



Be Free
by
Forgiving

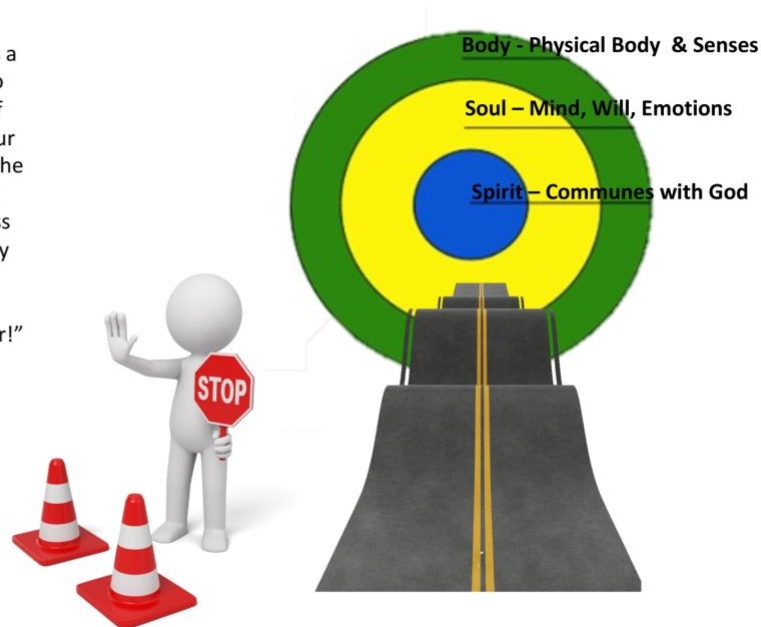
RADIANT 4 HIM

Free to Love

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Unforgiveness creates a highway for Satan into your body and soul...if you are "in Christ" your spirit is protected by the blood of Jesus. When you extend forgiveness you close that highway and say

"This Far & No Further!"



Welcome to a new way of living...Living Loved, Feeling Loved! There is no room for Love when your heart is full of resentment, which leads to unforgiveness, which leads to bitterness. When you empty your heart by receiving God's forgiveness, forgiving yourself and forgiving others, you are able to FEEL love from your family, friends and God. You are able to receive and give love; it's a beautiful thing!

This booklet will teach you some important truths about why to forgive, lead you through the process of forgiving others and yourself and even receive restoration so you can FEEL loved.

The Bible addresses bitterness in several scripture passages stating, "bitterness rots the bones, bitterness is like a root that springs up and defiles many people". The stress from bitterness causes heart disease, depression and mental illness and a myriad of other health problems.

We've also learned in walking through the AIM Cancer Cleanse with students, that forgiving others and you is PRIMARY when fighting to rid the body of cancer. To quote the dear woman who developed the AIM Cancer Cleanse, "if you don't forgive others and yourself you won't get well, it's as simple as that!"

Bitterness and Unforgiveness are caused by wounds, usually from those we respect or hold dear. While these wounds are from people, they are actually part of a plan by satan to "take you out or take you down" so you stop trusting God. You are in a battle and the primary weapon is wounds from others.

Ephesians 16: 13-17 affirms we are indeed in a battle to destroy our faith

¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, ¹⁵and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷and take the helmet of salvation, and the sword of the Spirit,

which is the word of God, ¹⁸praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints...

It's a spiritual battle...

¹²For we do not *wrestle* against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

What does **wrestle mean?**

Definition: a contest between two in which each endeavor to throw the other, and which is decided when the victor is able to hold him down with his hand upon his neck.

Wow struggles we can't seem to overcome certainly *feel* like someone is holding us down with their hand upon our neck.

So often we have a circumstance, thought, habit, or relationship in our lives where there seems to be a battle, we are wrestling and unable to overcome.

This could be wrestling to forgive, leave a wrong relationship, eat right, exercise, love your spouse, child, friend, overcome illness, poverty or addiction, the list is endless in how satan moves in and the wrestling match begins.

Ephesians 6:10 tells us the devil, or satan, has "schemes" but what exactly is a "scheme" of satan? The definition in the original language breaks it down for us.

Scheme: a predictable (pre-set) *method* used in *organized evildoing (well-crafted trickery)*.

