

Self-Deliverance Process

We are very sorry we are unable to conduct a deliverance session remotely. However, Jesus is the deliverer and he's where you are! This document contains some tools we think may help you.

Watch these two videos, then do the worksheets associated with them (attached).

- Forgiveness Video: <https://vimeo.com/385327484>
- Soul Tie Video: <https://vimeo.com/385349616>

Then use the remainder of what we have included in this pdf, and take your time and pray through them.

We pray that this will help you make progress in breaking any spiritual bondages that have been in your life.

When you get to the last prayer on the list, following the end of the prayer, exercise your faith and breath out, expelling whatever isn't supposed to be there.

We are praying for you!

Forgiveness Worksheet

How to Forgive

To begin with, you must make yourself vulnerable to God. He has to be allowed to bring to the surface all the painful emotions you feel towards those who hurt you. Do not try to suppress or hide your pain. You need to grant God permission to go down to the emotional core of your being and bring that pain to the surface so those damaged emotions can begin to heal once your decision to forgive is complete.

1. Get alone and ask the Lord to show you the people you need to forgive.
 - Make a list of the names of people He brings to your memory.
 - o They may be the little girl from the third grade, or your fifth-grade school teacher, etc.
 - If applicable, be sure to include yourself.
2. Go over each name with the Lord and express to him how they have hurt you.
3. Write down what they did and why you need to forgive them.
 - Example:
 - o Mrs. Smith, my fifth-grade teacher, humiliated me. She made fun of me and I was so angry. I was so vulnerable and not able to protect myself from her.
4. List whatever feelings you had and the degree to which you felt them.
 - Example:
 - i. I was so angry, I did not care if they fell and hurt themselves. Actually, I wish they had.
 - ii. I wished I could have died because of the humiliation.
5. Write a short note to each person who has hurt you, telling them what they did and how it made you feel. End each note with: *"But I choose to forgive you!"*
 - These notes do not need to be given to the person you need to forgive. These are an act of faith. The Lord will see you are serious.
6. Choose to forgive and release them. Then do it.
 - Pray a simple prayer similar to this:
 - o Lord, I want to confess that I have not loved, but have resented, certain people and have unforgiveness in my heart. Lord, I now choose to forgive _____ (*name of the person or persons*), in the name of Jesus, amen.
 - Pray that prayer for each person on your list.
7. Last of all, this step can be the hardest but also the most freeing.
 - Go somewhere alone, the bathroom, or your bedroom with a mirror. Look at yourself in the mirror. Forgive and release yourself for everything that you need to forgive yourself of.

The Motivation for Seeking Forgiveness for the Wrongs You Did to Others

Matt. 5:23-26 is the key passage for seeking forgiveness. Several points in these verses bear emphasizing. The worshipper coming before God to offer a gift *remembers* that someone has something against him. The Holy Spirit is the One who brings to his or her mind the wrong that was done.

Only the actions which have hurt another person need to be confessed to them. If you have had jealousy, lustful, or angry thoughts toward another, and they don't know about it, these are to be confessed to God alone. An exception to this principle occurs when restitution needs to be made. If you stole or broke something, damaged someone's reputation, and so on, you need to go to that person and make it right, even if he or she is unaware of what you did.

The Process for Seeking Forgiveness for What You Have Done to Others

1. Write out what you did wrong and why you did it (this is not to be given to the person you offended).
2. Make sure you have already forgiven them for whatever they may have done to you.
3. Think through exactly how you will ask them to forgive you. Be sure to:
 - a. Label your action as “wrong.”
 - b. Be specific and admit what you did.
 - c. Make no defenses or excuses.
 - d. Do not blame the other people, and do not expect or demand that they ask for your forgiveness.
 - e. Your confession should lead to the direct question: “Will you forgive me?”
4. Seek the right place and the right time to approach the offended person.
5. Ask for forgiveness in person with anyone with whom you can talk face to face with, with the following exception: *Do not go alone* when your safety is in danger.
6. Except where no other means of communication is possible, *do not write a letter* because: a letter can be very easily misread or misunderstood; a letter can be read by the wrong people (those having nothing to do with the offense or the confession); a letter can be kept when it should have been destroyed.
7. Once you sincerely seek forgiveness, you are free—whether the other person forgives you or not (Rom. 12:18).
8. After forgiveness, fellowship with God in worship (Matt. 5:24).

