

CONTRIBUTING STRANDS WORKSHEET

adapted from Mark Virkler, *Prayers that Heal the Heart*

Start by inviting the Holy Spirit into the session and rely on Him, His wisdom and His direction.

Tearing Down Spiritual Strongholds

1. Break Generational Sins and Curses
2. Sever Ungodly Soul Ties
3. Replace Negative beliefs
4. Renounce Inner Vows
5. Renounce Word Curses
6. Receive Divine Visions
7. Dismantling Spiritual Strongholds

Important: Stay tuned to your heart-flowing thoughts, pictures and feelings as you answer the questions below.

**Question: "Holy Spirit, what is in my heart?"
The heart issue being explored is: _____**

1. GENERATIONAL SINS

A. Lord, what ancestors have contributed to the heart issue of _____? (above heart issue)

Note: We are not blaming them. We are just identifying the entry points of negative energies.

B. Prayer for Breaking Generational Sins and Curses

1. I confess and repent of the sins of my ancestors (ask God to reveal any in particular), my parents, and my own sin of _____. I repent of any anger and resentment that I have against You, God, for allowing this in my life.

2. I forgive and release my ancestors for passing on to me this sin and for the resulting curses of _____. (Be specific and ask the Lord to reveal to you.) I ask You to forgive me for my participation in this sin. I receive Your forgiveness. I forgive myself for participating in this sin.

3. Picture yourself as a baby in your mother's womb. Look for the streams of negative energy flowing to you from your

mother's side of your family. "Lord, I place the Cross of Jesus Christ between the negative energy of the sins of my ancestors and resulting curses and myself." Watch and see what happens to the sin energy and all resulting curses as they hit the Cross. When the negative stream has hit the Cross and you feel no more power from it, pray "I now ask You, Lord, to release new freedom and all the blessings of Calvary and the finished work on your Cross upon me and upon all my descendants."

(Pray the same way for your father's side of the family.)

2. SOUL TIES

A. Lord, reveal to me those with whom I have an ungodly soul tie contributing to this heart issue of _____.

(Watch for faces or names of people that God may bring up. These may include parents, relatives, siblings, friends, teachers, pastors, spouses, institutions, and authority figures. With whom did I agree negatively in this area with my will, my emotions, or my mind?)

B. Prayer for Severing Ungodly Soul Ties

1. I confess and repent of my sin of coming into ungodly agreement with _____. Forgive me, God, of any anger and resentment I may have against You for allowing this to happen in my life.

2. I forgive _____ for their involvement in this sin. I ask You to forgive me for my participation. I receive Your forgiveness. I forgive myself.

3. Using pictures of the heart, see the soul ties between self and others. Prayer minister will lead in a prayer of cutting soul ties until all are cut and there is peace. Using the hand to physically simulate cutting the strands may help.

4. When peace is restored, pray "Lord, restore the broken or torn portions of my soul. Remove from me anything that has come into me through these soul ties and restore to me anything that has been stolen."

Step 3-4. BITTER ROOT JUDGEMENTS, INNER VOWS, WHAT GOD SAYS, AND PURPOSING IN THE HOLY SPIRIT TO RESPOND HOW GOD DIRECTS

“Lord, reveal to me what ungodly beliefs (negative expectations/bitter root judgments) are contributing to

_____?
(Heart issue listed previously)

I believe that: . . .

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

“Lord, I confess and repent of my sin of agreeing with these lies and for the ways I have judged others and/or institutions based on them. Forgive me for believing these lies. I forgive myself. I forgive _____ for any way they have wounded me or helped me to believe that this was so. Bring to death the expectations associated with these lies.”

“Lord, reveal to me the inner vows I have made because of this belief.”

Therefore, I vow that. . .

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

“Lord, I confess to and repent of making and holding these inner vows. I ask you to forgive me. I forgive myself for making these vows and for any ways these vows have hindered my relationships with you and others.”

However, God says. . .

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

“Lord, thank You for this truth. How do You want me to now respond when these lies try to return?”

When these lies return, I remember what God says to do and choose to obey . . .

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

“Lord, I purpose in the Holy Spirit to remember what you have spoken and to obey.”

5. HEALING THROUGH DIVINE PICTURES

“Lord, Show me what negative pictures of people or experiences am I holding which are contributing to the heart problem of _____?”

Healing the initial scene underlying this problem is foundational. However, if that scene is too intense to address initially, then allow the Holy Spirit to take you to a safe place in the memory and work from there. Ex: Go to right after the trauma occurred. Stay tuned to the Holy Spirit’s flow. For each scene, affirm what you know to be true, “Lord, I know **You were there** in that troubling scene. Jesus, please show me where You were and what You were doing.” Watch and see what Jesus does and says as He appears in the scene. Stay tuned to the Holy Spirit’s flow and vision. **Do not manipulate the scene yourself. Follow Jesus’ lead.** Keep watching until there is peace. **Do not end this process too soon.** Submit any questionable scenes you receive to the Bible and to your spiritual counselors to ensure they are from God. Important: As you fill out this sheet, write only clue words. It is not important to relive memories, but to heal them.

