this work in the Name of the Father, the Son and the Holy Spirit. Amen.