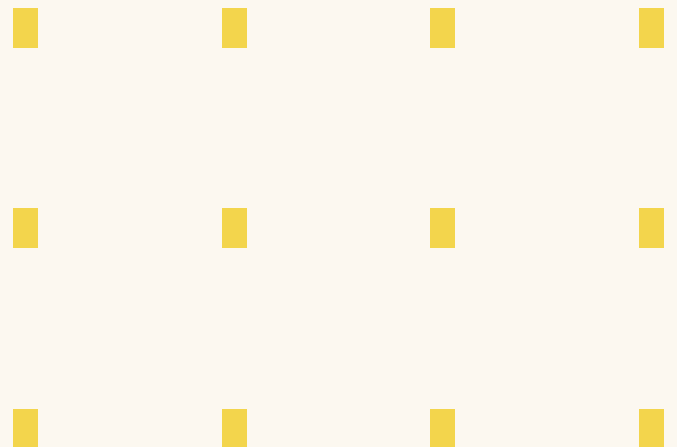


# KAIROS

*When Heaven Meets Earth*





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***Kairos When Heaven Meets Earth***

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# Foreword

*“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” John 10:10 (NKJV)*

What does abundant life look like to you? Is it peace in the middle of chaos? Is it looking upon others with compassion when they have offered none in return? Is it the ability to smile fearlessly in the face of the future regardless of the past you have endured?

Or is it possible that these ideas seem too far out of reach for you? Do you instead live numbed to the pain of your past and live your days with the false belief that this is the best life has to offer you? If you are like most, you probably better identify with the latter question.

Most of us go through life with scars that keep us from ever experiencing a life full of real abundance. We hope for a life that pours forth the fruit of an intimate relationship with God but believe we may never begin to feel it within our grasp.

After declaring the primary motives of the enemy in the book of John, Jesus proclaimed His own purpose: He came so that we would have life and have it more abundantly!

In reconciling us to the Father, giving us our ultimate home in heaven was only part of the work Jesus did. In the book of Luke (4:18-19), Jesus confidently stood with the book of the prophet Isaiah in hand and spoke these words aloud:

*“The Spirit of the Lord is upon Me,  
Because He has anointed Me  
To preach the gospel to the poor;  
He has sent Me to heal the brokenhearted,  
To proclaim liberty to the captives  
And recovery of sight to the blind,  
To set at liberty those who are oppressed;  
To proclaim the acceptable year of the Lord.”*

Jesus followed this by saying, "Today this Scripture is fulfilled in your hearing."

With these words, Jesus avowed His own purpose yet again: salvation, healing, and freedom for all. And yet, many of us live our lives as walking wounded. We believe in Jesus and "know" He is good, but we do not experience the life of abundance He so graciously extended. Life has been unkind to us and no matter how hard we try, some memories still seethe with pain. Or we find ourselves in cycles of behavior or circumstances we just cannot seem to overcome. Salvation may be ours, but we find ourselves unacquainted with the healing and freedom found in the hands of Jesus.

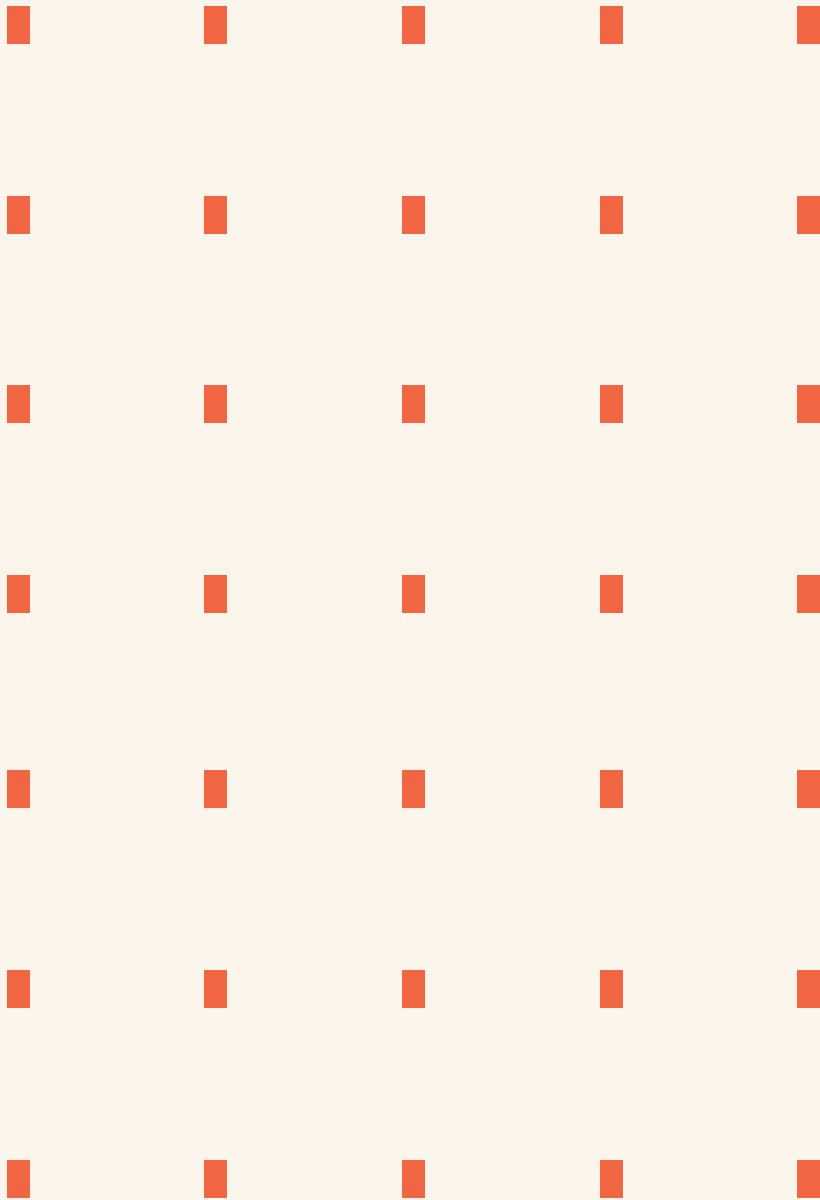
Today this can change. *Today* you can admit you need the help of Jesus and invite Him in to do the works He guaranteed to fulfill.

An excerpt from Pastor Robert Morris's *Truly Free*:

*We don't want to dwell on evil...Instead I want to dwell on the goodness and power and truth of Jesus Christ. This is all about how God sets us free. All authority has been given to Jesus (Matthew 28:18). He has conquered death, hell, and evil (1 Corinthians 15:54-56). He now reigns at God's right hand and will reign forevermore (Acts 2:33).*

*The good news is that regardless of what difficulty you're struggling with today, there is always hope. Sure, the temptation never quite goes away in this life. There is always a pull toward thoughts and actions that could cause us to become burdened again by a yoke of slavery (Galatians 5:1 NASB). But you need to know – and live out fully – that you never need to return to Egypt. With Jesus Christ, you can be free at last, free forever, truly and finally free.*







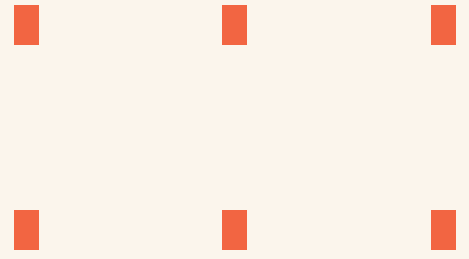
# Introduction

This booklet will help guide you as you begin your freedom journey. Once you have completed Healthy Foundations, we ask that you spend time prayerfully completing the Self-Reflection Survey (on Page 1). Each question has been intentionally selected to help you give careful consideration to areas that may be impacting your relationship with God. We encourage you to be as thorough as possible in your responses.

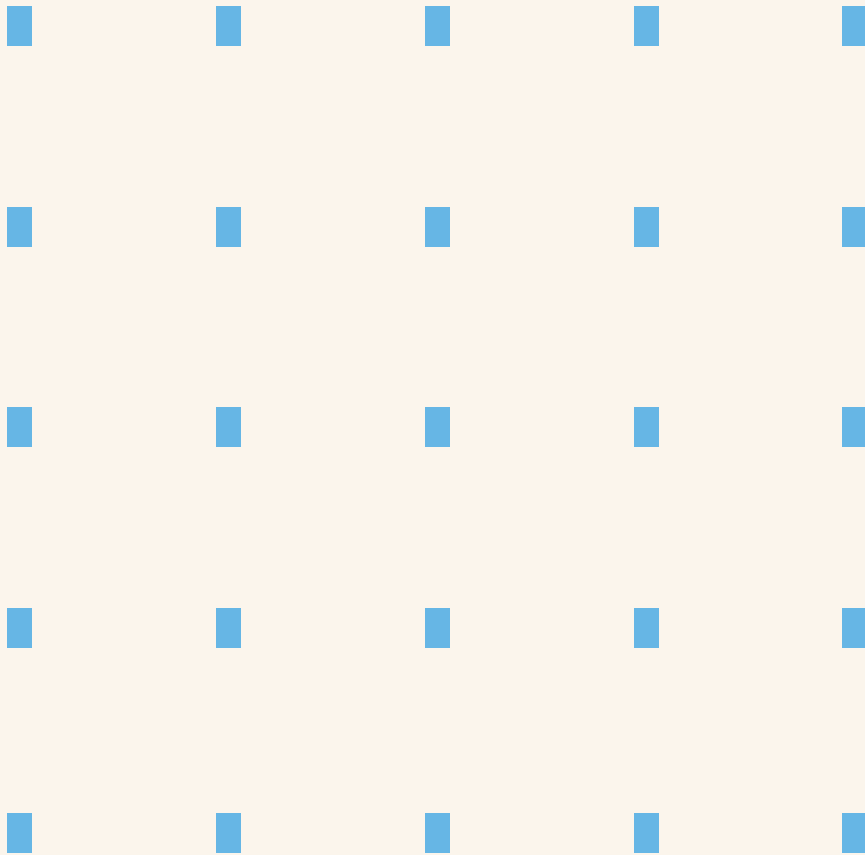
The rest of the booklet is dedicated to the key concepts taught at Kairos and fundamental truths supported by Scriptures (from the New Living Translation unless otherwise noted). In addition, each section includes activation exercises and Scripture for meditation.