Forgiveness Prayer

Father, in the name of Jesus I confess that I have held unforgiveness, bitterness, prejudices, hatred, anger, rage, and desire for retaliation in my heart.

I now recognize this as sin and confess it as sin, for you have said in your Word that if we confess our sin, you are faithful and just, and will forgive us our sins and will cleanse us of all unrighteousness (1 John 1:9).

I confess I have caused harm to others by my behavior and lack of love. You have told me in your Word that to be forgiven, I must forgive.

I choose to obey your Word, and I declare and confirm my forgiveness to each and every person, living or dead, who has in any way hurt, disappointed, betrayed, failed, abused, or caused unjust pain to me.

I also choose to forgive every institution, organization, or authority that has caused undue hardship in my life because of unfairness, theft, or deception.

Father, I wait now for You to bring to my mind, through the Holy Spirit's ministry, any specific person or situation I need to forgive. . .*(Pause here to see what the Holy Spirit brings to mind, then specifically forgive each person or situation.)*

I choose now to forgive all those on my list.

Father, Your Word says that whoever calls on your name shall be delivered.

Father in heaven, I do now receive your forgiveness. I believe your Word that says if we confess our sins you are faithful and just to forgive our sins and cleanse us from all unrighteousness (1 John 1:9).

Thank you for cleansing me from all the effects of unforgiveness and bitterness.

I now believe I am forgiven, knowing there is no condemnation in Christ Jesus.

Soul Tie Worksheet and Prayer

Exercise

Write down the names of everyone you've had an ungodly relationship with, either sexually or emotionally, and this includes all fantasies. It includes pornography with accompanying masturbation. It involves lesbianism, homosexuality and molestation, regardless if you were a victim or the abuser, and or any other type of sexual perversion that you may have been involved in. This also includes your spouse if you had sexual relations with your spouse prior to your marriage.

If you don't know or remember the name of the person, you can use a description like: "The girl in the bar," or "The boy at the beach", or "The man at the hotel", or whatever other description that can help you identify them. After the prayer, consider taking that piece of paper, burning it, or tearing it into little tiny pieces, and stomp on it. Put it under your feet. Also be sure to forgive these people. Forgive them for sinning with you, or forgive them for sinning against you, especially if you were a victim of molestation or rape.

Prayer

Heavenly Father, I submit myself completely to you. I ask you to forgive me for any and all unnatural or ungodly relationship with any person, place or thing. I ask you to forgive me for any and all sexual misconduct or ungodly soul ties specifically with _____ (everyone on your list). And in the mighty name of Jesus, I ask that my spirit be loosed from them according to Matthew 18:18-19, and I tell my spirit to forget the unions. I tell my mind to release responsibility for them, and I tell my emotions to let go and forget the unions. I tell the fragmented pieces of my soul to come back together. I hereby break every ungodly soul tie in the mighty name of Jesus, amen!

Lord, I choose to forgive each person that I have been involved with in any wrong way. I renounce all uses of my body as an instrument of unrighteousness, and by so doing, I ask you to break all bondages that Satan has brought into my life through that involvement. I confess my participation, I choose to forgive myself, and I choose to no longer be angry with myself, or to hate myself, or punish myself. I now present my body to you as a living sacrifice, holy and acceptable to you. I reserved the sexual use of my body only for marriage. I renounce the lie of Satan that my body is not clean, that it is dirty, or in any way unacceptable as a result of my past sexual experience.

Lord, I thank you that you have totally cleansed and forgiven me, that you love and accept me unconditionally. Therefore, I can accept myself, and I choose to do so, to accept myself and my body as cleansed, in Jesus name, amen.

Soul Tie Prayer

Heavenly Father, I submit myself completely to you. I ask you to forgive me for any and all unnatural or ungodly relationships with any person, place, or thing.

I ask you to forgive me for all sexual misconduct or ungodly soul ties with everyone on my list.