Hmmm so Ephesians 6:10 warns us,

Put on the whole armor of God, that you may be able to stand ...against the predictable method satan uses as organized, well-crafted trickery, or evil doing.

These schemes are *Predictable*?

1 Peter 4:12 tells us, don't be surprised or bewildered when you have a fiery trial. verse 13 goes on to say that we are actually partaking of Christ's sufferings, and we should rejoice!

These schemes of satan have only one intention...to cause us to stop trusting in God

How many times do we find ourselves in a battle and wonder if God is mad at us, if there really is a God, if God has abandoned us...right?

Yet these scriptures specifically tell us we ARE going to wrestle. Satan DOES create schemes against us, we WILL have struggles and attacks.

Note again, the Bible tells us these "schemes" of satan are PLANNED, ORGANIZED and PREDICTABLE! Our weaknesses are obvious through our words, actions, relationships, choices.

The Bible also tells us that satan “roams the earth seeking whom he may devour”. Satan and his army of demons are out there, watching us and looking for those opportune points or moments of weakness.

Let’s be honest...It’s not difficult for others to see where our weak points are, especially if we are walking in the flesh, not in the spirit. SO satan finds our weakness and bam! That’s where the “scheme” comes into play.

Unforgiveness is the easiest entry point for satans schemes

In 2 Corinthians 2:10-11, the apostle Paul points out we are to forgive, for “we are not ignorant of satan’s schemes”.

¹⁰ But one who you forgive anything, I forgive also, for indeed what I have forgiven I did for your sakes in the presence of Christ, ¹¹ so that no advantage would be taken of us by satan, for we are not ignorant of his schemes.

Matthew 18:28-35 gives us a pattern for forgiveness and warns, if we don’t forgive our brother as our heavenly Father has forgiven us, we will be “turned over to the torturers”.

Definition of “torturers” -one who elicits the truth by the use of the rack, an inquisitor, torturer

Unforgiveness is one of the easiest tools of satan to draw us into his “wrestling match” on many different levels.

Be Free!

Forgiveness is the place to START when looking to overcome areas you wrestle with, satans schemes. Unforgiveness is the root we must GUARD AGAINST to prevent satans schemes from sidelining us.

Notice in Mathew 18 the TYPE of forgiveness we are to extend is very specific...

³⁵ “my heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart.”

The Bible calls Bitterness a root... this is a quote from the book, **The Bait of Satan** by John Bevere “Bitterness is a root. If roots are nursed—watered, protected, fed, and given attention—they increase in depth and strength. If not dealt with quickly, roots are hard to pull up. The strength of the offense will continue to grow. We are therefore exhorted not to let the sun go down on our wrath. (See Ephesians 4:26.) Now instead of the fruit of righteousness being produced, we will see a harvest of anger, resentment, jealousy, hatred, strife, and discord. Jesus called these evil fruits.”

— **John Bevere, Bait Of Satan: Living Free from the Deadly Trap of Offense**

This is a human battle, and it is my battle too...

This, I believe, is the MOST challenging task of the Christian life, because being offended is part of being human. A great resource to learn more about this is **The Bait of Satan** by John Bevere.

This is a lesson I've had to work through SEVERAL times; sometimes I followed the steps lined out in Matthew 18:28-35 right away and sometimes it took me years. I've helped many people work through this process over the past 13 years and EVERY TIME they are free, not only from bitterness, resentment and unforgiveness, but from things they "wrestle" with.

Be Free

The following exercise has the potential to set you free from years and even the habit of resentment, bitterness and unforgiveness and actually restore your joy and peace. To get the most out of this exercise:

1. Read through the story and the exercise and ask God to open your heart.
2. Find a quiet place to do the exercise, a place where you can be free to speak out loud, to think without being bothered and to express emotion freely if it comes.
3. Allow enough time to complete the exercise. You may have many offenses you need to address, and this may take more than one session. Work through the one that is the freshest and painful first, then go back through the others.
4. Complete the entire exercise; don't skip steps.

How Often Must I Forgive My Brother?