[Please scan this QR code to access additional resources to support your freedom journey.](#)

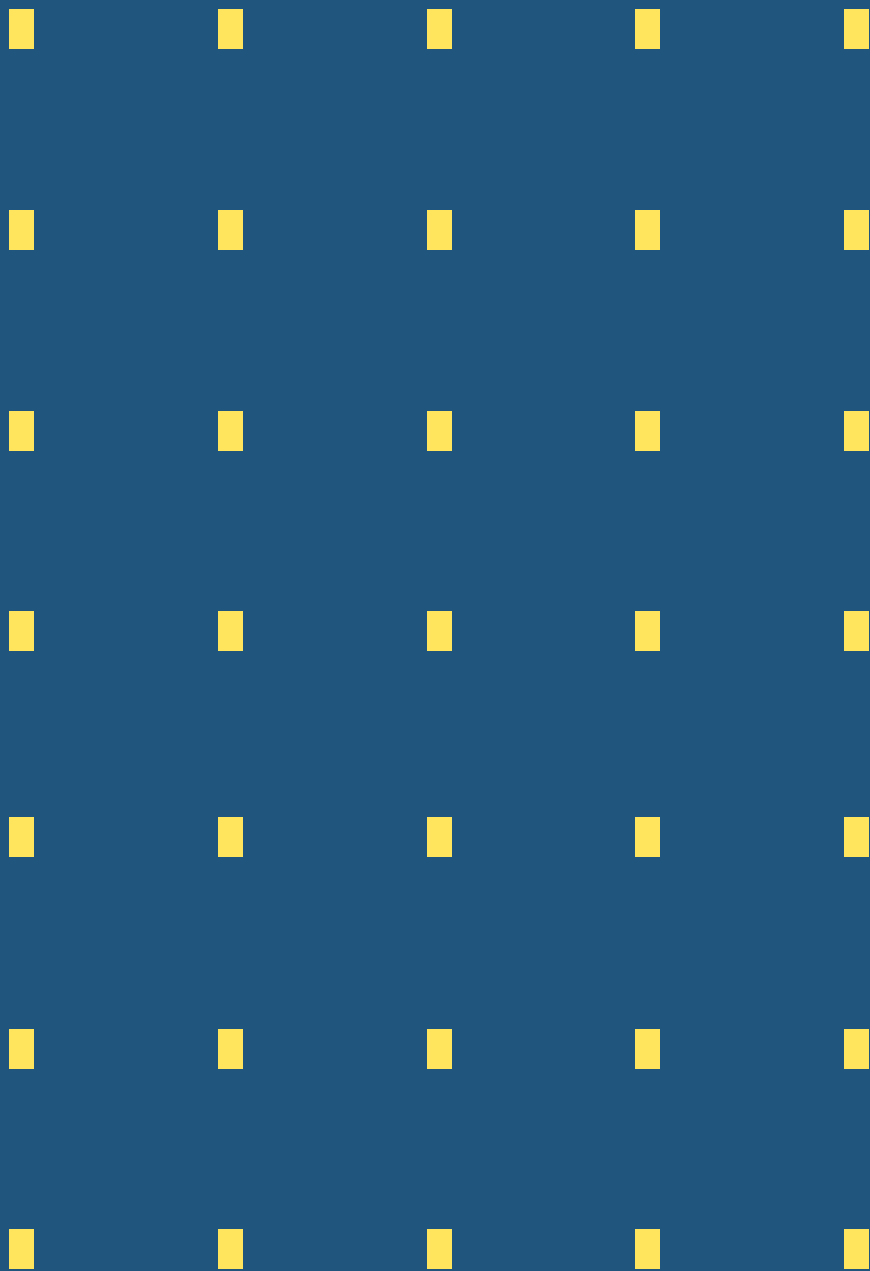




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# Self-Reflection Survey

In Romans 10:13 we are reminded that all who call upon the name of the Lord will be saved. This is a promise that not only assures the definitive salvation of our spirits the moment we surrender our lives to Christ but also reminds us that we have access to the ongoing salvation of our souls: our minds, wills, and emotions. Through relationship with Jesus, our souls are in a continuous process of sanctification, being set free and redeemed from the pain of our past and the lies that have shaped our lives.

After you attend Healthy Foundations and *before* you begin the Kairos journey, we encourage you to make time to sit down, call upon the Lord, and ask the Holy Spirit to help you complete the following survey. Be as honest and vulnerable with yourself as possible and answer the questions to the best of your ability. This will help you identify areas in your life where you need the Holy Spirit to bring healing and freedom. It will also serve as a point of reference for you as we cover the process of freedom in Kairos.

Your answers are for you alone and will not be shared with staff, volunteers, or other attendees unless you choose to share them on your own.

## History:

1. **If you have been saved, describe your salvation experience. When were you saved?**
  
  
  
  
  
  
  
  
  
  
2. **Were you water baptized? When?**
  
  
  
  
  
  
  
  
  
  
3. **Have you been baptized in the Holy Spirit? When?**
  
  
  
  
  
  
  
  
  
  
4. **Describe spiritual disciplines in your life (quiet time, prayer, reading the Word, worship). If these spiritual disciplines are lacking, write that down to acknowledge some areas in which you may want to grow. Again, this is only for you; be honest with where you are today.**
  - A. Do you believe you hear God?
  
  
  
  
  
  
  
  
  
  
  - B. How does God speak to you?
  
  
  
  
  
  
  
  
  
  
  - C. What role does the Bible play in your life?
  
  
  
  
  
  
  
  
  
  
  - D. Do you believe in the authority of Scripture?

**5. Describe your physical, mental, and emotional well-being (present and past). Do you feel healthy in these areas or are there areas where you need improvement?**

A. Physical

B. Mental

C. Emotional

**6. Marriage:**

A. Are you married? If so, describe your marriage relationship to date. What is your relationship with your spouse like? (Again, be honest and thoughtful.)

B. Have you had other marriages? If so, describe each marriage and what brought that marriage to an end.

C. Do you have children? If so, describe your relationship with each one.

**7. Are your parents married? If they are divorced, why?**

A. What is your father like? How would you describe your relationship with him?

B. What is your mother like? How would you describe your relationship with her?

**8. Would you say you have a healthy view of God?**

A. Do you see Him as good, loving, kind, and actively present in your life?

B. Do you see Him as distant, cruel, or angry?

C. Describe your relationship with God the Father.



**9. Are there any addictive, mental, or physical health problems in your family (current or past)? Please circle any that apply and indicate which part of your family. (Key: s=self, m=mother, f=father, if=immediate family, ef=extended family.)**

Adultery	Eating disorders	Physical abuse
Alcoholism	Emotional abuse	Sexual abuse
Anger	Fear	Sexual addiction
Anxiety	Gambling	Spiritual abuse
Autoimmune disorders	Heart disease	Stress
Bullying	Lust	Suicide
Cancer	Mental illness	Ulcers
Depression	<i>(e.g., bipolar disorder, multiple personality disorder, obsessive-compulsive disorder)</i>	Verbal abuse
Diabetes		Witchcraft
Divorce		_____
Drug addiction	Migraines	_____
		_____

**10. Describe your relationships with the following family members:**

A. Siblings

B. Grandparents

C. Stepparents

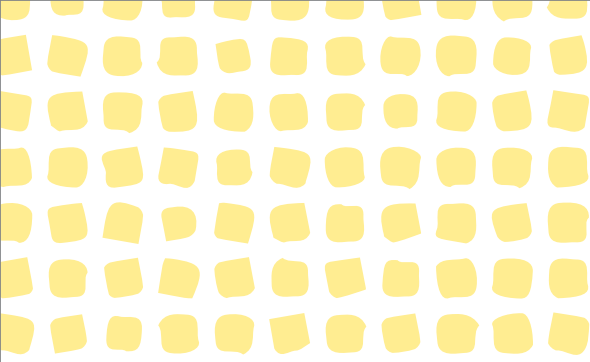
D. Stepbrothers and/or stepsisters

E. Others

*Notes*

- 11. Do you have any issues you chronically struggle with, especially thoughts or emotions related to fear, lust, insecurity, rebellion to authority, shame, anger, laziness, jealousy, envy, hatred, gossip, selfishness, greed, sadness, a sense of being overwhelmed, worry, or self-reliance?**





**JESUS CAME TO:**

Preach the gospel.

Heal the brokenhearted.

Proclaim liberty to the captives.

Recover sight to the blind.

Set at liberty those who  
are oppressed.

