FINDING FREEDOM

tools for everyday stresses and messes

Repent

Acts 3:19



Confess

1 John 1:9

What is stealing my peace?

- Judgment
- Unforgiveness
- Bitterness
- Hopelessness
- Depression
- Rejection
- Jealousy
- Despair
- Self-Hatred
- Anger
- Hatred
- Fear
- Anxiety
- Control
- Self-Pity
- Hurt
- Sorrow
- Shame

Renounce & Declare

2 Corinthians 10:4-5

What negative labels have I placed on others or myself?

What am I believing about God, myself and others that is contrary to The Word and/or character of God?

What thoughts don't sound like faith, hope and love?

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What expectations are ruining my relationships?

- If you loved & accepted me you would/wouldn't…
- To be loved & accepted I must…

What are the Truths about who God is, who I am, and who others are, that oppose the lies I'm believing?

Forgive

Matthew 6:14-15

Who do I need to forgive, and what do I need to forgive them for?

Rebuke

James 4:7, Matthew 17:18

Break off demonic spirits (e.g. fear, anger, rejection)

Common effects:

- Emotional confusion
- Distorted views
- Physical illness

Declare

Proverbs 18:21

By faith, speak words aligned with God's Truth, heart, and promises:

- God, release Your healing love and peace in my life.
- Release encouragement and relational restoration.
- God, how do You want me to me bless those who hurt me?



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