In the Bible passage, Matthew 18:21-35, someone asked Jesus how many times he had to forgive. Jesus answer was 70 x 7, for the same offence! That seems impossible. In the rest of the passage, Jesus tells a story of a man who was probably a tax collector and was called by the king to bring in the money he collected (probably hundreds of thousands of dollars in today's economy). The man did not have the money (which would indicate he used it himself – embezzlement). It was a very large sum, so the king ordered him and his family to be sold into slavery to pay the debt. The man begged for mercy and the king was so moved with compassion he forgave not only the act of not having the money (theft) but also the debt was forgiven, he didn't have to pay the money back!

Jesus goes on to say that this same man went out and found one of his friends who owed him a very small amount of money, like \$5.00. He grabbed the man by the throat and demanded payment. When his friend didn't have the money to pay, the man had his friend thrown in prison! He had been forgiven a million-dollar debt and yet threw his friend in prison for a measly five bucks! When the king heard of this, he was very angry. He put the man in prison to be worked and tormented until the entire debt was repaid.

I love this story because it illustrates the two aspects of forgiveness. The **acts** done against us and the **losses** incurred as a result of the acts. The act in this story was probably embezzlement. The loss was the large amount of money. The king forgave the man both the act and the losses. He didn't get punished for stealing and he didn't have to pay the money back, until he refused to forgive himself.

Many times, we have acts done against us and as mature adults we can reason out why someone would hurt or betray or even rob us and forgive the act done against us. The difficult part is living with the loss that happens as a result of those acts, the day-to-day losses keep bringing up resentment, unforgiveness and bitterness.

My Story

I experienced this in my own life through my parents' divorce. My father was a pastor and the spiritual head of our family. When I was 30 years old my father's moral failure ended my parents' marriage and brought a storm of consequences to my family and my siblings. Although I was able to forgive my father for the act of adultery and divorce, the losses were so enumerable and overwhelming that after 9 years I found myself angry every day about something related to my parents' divorce. The losses. My children didn't have grandparents; I didn't have parents because my parents were in the process of trying to recover from *their* losses.

I was teaching a women's Bible study and the lesson was on forgiveness. To be honest, I was not into it at all, normally I would be well studied and over prepared to teach each week, however, I just couldn't get into this lesson. The morning of the lesson I tried to get up early to study. I was so weak I could hardly hold the hairdryer to dry my hair. I was puzzled but just told the Lord, "you will have to teach this lesson because I can't" and that he did.

As we read Matthew 18 the truth began to unfold about forgiving not only the act but also the debt, or the losses. The Lord directed us to make a list of the acts done against us and the losses associated with those acts. Just from the act of my parent's divorce I had two and a half pages, with two columns per page, of losses and believe me, I didn't have to spend a lot of time thinking about them, they just poured out on the pages.

The Lord then directed us to go over each act and loss and speak forgiveness into that situation. Not out of emotion or even wholeheartedly, but out of obedience to His word; I did this with the attitude of obedience akin to picking up my socks off the floor, it needed to be done so I did it. I did not FEEL forgiving, I did not particularly WANT to do it, but I did it.

When I stood up from that study time I was suddenly covered in blood from my waist to my mid thighs. Unknown to me, I had tumors in my uterus that had just burst, and I was hemorrhaging. They rushed me to the hospital where I spent several days and then sent me home to recoup before surgery.

The first night in the hospital I woke up to see my father sitting at the foot of my bed. I had not spent much time with him over the previous 9 yrs. He began pouring his heart out to me about the regret in his life, not making excuses but just regret over his decisions. As he spoke, my heart was filled with forgiveness for him. I learned the second principal God had for me that day, *First obedience-choose to forgive, and then comes feelings of joy.*

Most of us think, "When I FEEL like doing something, then I will be successful". The truth is that RIGHT ACTION brings RIGHT THINKING, which brings RIGHT FEELING. The feelings are many times the last thing to come, but they do come.

There is a spiritual dynamic that happens when we are obedient to God - *strongholds are broken*. That day a stronghold was broken in my life and in the life of my family. Within 9 months, my father called a meeting of our entire family, including my mother and repented and our family relationship was renewed. It is not perfect as it could have been without divorce, but the stronghold of unforgiveness is no longer there.

How does this apply to a healthy lifestyle program?

You are most toxic not from environmental factors but from the types of processed foods you feed yourself and the unprocessed emotions you live with daily. Emotional toxicity from resentment, unforgiveness and the resulting bitterness will continue to deteriorate your health even if you remove food and environmental toxins. EVERYONE carries injuries from betrayals, wounds and attacks.