**WHICH BRINGS:**

Salvation

Inner Healing

Freedom from Bondage

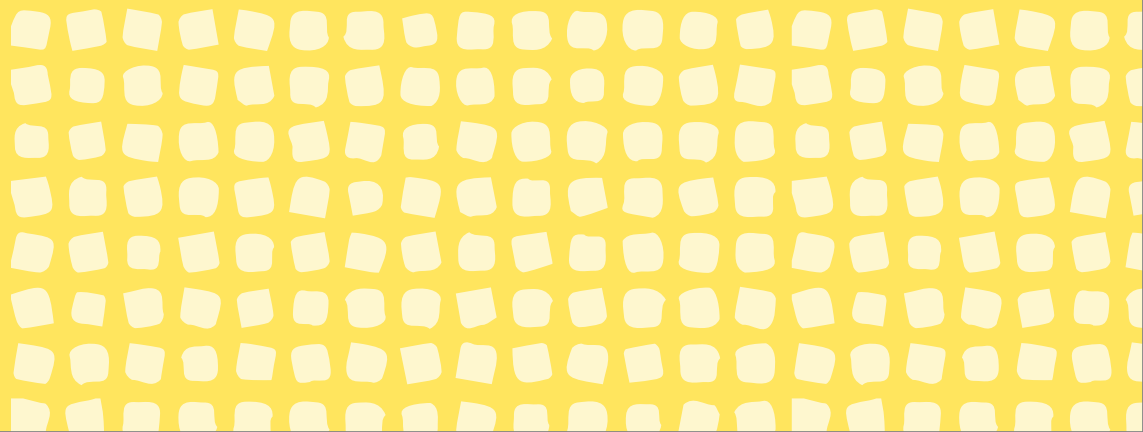
Healing from Spiritual Blindness

Freedom from  
Oppression

LUKE 4:18 (NKJV)

**SESSION 1**

# **Understanding Freedom**



## Laying the Foundation for Freedom

**Genesis 3:1–7** *The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, “Did God really say you must not eat the fruit from any of the trees in the garden?”*

*“Of course, we may eat fruit from the trees in the garden,” the woman replied. “It’s only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, ‘You must not eat it or even touch it; if you do, you will die.’”*

*“You won’t die!” the serpent replied to the woman. “God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil.”*

*The woman was convinced. She saw that the tree was beautiful, and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.*

Just as he did with Adam and Eve, if the devil can get you to believe a lie, he can lead you into sin and trap you in bondage.

**Exodus 33:7–11** *It was Moses’ practice to take the Tent of Meeting and set it up some distance from the camp. Everyone who wanted to make a request of the Lord would go to the Tent of Meeting outside the camp.*

*Whenever Moses went out to the Tent of Meeting, all the people would get up and stand in the entrances of their own tents. They would all watch Moses until he disappeared inside. As he went into the tent, the pillar of cloud would come down and hover at its entrance while the Lord spoke with Moses. When the people saw the cloud standing at the entrance of the tent, they would stand and bow down in front of their own tents. Inside the Tent of Meeting, the Lord would speak to Moses face to face, as one speaks to a friend. Afterward Moses would return to the camp, but the young man who assisted him, Joshua son of Nun, would remain behind in the Tent of Meeting.*

We can find God’s power in the same place as His presence. Be intentional to set aside time and space to meet with God as an integral part of your freedom journey.

**2 Corinthians 6:2** *For God says, “At just the right time, I heard you. On the day of salvation, I helped you.” Indeed, the “right time” is now. Today is the day of salvation.*

In Greek, there are two words associated with the concept of time:

- 1) *Chronos* depicts chronological time.
- 2) *Kairos* depicts an opportune or "right" time when a crucial action impacts your life forever.

You can live the life of freedom that God intended for you and it can start today.

## 1. The Purpose of Freedom

The purpose of freedom is to have a more intimate relationship with God.

**John 8:34–36 (NKJV)** *Jesus answered them, “Most assuredly, I say to you, whoever commits sin is a slave of sin. And a slave does not abide in the house forever, but a son abides forever. Therefore, if the Son makes you free, you shall be free indeed.”*

Once you accept Jesus as your Savior, you are made righteous because of your position as a child of God, not because of your performance.

## 2. The Answer to Freedom

The answer to freedom is to abide in relationship with Jesus through prayer and Scripture meditation.

**John 8:31–32 (NKJV)** *Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”*

Note: To abide means to continue in.

**John 1:1** *In the beginning was the Word, and the Word was with God, and the Word was God.*

Jesus is the Word of God. He is the fulfillment and embodiment of Scripture. Knowing the Word of God and abiding in it is the answer to freedom. You can stay in close relationship to Jesus through prayer and Scripture meditation.

**Deuteronomy 6:6–9** *And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.*

## 3. The Battle for Freedom

The battle for freedom begins in the mind with the lies the enemy speaks to us.

**Matthew 4:3–4 (NIV)** *The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”*

Jesus combatted the lies of the enemy with truth, and so can you. The first thing the enemy ever did was to attack the minds of man. But Jesus came as the Word of God to set us totally free.

*“Jesus didn’t die on the cross simply to give us eternal life. He also died on the cross to provide us with victorious lives. Salvation and victorious living go hand in hand.” –Pastor Robert Morris*

#### 4. Jesus Brings Freedom

Jesus brings you complete freedom. He even outlines it in Scripture!

*“The Spirit of the Lord is upon Me,  
Because He has anointed Me  
To preach the gospel to the poor;  
He has sent Me to heal the brokenhearted,  
To proclaim liberty to the captives  
And recovery of sight to the blind,  
To set at liberty those who are oppressed;  
To proclaim the acceptable year of the Lord.”*

**Luke 4:18-19 (NKJV)**

The freedom journey we'll follow in Kairos includes:

- 1) Inner healing.
- 2) Breaking curses.
- 3) Forgiveness of sins.
- 4) Deliverance.

No matter what you are facing, as a believer in Jesus, you are already on the winning side of your battle! Your victory was bought and paid for with Jesus' sacrifice on the cross!

#### Activation: Declaration

Read this declaration aloud over yourself:

I am chosen—God's own special possession He called out of darkness into the light.<sup>1</sup> I am a new person living a new life in Jesus and no longer a slave to sin but a son/daughter of righteousness.<sup>2</sup> As His child, I am chosen in Christ and holy and without fault in God's eyes.<sup>3</sup> Today, in this moment, in this place, I choose to believe that God wants to meet me here! He wants to talk to me and set me totally free!<sup>4</sup> Today is my day. The right time is now!<sup>5</sup>

<sup>1</sup> 1 Peter 2:9

<sup>2</sup> 2 Corinthians 5:17; Romans 6:6; John 8:35

<sup>3</sup> Ephesians 1:4

<sup>4</sup> Exodus 33:11; John 8:36

<sup>5</sup> 2 Corinthians 6:2



## Meditate on the Word

The following Scriptures are provided for additional quiet time with the Lord to hear Him speak to you.

**1 Peter 2:9** *But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.*

**2 Corinthians 5:17** *This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

**Romans 6:6** *We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin.*

**John 8:35 (NKJV)** *And a slave does not abide in the house forever, but a son abides forever.*

**Ephesians 1:4** *Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.*

**Exodus 33:11** *Inside the Tent of Meeting, the Lord would speak to Moses face to face, as one speaks to a friend. ...*

**John 8:36** *So if the Son sets you free, you are truly free.*

**2 Corinthians 6:2** *For God says, "At just the right time, I heard you. On the day of salvation, I helped you." Indeed, the "right time" is now. Today is the day of salvation.*







**JESUS CAME TO:**

Preach the gospel.

**Heal the brokenhearted.**

Proclaim liberty to the captives.

Recover sight to the blind.

Set at liberty those who  
are oppressed.

**WHICH BRINGS:**

Salvation

**Inner Healing**

Freedom from Bondage

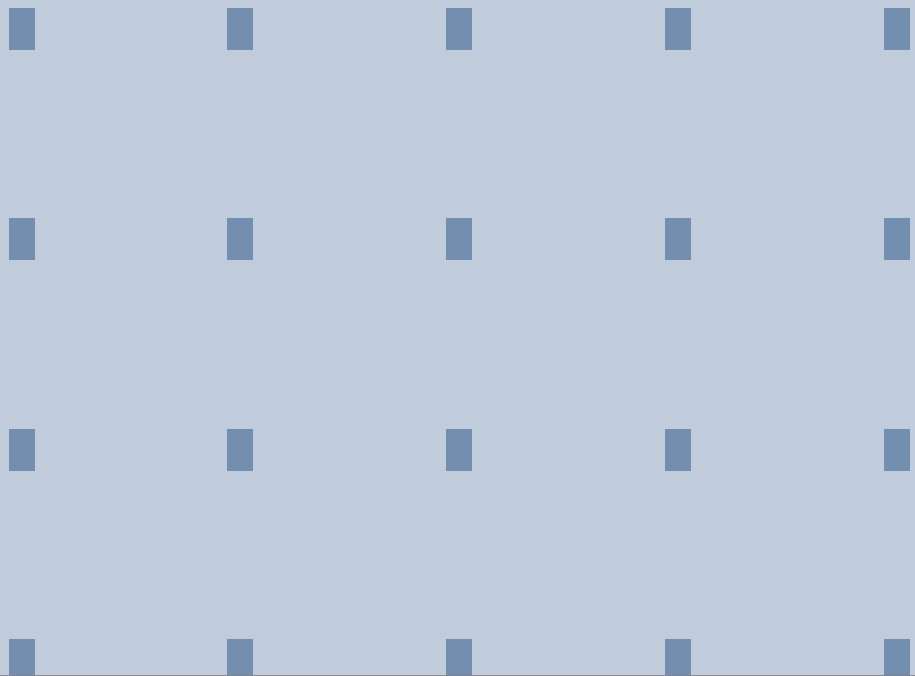
Healing from Spiritual Blindness

Freedom from  
Oppression

LUKE 4:18 (NKJV)

**SESSION 2**

# **Inner Healing**



## 1. How Do You Know if You Need Inner Healing?

Broken hearts left unhealed open doors to pain, unforgiveness, bondage, and oppression. Emotional bruises can hold you in bondage.

### A. Examine the fruit of your behavior to determine the root of your pain.

**Matthew 7:17-18** *A good tree produces good fruit, and a bad tree produces bad fruit. A good tree can't produce bad fruit, and a bad tree can't produce good fruit.*

Symptoms of pain, bondage, patterns of struggle, and brokenness are indicators of a broken heart in need of inner healing.