In the mighty name of Jesus, I ask that my spirit be loosed from them according to Matt. 18:18-19, and I tell my spirit to forget the unions. I tell my mind to release responsibility for them, and I tell my emotions to let go and forget the unions. I tell the fragmented pieces of my soul to come back together. I hereby break every ungodly soul tie in the mighty name of Jesus, amen!

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Generational Curse Breaking

In Jesus' Name I Renounce

1. The spirit of abandonment, and that which makes me feel that I am alone, without God's promise of "I will never leave you or forsake you."
2. The spirit of rejection, that makes me want to feel as though God won't receive me, and that I'll never be good enough, for Him or anyone else.
3. The spirits that are leading me toward poor stewardship and that which is leading me into financial bondage.
4. The spirit of anxiety and fear, that has the purpose of keeping me from walking in confidence and faith in God's protection and power and becoming a threat to the enemy.
5. The spirit of murder, with the accompanying, hatred, anger, rage, and violence, that wants to keep me from loving God with all my heart, soul and mind, and my neighbor as myself.
6. The spirit of deception and rebellion, that wants me to not only rebel against, God, but also against all the authorities God has put in place.
7. The religious spirits that want to deceive me into thinking that if I live a certain way, and talk a certain way, and act a certain way, that my way into heaven is guaranteed.
8. The spirits that want me to be locked into the lie that I'm not worthy of my Father God's love, nor anyone else's.
9. The spirits that lead me to filled with doubt and unbelief, whose purpose is to keep me from trusting all of God's promises in His Word.
10. The spirits that lead to manipulation and control, and that are deceptively trying to bring me into deeper and deeper bondage to that which is evil.
11. The spirits the attempt to cause me to be burdened down with guilt and shame, preventing me from fulfilling my destiny of serving Jesus with joy and gladness, and making a significant difference in other people's lives.
12. The spirits that want me to be locked down with unforgiveness and be filled with bitterness. They want me to poison me and block my relationship with God, as well as poison all those around me with my bitterness.
13. The evil spirits of pride and mocking, that continually want me to raise myself up in opposition to God, as well as to all authority He puts in place.

14. The demonic powers that first tell me I'm a failure, and then push me beyond what is normal to attempt to reach a state of perfection. And when perfection isn't reached, to make me become overwhelmed with my feelings of failure.
15. The spirits of infirmity and disease that want to prevent me from every being free to walk, talk, and rejoice in the goodness God has granted us.
16. The spirits that want me to be forever addicted, bound, and dependent on that which will never satisfy, and that will only lead me further and further away from God.
17. The spirits that want to drive me to a state of insanity, with an assortment of mental problems and depression.
18. The spirits that want to drive me to sexual sins and perversity, undermining that which God made holy, and turning it into something profane.
19. The spirit of witchcraft and the occult, and all the evil that emerges from this practice.
20. The spirits that want to lock me into the mentality where I can only see myself as a victim, unable to be free from the trauma and grief of my past.

Word Curses from Others

I renounce any of the following curses my parents, relatives, or any in authority have spoken over me.

Parent (an authority figure) to Children

- "You will never amount to anything."
- "You can't do anything right."
- "I hate you."
- "You are stupid."
- "You are ugly."
- "You are fat."
- "I wish you hadn't been born."
- "You have made my life miserable."
- "I should have aborted you."
- I would still be married if it weren't for you.
- "You are a loser."
- "You are just like your father/mother."
- "Can't you do anything right?"
- "Go to hell!"
- "Goddamn you!"

One Spouse to Another

- I wish I had never married you.
- My life was great until you came along.
- I wish you were dead!

Self-Spoken Curses

- I'm clumsy
- I'm dumb / stupid
- I can't do anything right
- " _____ me!"
- I'll be goddamned."
- I wish I were dead!
- I wish I had never been born.

Vows / Judgments

- "Well, I'll be damned if I'll let _____ happen."
- "Hell will freeze over before I let that happen!"
- "I will never let people get close to me again!"
- "I will never speak with them again."
- "I never want to see them again."
- "I will never forgive that person for what they did to me!"

RENOUNCE THE CURSES

Satan, by the authority of Christ, I break every curse you have brought upon me.