The following exercise will help you to identify the ACTS done against you that have resulted in resentment, unforgiveness and bitterness AND the resulting losses. This exercise is based completely on the truth that God’s Word, The Bible is our ultimate authority and that Jesus Christ is God’s only son, Jesus died on the cross to pay for our sin, that when we accept Christ’s sacrifice for our sin we become children of God and our sin is utterly wiped out and forgiven.

On the next page is an exercise to help you walk into complete freedom through forgiveness. As you’ve read my story, you may find similarities to your own. This could work to make you feel guilty, unloved or unworthy. Do not let it stop you! Do the exercise and you will find freedom.

Exercise: Use the sheet on the next page to list the ACTS done against you and the resulting LOSSES.

Example from Celeste’s life:

ACTS Injuries, wounds, betrayals, abuses	LOSSES What happened as a result
My Dad was unfaithful to my mother	I Lost faith in my dad’s integrity
My mother reacted in self destructive ways	I lost my family home, holidays, security
My dad divorced my mom	I lost my resources for parenting/marriage
My parents were self-absorbed in their own problems and no longer available as parents OR grandparents	My children lost their grand parents I feared my marriage would end in divorce

Now Make Your List of Acts and Losses related to those acts

Acts	Losses
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Wait! There's More!

The next part of this exercise is most important! Verbally extending forgiveness for acts and losses. In this time ***don't say***, God please help me to forgive, or make me forgive or words like that. God will help you, but it is YOUR CHOICE to extend forgiveness and speak it out.

If you are feeling overwhelmed by this, please don't give up! Let's talk about it. Many people find the key to a huge life change in this exercise. You may have too much to do all at once, start with the first thing, then go to the next. One step at a time.

Go Through the List of Acts

After you have your list made, go through each act and, as an act of your will, not necessarily because you FEEL like it, say

"I choose to forgive _____ for _____."

Now Go Through the List of Losses

Then address the resulting losses with these types of statements:

"I choose to forgive _____ for the loss _____."

Pray through each act and each loss.

Every time the loss arises, you may need to make that statement again, eventually they will not rise with the vengeance they have had in the past and may even cease. I **choose** to forgive _____ for the loss _____.

Taking it Further

In his book Total Forgiveness R.T. Kendall states,

"the ultimate proof of total forgiveness takes place when we sincerely petition the Father to let those who have hurt us off the hook-even if they have hurt not only us, but also those close to us."

Jesus modeled this in His prayer on the cross Luke 23:34 *"Father forgive them for they know not what they do"*. Isn't that true with those who hurt us, or those whom we hurt, no one can ever truly know the impact our actions have on others. Even when the intention is to hurt someone else in an evil way, such as a rape or murder, the perpetrator has no real idea or knowledge of how deeply they are wounding others.

Remember the Bible passage we started with, Matthew 18:21-35? This was a story that Jesus Himself was telling; Jesus said the man who did not forgive was turned over to the tormenters until everything HE owed was paid and Jesus ended the parable with these words: *"So My heavenly Father will do to you if each of you, from his heart, does not forgive his brother his trespasses"*. I've certainly experienced the torment of unforgiveness, it's a stench that is always with you, regardless of how you try to cover it up or make it look better, it is always there making itself known.

The Final Step

Release the person from owing you anything, receive Jesus sacrifice as payment for their sin against you and the losses you experienced and ask God to bless them.

Jesus tells us in Matthew 5:43-48

43 *"You have heard the law that says, 'Love your neighbor and hate your enemy. **44** But I say, love your enemies! Pray for those who persecute you! **45** In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. **46** If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. **47** If you are kind only to your friends, how are you different from anyone else? Even pagans do that. **48** But you are to be perfect, even as your Father in heaven is perfect.*

Putting it into Words

Heavenly Father, I bring _____ to you, I have forgiven both the acts _____ have done against me and the losses I continually incur as a result of those acts. I hereby cancel any debt _____ owes me, whether it is a debt of words, admission of guilt, of possessions, of personal restoration of any kind, _____ no longer owes me anything,

I receive full Jesus sacrifice as payment for their sin and full reimbursement of losses from you, Father, however you choose to give it. I also ask you to richly bless _____, meet their every need and pour out your love and forgiveness over them. As your child I ask you to forgive _____ and restore them to yourself. In Jesus Name, Amen.