**Psalm 139:23-24** *Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.*

Ask the Holy Spirit to highlight areas of pain in your life that He wants to bring healing to.

### B. How do you deal with pain? When you try to heal your own pain, your coping solutions may reflect the bad fruit in your life.

- Do you have explosive anger?
- Are you argumentative?
- Are you prone to manipulate situations?
- Do you cry excessively?
- Do you lash out at people?
- Do you build walls around you?
- Do you try to control those around you?
- Do you withdraw from others?
- Do you escape through social media?
- Do you numb your pain with sex, drugs, alcohol, shopping, gambling, food, music, or gaming?
- Do you lean toward perfectionism and hyper-performance?
- Do you only make choices where you believe you can accept the outcome?
- Do you often revert to sarcasm in conversation?
- Do you use humor to avoid authentic conversation?
- Do you avoid public events from a sense of fear or worry?

These defense mechanisms represent unhealed hurts and bad fruit, which open the door to sin and the enemy's influence in your life.

### Activation: Identify the Fruit

Take a few minutes to hear from the Lord. Ask the Holy Spirit to help you identify the areas that apply to you and circle them. We provided additional lines for anything else you may hear.

Addictive behavior	Frequent mood swings	Perfectionism
Aggressive or violent behavior	Insecurity	Pride
Anger	Insensitivity	Procrastination
Avoidance	Jealousy	Quick to judge others' motives
Confusion	Loneliness	Repetitive job loss
Consistent financial failure	Lying	Self-isolation
Control	Manipulation	Selfish choices
Difficulty trusting others	Negativity	Shame
Doubt	Obsessive behaviors	Social anxiety
Easily offended	Ongoing stress	Suicidal thoughts
Excessive shyness	Passive aggressive behavior	Tendency to hold grudges
Fear of abandonment	Patterns of broken relationships	Unbelief

Other things you heard from the Lord:

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## 2. Identify Bad Roots that Cause Bad Fruit

A root is a cause. It is why you think, act, or behave in a certain way. Roots can come from trauma and/or sin in your own life or trauma and/or sin in your family's history.

*"You have to understand that a root is a cause. There is a cause for any bad fruit you may be seeing in your life." -Pastor Robert Morris*

Unhealed pain is the cause of bad roots in your life:

- No matter what problem or dysfunction hurting people are struggling with, they can trace all of their troubles to an event or circumstance that led to the pain they are experiencing.
- Many times, circumstances that lead to bad roots are tragic in nature, and other times they are not.
- Unhealed pain always leads to bitterness and living in bitterness acts as an open door to sin in your life.

Sin is just waiting for you to open the door.

Notes

**Hebrews 12:15** Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

This root of bitterness is a poison that leads to poor decision-making and justification for sin. Satan uses it to trap you in pain and despair and keep you from being able to determine the truth from lies.

**Activation: Identify Bad Roots**

Let's take some time to ask Him to show you what these roots are. He may bring memories, thoughts, or words to you. Ask Him to tell you which roots were planted in those moments.

Circle the ones that apply to you, or write in anything else He shows you.

Bitterness	Fear	Pride
Deception	Greed	Rebellion
Discontentment	Immorality	Rejection
Distrust	Insecurity	Religion
Disunity	Lust	_____
_____	_____	_____
_____	_____	_____

**3. How Do You Fix Bad Roots?**

**A. You must understand grace.**

**Ephesians 2:8-9 (NIV)** For it is by grace you have been saved, through faith— and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

You are fully and freely saved by grace. Just as salvation was declared at the cross, so was your healing and freedom.

**B. Ask the Holy Spirit why you feel the way you feel and do the things you do.**

You can't address what you can't identify. Ask the Holy Spirit to show you where He wants to work in your life.

**C. Abide in relationship with Jesus through prayer and Scripture meditation.**

**John 8:31-32 (NKJV)** Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."

**John 15:4-5** "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, he bears much fruit; for without Me you can do nothing."

Connecting with God through hearing His voice in prayer and meditating on Scripture will bring healing to you.



#### 4. Session Activation

Start this exercise by asking yourself, "What is the Holy Spirit saying to me?"

##### Identify unresolved pain.

Is something from your past affecting you? This could be something that happened to you that is difficult to let go of, or something that occurred in your family history that has affected you in a negative way.

Ask the Holy Spirit to help you identify what could be the source of your unhealed pain. Ask Him if there are any memories He wants to bring to mind that He would like to heal today.

*Examples:*

Abandonment	Neglect
Broken relationships	Physical abuse
Bullying	Sexual abuse
Divorce	Verbal abuse

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##### Meditate on the Word.

Find Scriptures that address the roots you've identified today, and spend some time speaking them over yourself. You are declaring God's truth over your life. We have provided Scripture on the next few pages for the five most common struggles. (Scripture for additional areas of struggle can be found at the end of the booklet.)

##### Prayer for Inner Healing

Lord Jesus Christ, You are my healer and my true comforter. You hold me in the palm of Your hand. I bring every reason I have unhealed pain to you. I bring these wounded and bruised experiences to You and place them at Your feet. Father, I acknowledge to You these great hurts and ask for You to bring healing, comfort, and blessing into my life. Help me see the truth of what Your grace has done for me, know how much you love me, and extend forgiveness to those who have caused me pain. I submit these memories to You and ask You to show me truth where the enemy has spoken lies into my pain. Thank You for Your Truth and the healing that it brings into my life. In Jesus' name, Amen.

## Meditate on the Word

Spend some time listening to the Lord while you meditate on the Scriptures below.

### Rejection

**Ephesians 1:4–6 (NKJV)** *Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved.*

**1 Peter 2:4** *You are coming to Christ, who is the living cornerstone of God's temple. He was rejected by people, but he was chosen by God for great honor.*

**Psalms 94:14** *The Lord will not reject his people; he will not abandon his special possession.*

**Romans 8:1** *So now there is no condemnation for those who belong to Christ Jesus.*

**John 1:12** *But to all who believe him and accepted him, he gave the right to become children of God.*

### Lust

**Psalms 86:11** *Teach me your ways, O Lord, that I may live according to your truth! Grant me purity of heart, so that I may honor you.*

**1 Corinthians 6:19–20** *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.*

**1 Timothy 4:12** *Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.*

**Psalms 29:11** *The Lord gives his people strength. The Lord blesses them with peace.*

**1 Corinthians 10:13** *The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than what you can stand. When you are tempted, he will show you a way out so that you can endure.*

### Fear

**Psalms 118:6** *The Lord is for me, so I will have no fear. What can mere people do to me?*

**Deuteronomy 31:6** *So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you."*

**Isaiah 12:2** “See, God has come to save me. I will trust in him and not be afraid. The Lord God is my strength and my song; he has given me victory.”

**Isaiah 26:3** You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

**2 Timothy 1:7** For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

**Romans 8:15** So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. ...

## Pride

**Proverbs 22:4** True humility and fear of the Lord lead to riches, honor, and long life.

**Titus 3:2** They must not slander anyone and must avoid quarreling. Instead, they should be gentle and show true humility to everyone.

**Colossians 3:12** Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

**James 3:13** If you are wise and understand God’s ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom.

**1 Peter 5:5** In the same way, you who are younger must accept the authority of the elders. And all of you, dress yourselves in humility as you relate to one another, for “God opposes the proud but gives grace to the humble.”

## Bitterness

**Ephesians 4:31–32** Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

**1 Corinthians 13:4–7** Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

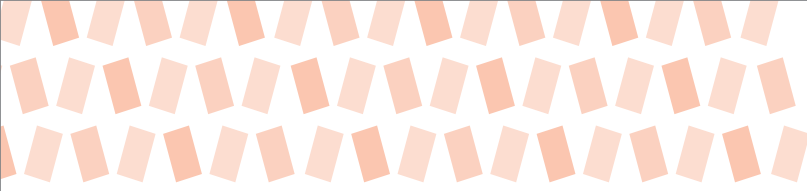
**Psalms 51:10** Create in me a clean heart, O God. Renew a loyal spirit within me.

**Colossians 3:13** Make allowance for each other’s faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

**1 John 1:9** But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.







**JESUS CAME TO:**

Preach the gospel.

Heal the brokenhearted.

**Proclaim liberty  
to the captives.**

Recover sight to the blind.

Set at liberty those who  
are oppressed.

**WHICH BRINGS:**

Salvation

Inner Healing

**Freedom  
from Bondage**

Healing from Spiritual Blindness

Freedom from  
Oppression

LUKE 4:18 (NKJV)

SESSION 3

# Breaking Courses



### 1. What Is Holding You Captive?

A curse is a solemn utterance intended to invoke a supernatural power to inflict harm or punishment on someone or something. Jesus came to proclaim freedom from the curses spoken over you!

**The first type of curse is a generational iniquity.**

*Exodus 34:6-7 And the Lord passed before him and proclaimed, "The Lord, the Lord God, merciful and gracious, longsuffering, and abounding in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation."*

Generational iniquities are sin tendencies found in your family history. They are patterns of attitudes and behaviors that are often repeated throughout the generations.

Note: There is a difference between sin and iniquity: sin is the action while iniquity is the internal motivation.

#### Activation: Identify Generational Iniquity & Sin

Which of the following do you see in your family? Take a few minutes and prayerfully reflect on this list of sins and iniquities. Ask the Holy Spirit to highlight any areas to you that you have witnessed in your own family. Please circle any that apply. Additional lines have been provided should something else come to mind.

