FINDING FREEDOM

MINISTRY HANDOUT

RECOGNIZE: What's stealing my peace?

I felt _____ when _____

_____

CONFESS: *Father forgive me for…* Unloving or faithless feelings and destructive or disobedient words & actions

RENOUNCE LIES: *Father, I renounce the lie…*

Others - Negative labels - He/She is…

Conclusions about me - *He/She doesn't…*

Myself Negative labels - *I am…*

Performance standards I'm holding myself to

God Faithless beliefs / conclusions - *He won't, can't, doesn't…*

DECLARE TRUTHS: *Lord I declare…*

God's Truths about others - *He/She is…*

God's Truths about me - *I am… or I can…*

Truths about God - *He is, can, will…*

FORGIVE: *Father, I forgive _____ for…*

REBUKE: *I rebuke the spirit of…* Demonic spirits influencing me

DECLARE: *Lord, I declare… or Father, I bless…* Receive His perfect love & healing. Speak blessings over others & the situations.

(See back for help)

HELPFUL HINTS

RECOGNIZE

This is a summary statement that describes what stole your peace and how you were feeling.
Example: I felt bitter and angry when my best friend yelled at me when I forgot to call her back.

CONFESS

What are the feelings and actions contributing to the "wedges of sin" in this situation?

- Use the bookmark to help identify feelings which are contributing to "your wedges".
- What did you say or do that was not done out of love? These are often retaliatory actions, or reactions, meant to hurt others. What did you do that God would not have wanted you to do?

RENOUNCE

This section is focused on helping you pinpoint all of the lies about others, yourself and God.

Others

- What are the negative labels you have come to believe about others based on their actions?
  Example: They are a liar, untrustworthy, a cheater, loser, etc.
- Based on the other person's actions or words, you may have come to "bad conclusions" about the way they think about you. These conclusions may be like unspoken messages you received based on their actions, and are often tied to an expectation we are holding the other person to.
  Example: They don't love, respect, want, care about, me.

Myself

- What are the negative labels or conclusions you have come to believe about yourself?
  Example: I am a failure, unwanted, unloved, not enough, etc.
- What are the worldly and worthless performance standards (or expectations) you are holding yourself to?
  Example: I am a failure if I don't own a house, don't have a spouse, not the top sales rep. etc.

God

- What are the faithless beliefs, or conclusions, you have come to believe about God? What are you believing that is not aligned with the Word or character of God?
  Example: He doesn't love / care about me. He won't provide, heal, protect or forgive me.

FORGIVE

Be sure to get specific and clearly identify what you need to forgive the person for saying or doing. At times we also need to forgive ourselves when we believe we have failed.

REBUKE

Demonic spirits often are associated with very strong destructive emotions such as betrayal, anger, fear, self rejection, or shame. Look for places you feel emotionally locked up.

DECLARE

We must begin to speak words of Truth and blessings which contend against the lies.

- Identifying Truths about yourself, others and God by declaring scriptures which speak to the true identity of the Father and His heart for His children.
- What does that person who hurt you really need? What does their heart yearn for? Pray God would bless them, meet their needs, and be merciful to them.
- What is God saying about your situation? Speak words of hope over your circumstance.