Untrue and Unhealed Scenes Scenes without Jesus in Them

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

True and Healed Scenes Scenes with Jesus in Them

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

6. WORD CURSES

A. "Lord, reveal to me the word curses that I or others have spoken over me, which contribute to the problem of _____? (For example: "You dummy!" "You'll never make it!" "You are such a loser!" "You're just like your rotten father/mother." "This is my lazy daughter." "May your children treat you just like you have treated me.")

Prayer for Breaking Word Curses

1. I confess and repent for receiving the word curse stating that "I _____," and for any anger or resentment against You, God, for allowing this in my life.
2. I forgive and release _____ (self and others) for speaking this over me. I ask You, God, to forgive me. I receive our forgiveness. I forgive myself for participating in this sin and for coming into agreement with these curses.
3. I joyfully accept the divine exchange Christ made for me on the cross of Calvary. I break this curse over me right now in the name of the Lord Jesus Christ and I receive His divine blessing of _____ (the opposite) which replaces this curse.

7. DISMANTLING SPIRITUAL STRONGHOLDS

Always begin with a prayer of confession of sins, prayer to cover yourself and all persons present, your families, pets and property with the Blood of Jesus. Silence all lying spirits and bind all blocking and hindering spirits. Reaffirm that you are hidden in Christ.

"Lord, what other evil spirits may be assisting (clustered with) the stronghold of _____ (i.e. heart issue from page 1 that I am struggling with?") Search through the negative beliefs and name the evil spirits according to the emotion or sin they personify. Group them into related groups. Number the groups according to their strength. Begin with the weakest groups and proceed to the strongest.

Prayer for Casting Away Evil Spirits

1. In the Name of the Lord Jesus Christ, I set my heart against you, (grouping). I don't want you or need you anymore. I hate you and what you have done in my life. I renounce and break all agreements with you in the spiritual strongholds of _____.
2. I take authority over the spiritual strongholds of _____ and I bind you and command you to leave me now in the Name of the Lord Jesus Christ.

Prayer Minister:

I speak to you evil spirits of _____, _____, and _____. I order you to detach from _____. I order you to loose one another and to shrink. At the Name of Jesus every knee must bow. I order you to leave this person now in the Name of the true Lord Jesus Christ. Loose _____ in the Name of Jesus.

Sealing Your Healing: "In the Name of Jesus, I speak to your brain and break the old pathways created by lies, inner vows, traumatic memories and word curses. I ask You, Lord, to create new pathways, new synapses, where the new truths can flow. "

EXPERIENCING THE LAW OF THE SPIRIT OF LIFE

“Lord, how am I attacking this sin of _____ in my own strength (by saying, “God, help me overcome _____), rather than relying on the power of the Holy Spirit (“I call forth the Holy Spirit within me to overcome _____”)?

Prayer to Experience the Spirit of the Life in Christ Jesus

1. God, the power to overcome the sin of _____ is in You, the One Who lives in me.
2. I turn away from my self-effort to overcome this sin, and embrace the power of the Holy Spirit Who flows within me.
3. Jesus, I release the flow of the power of the Holy Spirit out through me, to overcome completely the sin of _____
(Use vision seeing this happen.)

TRANSFORMATION THROUGH RECEIVING DIVINE REVELATION

Healing and transformation occur as God grants revelation into the heart and spirit of man by the Holy Spirit (Luke 24:32). This revelation comes as illumined verses leap off the page and hit us between the eyes and from God speaking directly into our hearts by His still small voice, which we can capture through journaling, dreams and

visions. If you need help in mastering these skills, read the book *Communion With God* by Mark and Patti Virkler.

Receive Revelation Through a “New Truth Bible Meditation” (Joshua 1:8)

Write at the top of a sheet of paper, “New Truth Bible Meditation concerning _____.” The topic should be the heart issue and/or the major ungodly and godly beliefs you have identified on pages 1-3. This may require you to do more than one of these Bible Meditation Worksheets. That is fine, for we are transformed by the renewing of our minds (Romans 12:2). For example, you may do topics like love and forgiveness versus anger and resentment, or mercy versus judgment, or doubt versus faith.

Complete the following steps.

1. It is recommended that you use a concordance and look up as many verses as possible on the topic (perhaps all verses) and take notes on what you discover, meditating upon and praying over each verse, asking God to give you a spirit of revelation (Eph 1:17,18) concerning each verse. Look for biblical principles and Bible stories which support the truth God wants to instill in you. As you meditate, pray continuously in you heart, “Lord, show me what I need to see in order to heal the heart issue I am struggling with.”
2. Memorize verses which leap off the page so you can easily draw them forth in time of need.
3. Pray for God to grant you experiences and insights and divinely-ordained encounters which deepen your understanding of these truths.
4. Ask your friends to contribute any principles or stories from the Bible they are aware of on this topic.
5. Perhaps you will feel led to read a book or two on the topic. If so, ask someone whom you respect as being knowledgeable in the area to recommend a good book or two.
6. Pray over what you are learning, asking God to speak to you and to show you underlying principles which will birth within you a divinely inspired faith and a pure heart. Record the things that you are learning.