A sense of victimization	Hate	Pride
Abuse	Involvement in false religions, cults, or secret organizations	Racism
Accidents		Rage
Addiction		Rebellion
Adultery	Jealousy	Resentment
Anger	Laziness	Sexism
Bitterness	Legalism	Sexual sin
Criticism	Mental illness	Sickness and disease
Divorce	Murder	Stubbornness
Early death	Passivity	Suicide
Envy	Poverty	_____
Gossip	Prejudice	_____
_____	_____	_____
_____	_____	_____

Once you've finished circling some general examples, take some time to hear from the Lord about specific memories and situations where these iniquities have affected you or your family. Write down whatever He brings to mind.

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**The second type of curse is an inner vow.**

These are self-directed promises you make in response to pain and difficulty in your life. They often become woven into your behavior, your responses to circumstances, and your thoughts.

Examples:

- I will never be like \_\_\_\_\_.
- I will never be poor.
- I will never be out of shape.
- I will always have \_\_\_\_\_.
- I will always do \_\_\_\_\_.
- I will always buy what I want.

**Activation: Identify Inner Vows**

Have you made any inner vows? What are the self-directed promises you have made in your own life? Take a few moments to hear from the Holy Spirit and write down what He brings to mind.

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Once you've finished identifying some examples, take a few minutes to hear from the Lord about specific memories and situations that led to these inner vows.

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**Matthew 5:33-37** "You have also heard that our ancestors were told, 'You must not break your vows; you must carry out the vows you make to the Lord.' But I say, do not make any vows! Do not say, 'By heaven!' because heaven is God's throne. And do not say, 'By the earth!' because the earth is his footstool. And do not say, 'By Jerusalem!' for Jerusalem is the city of the great King. Do not even say, 'By my head!' for you can't turn one hair white or black. Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one.

Any area of your life where you have made an inner vow is an area where Jesus is no longer Lord of your life.

**The third type of curse is a word curse.**

These are negative words that have been spoken over your life with which you have come into agreement.

**Activation: Identify Word Curses**

What are the word curses that have been spoken over your life with which you have agreed? Take a few minutes and ask the Holy Spirit to bring to mind any word curses you have heard or have spoken over yourself. Circle any that apply.

- |                  |           |           |
|------------------|-----------|-----------|
| Annoying         | Lazy      | Too short |
| Boring           | Plain     | Too shy   |
| Bossy            | Poor      | Too tall  |
| Dumb             | Spoiled   | Too young |
| Fat              | Too loud  | Ugly      |
| High maintenance | Too old   |           |
| Inadequate       | Too quiet |           |

Now take several minutes to hear from the Lord about specific memories and situations surrounding when these curses were spoken over you. Was there hurt or pain associated with these circumstances?

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**Romans 10:17 (NKJV)** *So then faith comes by hearing, and hearing by the word of God.*

Abiding in the Word of God is integral to your freedom! Are you listening to the curses of the enemy or the truth of the Word?

**2. Who Is Really in Control?**

You don't have to believe everything you think.

**2 Corinthians 10:3-5:** *We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.*

At the root of every stronghold are thoughts that disagree with God. God has given you the ability to take your thoughts captive and make them obedient to Christ.

Note: In this context, the Greek root of the word "capture" means to hold a spear to.

*“If a thought is in your brain and it doesn’t align with the righteous character of God, then with whom does it align? There is no middle ground when it comes to our thought lives.” -Pastor Robert Morris*

Have you opened a door to the enemy?

**Proverbs 18:21** *The tongue can bring death or life; those who love to talk will reap the consequences.*

Continuing to agree with lies, especially with the words you speak, opens the door to the enemy’s influence in your life and keeps you trapped in bondage. Abiding in the Word and speaking truth over yourself brings life!

Jesus took authority back!

**Matthew 28:18 (NKJV)** ... *“All authority has been given to Me in heaven and on earth.”*

Jesus defeated Satan, and the enemy’s dominion and power over your life has been taken away—all because of the cross!

The enemy does not have control over your behavior, your choices, or your future, regardless of how many curses have been spoken over your life.

### 3. Breaking the Curses

**1 John 1:9** *But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.*

God forgives us and cleanses us from any power those curses have held in our lives when we confess to Him.

#### Session Activation

Start this exercise by asking yourself, “What is the Holy Spirit saying to me?”

You have identified the three types of curses the enemy has used in your life to hold you in bondage as well as the events and memories associated with them.

Now you’re ready to:

- 1) Renounce these curses.
- 2) Submit them to the Lord.
- 3) Break their spiritual power.

You will go through this process three times. Once for generational iniquities, once for any inner vows you identified, and once for word curses spoken over your life. Read these prayers aloud. There is power found in declaring truth over yourself.

### Prayer for Generational Iniquities

Father, I renounce the generational curses that have been over my life in the area of:

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I confess my belief in and agreement with them as sin and repent for the choices I have made and actions I have taken that have perpetuated these iniquities. I surrender these areas of my life to Your total authority, Jesus. I submit them to You and Your Word. I ask for Your forgiveness and ask You to help me forgive those who have played a part of causing me this continued pain in my life. I forgive them and totally release them to You. In the name and authority of Jesus Christ, I break all power these iniquities have had over my life right now! I choose to totally trust You and declare these curses will no longer affect me, my family, or the generations to come. In Jesus' name I pray, Amen!

### Prayer for Inner Vows

Father, I renounce the inner vows I have made in the area of:

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I confess my belief in and agreement with them as sin and repent for the choices I have made and actions I have taken that have held me bound to my words. I surrender these areas of my life to Your total authority, Jesus. I submit them to You and Your Word. I ask for Your forgiveness and ask You to help me forgive those who may have had a role in causing me this continued pain in my life. I forgive them and totally release them to You. In the name and authority of Jesus Christ, I break all power these inner vows have had over my life right now! I choose to totally trust You and declare these curses will no longer affect me, my family, or the generations to come. In Jesus' name I pray, Amen!

### Prayer for Word Curses

Father, I renounce the word curses I have spoken or those that have been spoken over me in the area of:

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I confess my belief in and agreement with them as sin and repent for the choices I have made and actions I have taken that have held me bound to these words. I surrender these areas of my life to Your total authority, Jesus. I submit them to You and Your Word. I thank You that I am made in Your image and likeness, and my life has to align with Your Word! I ask for Your forgiveness and ask You to help me forgive those who may have had a role in causing me this continued pain in my life. I forgive them and totally release them to You. In the name and authority of Jesus Christ, I break all power these word curses have had over my life right now! I choose to totally trust You and declare these curses will no longer affect me, my family, or the generations to come. In Jesus' name I pray, Amen!

## Meditate on the Word

## Notes

**1 John 1:9** *But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.*

**James 5:16** *Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.*

**Acts 3:19–20** *“Now repent of your sins and turn to God, so that your sins may be wiped away. Then times of refreshment will come from the presence of the Lord, and he will again send you Jesus, your appointed Messiah.”*

**Ephesians 1:7** *He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.*

**Colossians 3:13** *Make allowance for each other’s faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*

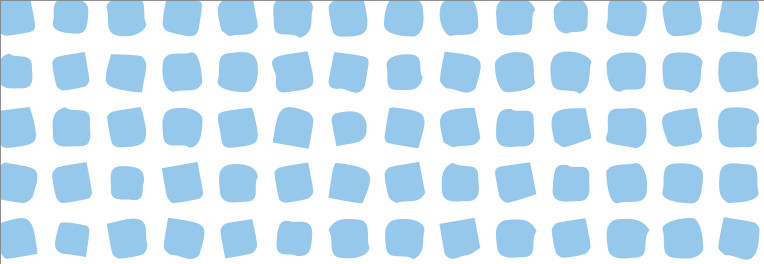
**2 Corinthians 3:18** *So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.*

**Matthew 28:18** *Jesus came and told his disciples, “I have been given all authority in heaven and on earth.”*

**Colossians 3:10** *Put on your new nature, and be renewed as you learn to know your Creator and become like him.*







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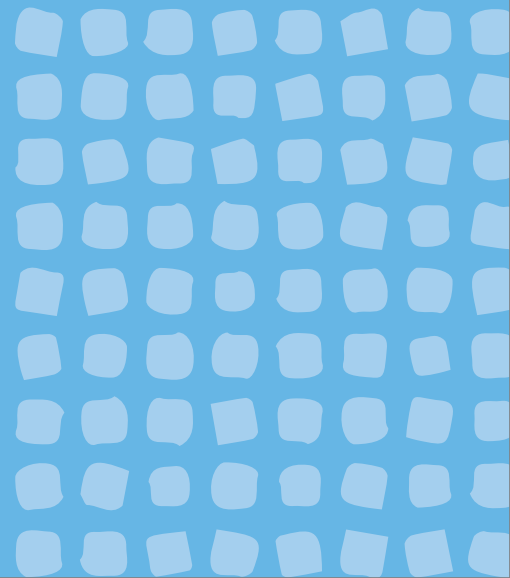
Freedom from  
Oppression

LUKE 4:18 (NKJV)



SESSION 4

# Forgiveness



## Unforgiveness Can Blind Us to the Truth of God’s Love for Us and Others

**Mark 12:28–31** *One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, “Of all the commandments, which is the most important?”*

*Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The Lord our God is the one and only Lord. And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.’ The second is equally important: ‘Love your neighbor as yourself.’ No other commandment is greater than these.”*

### 1. What Are You Holding Onto?

Unforgiveness takes on many forms and is often reflected in the negative fruit we see in our lives.

#### Activation: Identify Forms of Unforgiveness

Take some time to hear from the Lord and circle forms of unforgiveness you have seen evidenced in your life. Write down anything else the Holy Spirit may bring to mind.