- I renounce the evil in my bloodline through my ancestors.
- All the witchcraft.
- All the rituals and ceremonies.
- Every curse attempting to come upon me from my ancestors, or anything that I (or my husband/wife) have done, we confess and turn from those sins.
 - I say they are broken.
- **I claim Galatians 3:13** *"Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree")*.
 - Any curse that has been handed down to me from my ancestors, I declare them as nullified. Jesus has taken them all upon himself.

Strongholds

In Jesus' Name I Renounce

1. The **spirit of Anti-Christ**, and all spirits that are attempting to lead me into error.
2. The **stronghold of bondage** and any type of addictive substance or action.
3. The stronghold of a **deaf and dumb spirit**, that tries to keep my mind bound to an assortment of mental illnesses or spiritual deafness and blindness.
4. The **stronghold of death**, whether it is physical sickness, or actions that could lead to my own, or other people's premature death.
5. The **stronghold of divination**, and all types of occult or witchcraft practices.
6. The **stronghold of error**, and all lying spirits that attempt to control my mind and prevent me from embracing the truth found only in God's Word.
7. The **stronghold of a familiar spirit**, which is trying to control my family line.
8. The **stronghold of fear**, that is attempting to keep me from walking in freedom and victory.
9. The **stronghold of haughtiness**, and every demonic strategy that is directing me toward worshiping self and making self a god.
10. The **stronghold of heaviness**, with all its attempts to keep me locked down in depression, despair, no hope, inferiority, low self-esteem, shame, guilt, grief, and rejection.
11. The **stronghold of rejection**, that has the ultimate purpose of making me feel rejected by my Father God.
12. The **stronghold of infirmity** that is trying to keep me in bondage to mental and physical suffering.

13. The **stronghold of jealousy**, that attempts to generate anger, rage, hate, violence, aggression, murder, and cruelty.
14. The **stronghold of lying**, that could lead to my self-deception, as well as to the lie that I'll never be free.
15. The **stronghold of perversity**, and everything degrading, unholy, and demonically evil.
16. The **stronghold of a seducing spirit**, and the works of darkness that attempts to control my mind from rejecting the lies of this world and embracing the truth from God's Word.
17. The **stronghold of prostitution** and every type of unfaithfulness, whether it is in marriage, with finances, or in my relationship with God.

Deliverance Prayer

Dear Lord Jesus, I believe that you are the Son of God. I believe that you died on the cross for my sins, and you rose again from the dead, and you are at the right hand of the Father.

I accept you and confess you as my Lord and my Savior. I repent of—and renounce—and ask your forgiveness for every sin that I have committed, spoken, or thought in rebellion, disobedience, weakness, or in ignorance.

I repent of and renounce every sinful word that I have ever spoken or thought about you. I break all curses on me or my family due to blasphemy or cursing you by me, my family, or prior generations. I repent of and renounce every sinful thought or word against any servant of yours. I repent for having lifted my hands against your anointed ones. I repent of and renounce every sinful word I have spoken or thought about my parents, and any act that I have committed that dishonored my father or mother. I break every vow and every judgment I have placed on my mother or father for whatever they did or did not do. I now break all curses brought on me by these sins.

I renounce all curses on me handed down by my family or prior generations. I do not choose to practice any sins of my parents or my ancestors. I forgive my parents and ancestors for causing any curses to come upon me.

I repent of all contacts with Satan and his evil works. I renounce all involvement with witchcraft and the occult. I repent of and renounce all demon spirits that I have allowed to enter my life.

Lord, I forgive all others who have wronged me or harmed me. I lay down all resentment, all bitterness, all hatred, and all rebellion.

Lord Jesus, I ask you to forgive and cleanse me with your precious blood. I accept it now. I accept your forgiveness, and I choose to forgive myself!

Lord, you have said, whosoever shall call on the name of the Lord, shall be delivered. I call on your name right now, and I recognize you as my deliverer.

Now, Lord, I loose myself from every demon spirit, in the name of Jesus, and I command them to leave me now, touching or harming no one. In the name of Jesus, amen!

Satan, because of the blood of Jesus, you have no power over me, and you have no place in me. I now cancel any legal right you claim to remain, in the mighty name of Jesus.