SUMMARIZE THIS REVELATION AS A “MEMORIAL STONE CELEBRATION”

Once God has granted you a thorough revelation on the topic at hand, write your personal prayerful summary of what He has shown you on a sheet which you title, **“MEMORIAL Stone Celebration Concerning _____.”** As you write, use the pattern below.

1. My summary of what the Holy Spirit has revealed to me from the Bible is. . .

2. My summary of the insights that the Holy Spirit has given to me through journaling and dreams and visions are . . .

3. The symbolic representation which I have created or chosen to memorialize this healing is . . .

4. The fences which God has instructed me to build to keep myself from temptation in this area are. . .

5. I declare I have been set completely free from the stronghold of _____ by my Lord and Savior Jesus Christ.

Signature _____

Date _____

Some Common Groupings of Evil Spirits

These groupings are not complete. They are here to aid you in discovering the evil spirits comprising strongholds.

ACCUSATION

Judging
Criticism
Faultfinding

ADDICTION

Nicotine
Alcohol
Drugs
Medications
Caffeine
Gluttony

AFFECTATION

Theatrics
Playacting
Sophistication
Pretension

BITTERNESS

Resentment
Hatred
Unforgiveness
Violence
Temper
Anger
Retaliation
Murder

CONFUSION

Frustration
Incoherence
Forgetfulness
Circular Reasoning

COMPETITION

Driving
Argument
Pride
Ego

CONTROL

Possessiveness
Dominance
Witchcraft

COVETOUSNESS

Stealing
Kleptomania
Material Lust
Greed
Discontent

CURSING

Blasphemy
Coarse Jestings
Gossip
Criticism
Backbiting
Mockery
Belittling
Railing

DEATH

DEPRESSION

Despair
Despondency

Discouragement

Defeatism
Dejection
Suicide
Hopelessness
Death
Insomnia
Morbidity

DOUBT

Unbelief
Skepticism

ESCAPE

Indifference
Stoicism
Passivity
Sleepiness
Alcohol
Drugs

FALSE BURDEN

False responsibility
False compassion
FATIGUE
Tiredness
Weariness
Laziness

FEARS (ALL KINDS)

Phobias (all kinds)
Hysteria

FEAR OF AUTHORITY

Lying
Deceit

GRIEF

Crying
Sadness
Cruel
Sorrow
Heartache
Heartbreak

GUILT

Condemnation
Unworthiness
Embarrassment

GLUTTONY

Nervousness
Compulsive Eating
Resentment
Frustration
Idleness
Self-pity
Self-reward

HEAVINESS

Burden
Gloom
Disgust

HYPERACTIVITY

Restlessness
Driving
Pressure

INDECISION

Procrastination
Compromise
Confusion
Forgetfulness
Indifference

INHERITANCE

Physical
Emotional
Mental
Curses

IMPATIENCE

Agitation
Frustration
Intolerance
Resentment
Criticism

MIND-BINDING

Confusion
Fear of Man
Fear of Failure
Occult Spirits
Spiritism Spirits

INFIRMITY

may include any sickness
or disease

INSECURITY

Inferiority
Self-pity
Loneliness
Timidity
Shyness
Inadequacy
Ineptness

JEALOUSY

Envy
Distrust
Suspicion
Selfishness

MENTAL ILLNESS

Insanity
Madness
Mania
Retardation
Senility
Schizophrenia
Paranoia
Hallucinations

MIND IDOLATRY

Intellectualism
Rationalization
Pride
Ego
Humanism

NERVOUSNESS

Tension
Headache
Nervous habits
Restlessness

Excitement

Insomnia
Roving
Striving

PARANOIA

Jealousy
Envy
Suspicion
Distrust
Fears
Persecution
Confrontation

PASSIVITY

Funk
Indifference
Listlessness
Lethargy

PERFECTION

Pride
Vanity
Ego
Frustration
Criticism
Irritability
Intolerance
Anger

PERSECUTION

Unfairness
Fear of Judgement
Fear of Condemnation
Fear of Accusation
Fear of Reproof
Sensitivity

PRIDE

Ego
Vanity
Self-righteousness
Haughtiness
Importance
Arrogance

REBELLION

Self-will
Stubbornness
Disobedience
Anti-submissiveness

RELIGIOSITY

Legalism
Rigidity
Self-righteousness
Judgement
Condemnation

REJECTION

Self-rejection

RETALIATION

Destruction
Spite
Hatred
Sadism
Hurt

Cruelty

SELF-ACCUSATION

Self-hatred
Self-condemnation

SELF-DECEPTION

Self-delusion
Self-seduction
Pride

SENSITIVITY

Self-awareness
Fear of man
Fear of disapproval

STRIFE

Contention
Bickering
Argument
Quarreling
Fighting

VICTIM

Self-pity
Bitterness
Entitlement
Embellishment

WITHDRAWAL

Putting
Daydreaming
Fantasy
Pretension
Unreality

WORRY

Anxiety
Fear
Dread
Apprehension