Abuse	Internally wishing for	Revenge
Avoidance	bad things to happen	Sarcasm
(for punishment’s sake)	Labels	Sexism
Avoidance (out of fear)	Murder	Slander
Bigotry	Name calling	Transference of affection
Bitterness	Passive aggressiveness	Verbal abuse
Divorce	Praying against your offender	Violence
Gossip	Prejudice	Withholding good
Hardness of heart	Racism	_____
Hate	Rejection	_____
_____	_____	_____
_____	_____	_____

#### What does unforgiveness do to you?

**Ephesians 4:29–32 (BSB)** *Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen. And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, outcry and slander, along with every form of malice. Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.*

Unhealed wounds lead to unforgiveness and bitterness that will trap you in bondage and blind you to your own sin.

## Unforgiveness is torture!

**Matthew 18:34–35** *Then the angry king sent the man to prison to be tortured until he had paid his entire debt. “That’s what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.”*

Unforgiveness itself is bondage and torture. It can impact your soul, body, and spirit.

To forgive means to release that person from their debt to you.

## 2. Who Are You Really Mad At?

### Are you mad at God?

*“Usually, the hurt you feel in your heart toward another person is ultimately directed at God.” –Pastor Robert Morris*

**Ruth 1:20 (NKJV)** *But she said to them, “Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me.”*

Ask yourself:

- Do you believe that God has done this to you?
- Do you feel as though God has withheld justice from your offender?
- Have you believed the lie that God is holding out on you?

### God is sovereign.

God is all powerful, and in His goodness, he gave you the ability to make choices, even if your choices (and/or those of others) lead to sin.

The pain you have experienced was not God; it was the result of sin in the world.

**Hebrews 12:15** *Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.*

We have to be mindful of how unforgiveness works and attempts to separate us from God.

## 3. Recovery of Sight

### Step 1: Remember who the real enemy is.

**Ephesians 6:12** *For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.*

The source of cruelty and pain in this world is Satan, not people and not God.

## Step 2: Realize how much you have been forgiven.

*"If you have a problem forgiving others, it may be because you have a problem receiving forgiveness." -Pastor Robert Morris*

**Matthew 10:8** *"Give as freely as you have received!"*

When you realize you were freely forgiven by God through Jesus, you are able to freely receive freedom and you are able to freely forgive others!

**Ephesians 1:6 (NKJV)** *To the praise of the glory of His grace, by which He made us accepted in the Beloved.*

Once you realize the fullness of God's acceptance, you can move beyond the pain others have caused you.

## Step 3: Make the choice!

Once you learn to live as accepted and recognize who the real enemy is, you can make the choice to forgive!

**Matthew 27:34** *The soldiers gave Jesus wine mixed with bitter gall, but when he had tasted it, he refused to drink it.*

We all taste bitterness, hurt, and pain in life, but we don't have to drink it.

**Luke 23:34** *Jesus said, "Father, forgive them, for they don't know what they are doing."*

Jesus recognized those who were calling for his crucifixion were deceived and acting on the lies they had believed about Him, themselves, and who God is.

## Step 4: Pray for holy forgetfulness.

**Isaiah 43:25** *"I—yes, I alone—will blot out your sins for my own sake and will never think of them again."*

Choosing to forgive isn't about forgetting; it is choosing to forgive the way God does.

It is an act of will to "remember no more" and it is essential to bring healing into your life.

**Session Activation**

Ask the Holy Spirit what He wants to say to you about this area of your life.

Please feel free to move and find a spot that is most comfortable for you. Take the next several minutes to ask the Holy Spirit the following questions and write down whatever He brings to mind.

- Have I really accepted that You have forgiven me?
- Who am I holding unforgiveness against? (Includes any bitterness you have toward God.)
- Ask God to help you forgive each person and to give you holy forgetfulness for each situation.
- Pray for the Lord’s help to abide in Jesus (through prayer and Scripture meditation) to bring healing to your spiritual blindness.

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Ask the Holy Spirit to help you choose a Scripture from the next page, so you can begin to read it over yourself daily as you walk in forgiveness.

**Prayer for Forgiveness**

Holy Spirit, please pull any root of bitterness out of my heart. I say before You that life hasn’t always worked out the way I hoped it would, and because of that I have allowed bitterness to form. Right now, I want to release anybody or anything that I have been holding unforgiveness against. By Your power and might, I choose to forgive. Deliver me now, in Jesus’ name, from any demonic strongholds that may have been caused by this bitterness. I agree in prayer that my life belongs to You, Jesus Christ, and that I will follow You wholeheartedly. Fill me now with all the fullness, goodness, and power of your Holy Spirit. I ask these things in the mighty name of Jesus Christ, Amen.

## Meditate on the Word

**Ephesians 4:7 (NKJV)** *But to each one of us grace was given according to the measure of Christ's gift.*

**Ephesians 1:7 (NKJV)** *In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.*

**Colossians 3:13** *Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*

**1 John 1:9** *But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.*

**Mark 11:25** *"But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins too."*

**Ephesians 1:4** *Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.*

**Philippians 4:13** *For I can do everything through Christ, who gives me strength.*

**2 Corinthians 12:9** *Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.*

**Hebrews 4:16** *So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

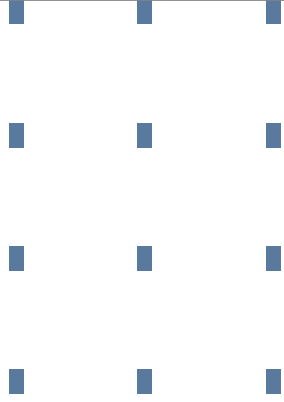
**Romans 3:24** *Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins.*











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LUKE 4:18 (NKJV)

SESSION 5

# Deliverance



## 1. Are You Living Oppressed?

**Demons are real.**

*“One of Satan’s greatest strategies is to fool people into thinking he doesn’t exist.” -Pastor Robert Morris*

**Ephesians 6:10–13** *A final word: Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.*

Abiding in the Word through Scripture meditation and prayer is how we arm ourselves daily to resist the enemy. It gives us the ability to stand firm.

**Demons really do oppress people.**

**Luke 13:10–13 (BSB)** *One Sabbath Jesus was teaching in one of the synagogues, and a woman there had been disabled by a spirit for eighteen years. She was hunched over and could not stand up straight. When Jesus saw her, He called her over and said, “Woman, you are set free from your infirmity.” Then He laid His hands on her, and immediately she straightened up and began to glorify God.*

Chronic issues can be indicators that you are being held in bondage to a spirit and need deliverance, but Jesus has all power and authority and wants to release you from all spiritual oppression.

*“If a person reads the Bible, prays, and follows the teachings of Jesus, that’s good. But sometimes we need to be delivered—released from the bondage of spiritual oppression. Jesus came to set us free, and a person can’t get free if they don’t know they can be oppressed.”  
-Pastor Robert Morris*

**How does the enemy come against you?**

**John 10:1** *“I tell you the truth, anyone who sneaks over the wall of a sheepfold, rather than going through the gate, must surely be a thief and a robber!”*

The enemy comes in through open doors, such as:

- Unhealed emotional pain.
- Curses that have been spoken over you.
- Unforgiveness.

**Daniel 7:25** *He will defy the Most High and oppress the holy people of the Most High. He will try to change their sacred festivals and laws, and they will be placed under his control for a time, times, and half a time.*

Note: To be oppressed means to be persecuted or harassed constantly.

### Activation: Identify Areas of Oppression

Take a minute and reflect on your own life. Ask the Holy Spirit to help you identify any areas where you have been held in bondage and oppressed by the enemy. Take some time to hear from the Lord and circle the areas in which you chronically struggle.

Adultery	Gang involvement	Pride
Anger	Gluttony	Racism
Anxiety	Greed	Rage
Arrogance	Guilt	Rebellion
Bitterness	Hatred	Rejection
Blasphemy	Homosexuality	Religious pride
Compulsion	Inferiority	Resentment
Condemnation	Insecurity	Self-destruction
Confusion	Jealousy	Self-pity
Covetousness	Jezebel spirit	Selfishness
Criticism	Lawlessness	Sex outside marriage
Deception	Low self-worth	Sexual immorality
Depression	Lust	Shame
Discouragement	Lying	Sickness (that cannot be healed with medicine or treatment)
Drugs	Malice	Stress
Drunkenness	Materialism	Suicidal thoughts
Embarrassment	Nightmares	Unbelief
Envy	Occult	Unforgiveness
False doctrine	Orphan	Witchcraft
Fear	Pornography	Worry
Fear of man	Prejudice	
Gambling	Prescription abuse	

## 2. Deliverance Is a Necessary Part of Freedom

**Jesus casts demons out.**

**Luke 10:17–19** *When the seventy-two disciples returned, they joyfully reported to him, “Lord, even the demons obey us when we use your name!” “Yes,” he told them, “I saw Satan fall from heaven like lightning! Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you.”*

Jesus came to set us free from every evil spirit there is! This was a very real part of His ministry and something He even instructed the disciples to do themselves.

**You need inner healing and deliverance.**

**Matthew 10:1** *Jesus called his twelve disciples together and gave them authority to cast out evil spirits and to heal every kind of disease and illness.*

- Jesus gave his followers, those who abide in relationship with Him, the authority to cast out demons.
- Freedom is a process, and it is instant.
- The ongoing process of renewing your mind through tearing down strongholds takes time. But taking authority of the enemy and casting him out is immediate.

## You have to master your own soul.

**Luke 21:19 (NKJV)** *By your patience, possess your souls.*

The spirit you have been struggling with may be mastering you, but it does not own you. You have been bought and paid for by the blood of Jesus.

### 3. How Do You Get Rid of the Enemy?

#### Recognize you need help.

**Mark 5:6** *When Jesus was still some distance away, the man saw him, ran to meet him, and bowed low before him.*

- Admit you need Jesus' help and ask Him for it.
- Satan cannot keep you from running to Jesus.

#### Submit, resist, and repent.

**James 4:7** *So humble yourselves before God. Resist the devil, and he will flee from you.*

- Acknowledge you need the help, repent for the role you have played in believing the lies and staying trapped in bondage, and confess to God.
- It is not your responsibility to set yourself free. It is your responsibility to come to Jesus in total humility and repentance. If you come to Him, He will set you free!

#### Stay in the Word.

**Matthew 16:24 (NKJV)** *Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me."*

**1 Corinthians 15:31** *... I die daily.*

- When you are undergoing the ongoing process of freedom, daily relationship with Jesus through prayer and meditating on the Word renews your mind and transforms your being.

#### Recognize you have been given authority.

**Mark 16:17** *"These miraculous signs will accompany those who believe: They will cast out demons in my name, and they will speak in new languages."*

As a believer you have been given the authority to cast out demons in the name of Jesus.

**Mark 9:25** *When Jesus saw that the crowd of onlookers was growing, he rebuked the evil spirit. "Listen, you spirit that makes this boy unable to hear and speak," he said. "I command you to come out of this child and never enter him again!"*

**Matthew 8:16** *... many demon-possessed people were brought to Jesus. He cast out the evil spirits with a simple command, and he healed all the sick.*

Jesus never once ministered deliverance as a show; it was succinct and done with total authority. He identified the spirit and then cast it out.

### Ask the Holy Spirit to fill you.

**Matthew 12:43–45** *“When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none. Then it says, ‘I will return to the person I came from.’ So it returns and finds its former home empty, swept, and in order. Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before. That will be the experience of this evil generation.”*

Ask the Holy Spirit to fill every empty place the vacated demons have left. Leave no open doors or empty spaces to which they can return.

**Acts 1:8** *“But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”*

This power gives you the ability to recognize Satan’s attempts to attack you and helps you take immediate authority when he does.

### Session Activation

**Psalm 139:23–24** *Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life.*

Ask the Holy Spirit to reveal to you any doors you may have left open to the enemy through sin, unforgiveness, or lies you have believed. Ask Him to show you how they may be associated with the areas of oppression you identified earlier in this session. Take some time to hear from the Lord and write down whatever He speaks to you about these open doors.

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**James 5:16** *Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.*

Ask the Holy Spirit to bring to mind a spiritually mature individual with whom you can share your struggle and ask them to pray for you. Write their name here and commit to reach out to them within the next week.

Name: \_\_\_\_\_

*Notes*

**Prayer for Deliverance**

Father, I repent for allowing these open doors to the enemy in my life. I ask forgiveness for believing the lies of the enemy and any part I have played in allowing this oppression to continue in my life. In the name and authority of Jesus Christ, I command the spirits of [*insert any of the areas where you chronically struggle*]

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to leave and never return. I have been bought and paid for with the blood of Jesus Christ. In His name, I declare that I am totally free of their control and influence in my life, Amen.

**Prayer for Infilling of the Holy Spirit**

Lord, please fill me now, to the full measure with Your Holy Spirit. In every place that evil spirits have left, please fill with the Holy Spirit, in Jesus' name. These spirits no longer master me. I want You, and only You, in my life. Amen.



## Meditate on the Word

## Notes

**Luke 9:1 (NIV)** *When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases.*

**Luke 10:17–19** *When the seventy-two disciples returned, they joyfully reported to him, “Lord, even the demons obey us when we use your name!” “Yes,” he told them, “I saw Satan fall from heaven like lightning! Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you.”*

**Matthew 10:1** *Jesus called his twelve disciples together and gave them authority to cast out evil spirits and to heal every kind of disease and illness.*

**Mark 16:17** *“These miraculous signs will accompany those who believe: They will cast out demons in my name, and they will speak in new languages.”*

**Mark 9:25** *When Jesus saw that the crowd of onlookers was growing, he rebuked the evil spirit. “Listen, you spirit that makes this boy unable to hear and speak,” he said. “I command you to come out of this child and never enter him again!”*

**James 4:7** *So humble yourselves before God. Resist the devil, and he will flee from you.*

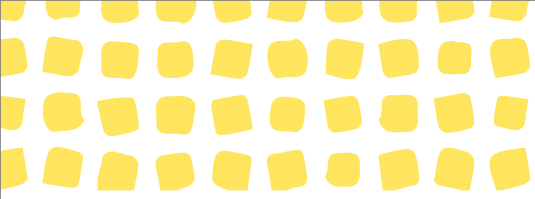
**Zechariah 4:6** *Then he said to me, “This is what the Lord says to Zerubbabel: It is not by force nor by strength, but by my Spirit, says the Lord of Heaven’s Armies.*

**Acts 1:8** *“But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”*

**Romans 8:1–2** *So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.*







**JESUS CAME TO:**

Preach the gospel.

Heal the brokenhearted.

Proclaim liberty to the captives.

Recover sight to the blind.

Set at liberty those who  
are oppressed.

**WHICH BRINGS:**

Salvation

Inner Healing

Freedom from Bondage

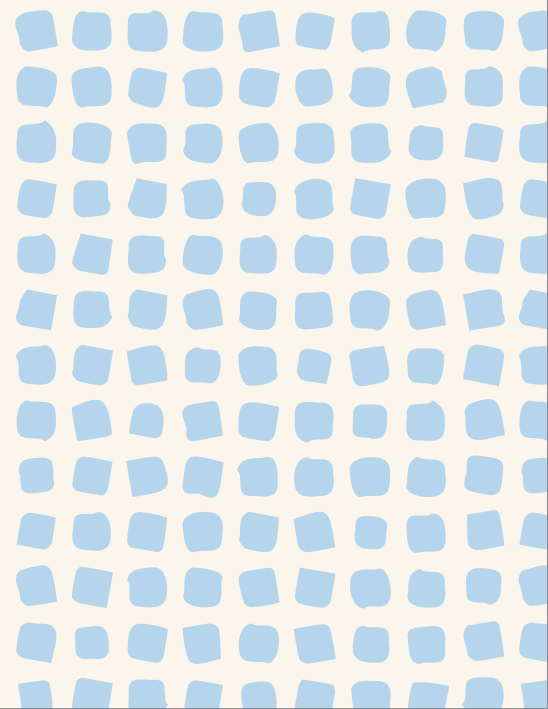
Healing from Spiritual Blindness

Freedom from  
Oppression

LUKE 4:18 (NKJV)

SESSION 6

# Staying Free



## 1. Freedom Is a Process

You must understand that you may experience different levels of freedom at different times in your life, and it will come not by your will but by the power of Jesus.

- Jesus heals your broken heart.
- He breaks the curses spoken over your life.
- He brings physical healing and spiritual sight to places where the enemy has blinded you.
- He frees you from the oppression of the enemy.

## 2. Safeguard Your Freedom

*"You can get bad thoughts out of your mind by doing one of two things: 1) You can quote the Word, or 2) You can pray!"*

*-Pastor Robert Morris*

**John 8:31-32 (NKJV)** *Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."*

You maintain your freedom through your relationship with Jesus, abiding in the Word and praying.

### A. Abide in the Word.

**Deuteronomy 6:6-9** *And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.*

Meditating on Scripture implants the Word of God into your heart and mind so that when the enemy comes at you with his lies, you are equipped to respond to him with God's truth.

Identify Scriptures to meditate on, place them where you can see them regularly, and pray them aloud over yourself.

### B. Abide in prayer.

**1 Thessalonians 5:17** *Never stop praying.*

Consistent communication is an important part of an intimate relationship.

**Psalms 55:22 (NKJV)** *Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.*

*“God did not create prayer to put stress on us. He created prayer to take stress off of us.” -Pastor Robert Morris*

Through prayer, you can ask God what He has to say about what you are facing in life and also transfer all you are carrying over to Him.

***Daniel 10:12–13*** Then he said, “Don’t be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer. But for twenty-one days the spirit prince of the kingdom of Persia blocked my way. Then Michael, one of the archangels, came to help me, and I left him there with the spirit prince of the kingdom of Persia.

When you humble yourself, place your dependence totally upon God, and pray, He will send you the help you need.

### C. Speak truth!

***Proverbs 18:20–21*** Wise words satisfy like a good meal; the right words bring satisfaction. The tongue can bring death or life; those who love to talk will reap the consequences.

If you are going to stay free, it has to come out of your mouth. As you speak the truth over your life, your faith will grow, and you will find it easier to have victory over the lies of the enemy.

### 3. This Is a Daily Practice

***Luke 9:23*** Then he said to the crowd, “If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me.”

Consistent, intentional relationship with Jesus is the only way to become truly free.

Following these steps and abiding in the Word will bring change, healing, and freedom to your life!

#### **Activation: Declare the Truth of the Word**

Read this aloud over yourself.

I am human. I have human problems and human issues, but the Bible says I do not wage war as humans do. I get to use God’s mighty weapons of prayer and the Word to tear down the strongholds the enemy tries to build in my life. With these weapons, I can destroy the lies of the enemy and everything he uses to try to keep me from a deeper relationship with God. With these weapons, I can take every single thought captive and teach it to obey Jesus.

I am no longer helpless! Because of Jesus, I can live free! (2 Corinthians 10:3–5)

## Meditate on the Word

**1 Thessalonians 5:16–18** *Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

**Philippians 4:6–7** *Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

**1 John 5:14** *And we are confident that he hears us whenever we ask for anything that pleases him.*

**Colossians 4:2** *Devote yourselves to prayer with an alert mind and a thankful heart.*

**1 Thessalonians 2:13** *Therefore, we never stop thanking God that when you received his message from us, you didn't think of our words as mere human ideas. You accepted what we said as the very word of God—which, of course, it is. And this word continues to work in you who believe.*

**Hebrews 4:12** *For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.*

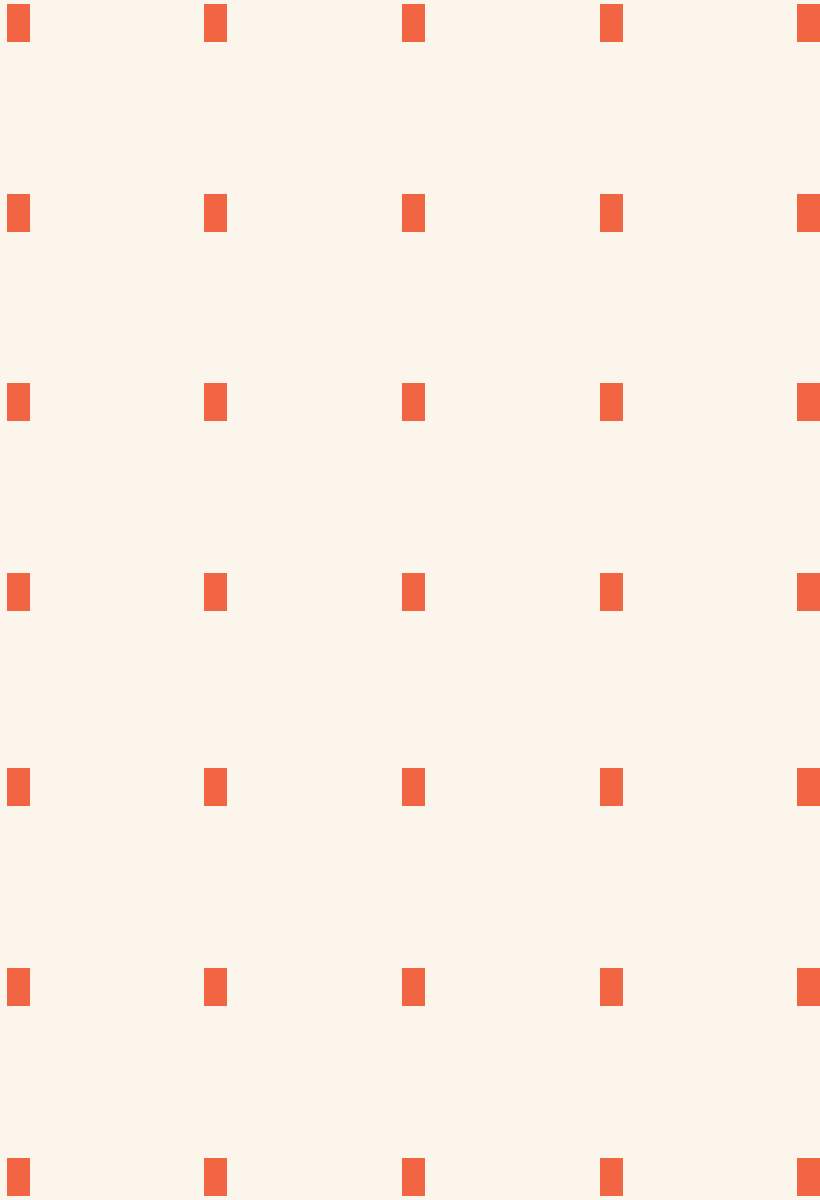
**Psalms 107:20** *He sent out his word and healed them, snatching them from the door of death.*

**Proverbs 18:20–21** *Wise words satisfy like a good meal; the right words bring satisfaction. The tongue can bring death or life; those who love to talk will reap the consequences.*

**Romans 10:17 (NKJV)** *So then faith comes by hearing, and hearing by the word of God.*







# More Scripture for Meditating on the Word

## Anger

**Proverbs 19:11** *Sensible people control their temper; they earn respect by overlooking wrongs.*

**Ephesians 4:26–27** *And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, or anger gives a foothold to the devil.*

## Anxiety

**2 Timothy 1:7** *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

**Philippians 4:6** *Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

**Romans 12:2** *Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*

## Condemnation

**Romans 8:1** *So now there is no condemnation for those who belong to Christ Jesus.*

**Ephesians 2:4–5** *But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. ...*

## Confusion or Doubt

**1 Corinthians 14:33** *For God is not a God of disorder but of peace, as in all the meetings of God's holy people.*

**James 1:5** *If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.*

**Hebrews 11:6** *And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.*

**Romans 12:2** *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

## Depression

**Isaiah 61:3** *To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for his own glory.*

**Galatians 5:22–23** *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

## Grace

**Ephesians 2:8** *God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God.*

**2 Corinthians 12:9** *Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.*

**Hebrews 4:16** *So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

**John 1:14** *So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son.*

**Romans 6:14** *Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.*

**Romans 11:6** *And since it is through God's kindness, then it is not by their good works. For in that case, God's grace would not be what it really is—free and undeserved.*

**James 4:6** *And he gives grace generously. As the Scriptures say, "God opposes the proud but gives grace to the humble."*

**1 Corinthians 15:10** *But whatever I am now, it is all because God poured out his special favor on me—and not without results. For I have worked harder than any of the other apostles; yet it was not I but God who was working through me by his grace.*

**Romans 5:8** *But God showed his great love for us by sending Christ to die for us while we were still sinners.*

**Titus 2:11** *For the grace of God has been revealed, bringing salvation to all people.*

**Romans 3:24** *Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins.*

## Identity

**Romans 6:6** *We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin.*

**Jeremiah 1:5** *“I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you as my prophet to the nations.”*

**1 Peter 2:9** *But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God’s very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.*

**1 John 3:1–2** *See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don’t recognize that we are God’s children because they don’t know him. Dear friends, we are already God’s children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is.*

**2 Corinthians 5:17** *This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

**Genesis 1:26** *Then God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”*

**Colossians 2:9–10** *For in Christ lives all the fullness of God in a human body. So you also are complete through your union with Christ, who is the head over every ruler and authority.*

**Colossians 1:13** *For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son.*

**1 Corinthians 12:13** *Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit.*

**Ephesians 1:19–20** *I also pray that you will understand the incredible greatness of God’s power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God’s right hand in the heavenly realms.*

**Ephesians 1:4** *Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.*

**Philippians 4:19** *And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.*

## Notes

**Mark 16:17** *These miraculous signs will accompany those who believe: They will cast out demons in my name, and they will speak in new languages.*

**Philippians 4:13** *For I can do everything through Christ, who gives me strength.*

## Insecurity

**2 Corinthians 3:4–6** *We are confident of all this because of our great trust in God through Christ. It is not that we think we are qualified to do anything on our own. Our qualification comes from God. He has enabled us to be ministers of his new covenant. This is a covenant not of written laws, but of the Spirit. The old written covenant ends in death; but under the new covenant, the Spirit gives life.*

**Romans 8:28** *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

**2 Corinthians 5:17** *This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

**Philippians 4:13** *For I can do everything through Christ, who gives me strength.*

**1 Samuel 16:7** *But the Lord said to Samuel, “Don’t judge by his appearance or height, for I have rejected him. The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.”*

## Fear

**2 Timothy 1:7** *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

**Romans 8:15** *So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.”*

**Psalms 91:9–10** *If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home.*

**Joshua 1:9** *“This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”*

## Worry

**1 Peter 5:7** *Give all your worries and cares to God, for he cares about you.*

**John 16:33** *“I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”*

**2 Thessalonians 3:16** *Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.*

**Isaiah 26:3** *You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you.*

**John 14:27** *“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So, don’t be troubled or afraid.”*



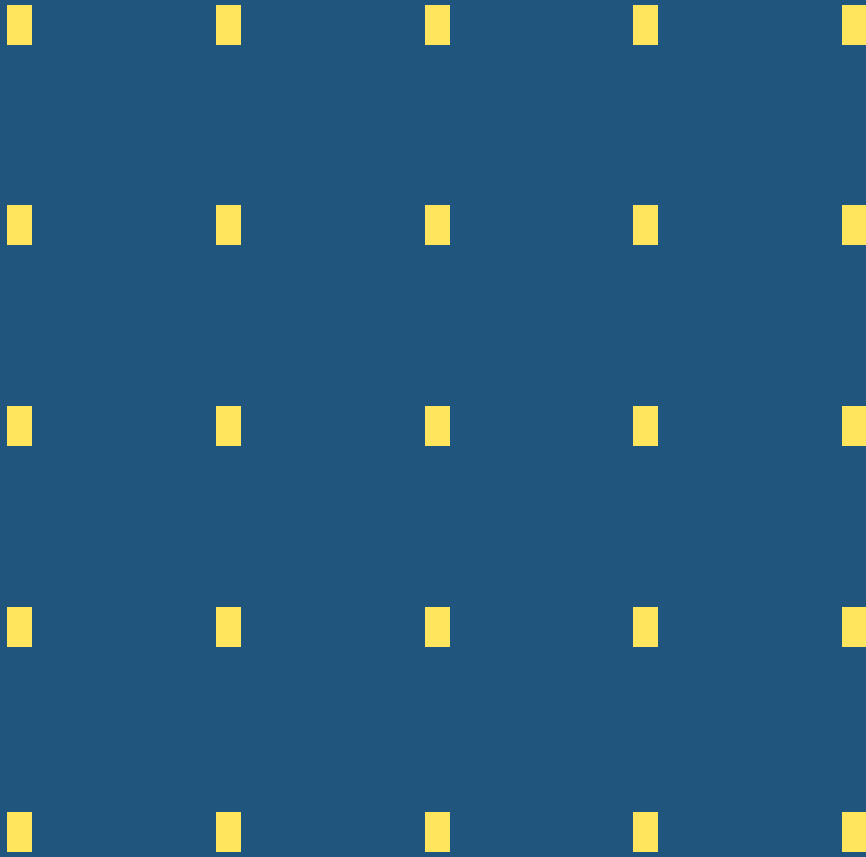












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