Have You Forgiven Yourself?

God allowed me to go through some deep and heart-wrenching loss in 2016, and at that time I had to use these steps to forgive myself.

Several weeks after completing this exercise one client realized she carried a lot of anger and had for many years. This exercise showed her that most of her anger was towards herself. If she had just.....

Notice Jesus said the man (the one who did not forgive) was turned over to the tormentor until everything HE OWED was paid.

Can you imagine the self-condemnation you would live with daily if you were this man? He had been completely forgiven of the debt and the acts he had done against the king. Then, for the price of a Starbucks coffee, he got himself and his family thrown into a work camp, where they were also tormented, until this enormous debt was completely paid. What a load to carry.

This speaks to another difficulty, Forgiving Yourself. The greatest torment is not- knowing what someone else did to us, but rather knowing the sinful reactions we sowed as a result.

Many people find that forgiving themselves is the most difficult part of releasing resentment, bitterness and unforgiveness. In fact, the inability to forgive oneself often prevents us from extending forgiveness to others. Jesus had something to say about that as well in Luke 6:37, R.T. Kendall says he prays this for himself on a daily basis.

³⁷ “Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. ³⁸ Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”

Forgiving myself took on a new meaning in 2016

2016 is the year my niece, Mackenzie was murdered at the age of 21. That week I had learned of some situations in our extended family and was praying about them. On Friday of that week, at 2:30 pm, I felt

impressed to pray against murder in my brother's family. I did pray, however, I was thinking more towards abortion than actual murder, so I was praying that way. The next morning, we received the call that Mackenzie and her boyfriend had been murdered in cold blood by her roommate. Immediately the thought that God had impressed me to pray against murder in her family gripped my heart and mind. I could not let it go.

Fast forward almost 2 years later to December 2017. I was still in the throes of guilt over not praying correctly for my niece. What IF... was my constant companion. It was then, a dear friend gently asked, "Have you forgiven yourself for not praying what you consider to be "the right way"? Wow...For all I knew about how to help others, I had not done this for myself. I agreed and my friend prayed with me and for me. I can honestly say my life and health have dramatically improved. I had to come to grips with this truth...

It's not my job to forgive myself. *It is my job to accept the forgiveness provided for me through Jesus death on the cross, that is it plain and simple, accept Christ's forgiveness and know that only HIS blood can cover my sin. I can't pay any sort of penance to pay for my sin, Jesus did it, I must humble myself and receive his gift of forgiveness.*

1 John 1:8-9 says it very simply:

⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

We must Accept Jesus Forgiveness. I had to admit to God that I had been carrying condemnation towards myself. I confessed my sin to Him asked HIS forgiveness and then RECEIVED HIS forgiveness as complete payment. Jesus Paid It All.

Putting It into Words

Pray this or something like it in your own words to be fully free:

Heavenly Father, I come to you as a broken, humble, guilty sinner. I have done many things in the power of my flesh, many things to satisfy my own desires and many things to dishonor you and other people. Specifically Father I feel very sorry and guilty for _____ and I ask you to forgive me for both the act that I have done against you and _____ and the losses we have all incurred as a result of those acts.

Father God, I receive the forgiveness provided for me by Jesus death on the cross. I ask you to cover this sin and all my sin with the blood of Jesus, and to purify my heart, my mind and my life from ALL injustice and unfairness, forgive me for crossing the line of love and bringing harm to others, forgive me for my rebellion against you and authority you have placed over me and finally Father, forgive me for my short comings as a human being, for the times when I revert to walking in the flesh and not in the spirit.

I receive the blood of Jesus to cover all forms of sin and failure in my life. I renounce the spirit of fear and pride and say that they are to go from my life in the name of Jesus and by the power of His blood and they are not to return. Your word states in 2 Timothy 1:7 that "God has not given me a spirit of fear but of power, love

and a sound mind". Today and from this day forward I receive YOUR POWER, YOUR LOVE and a SOUND MIND directed by YOUR SPIRIT.

I ask you Father in heaven to pour into my heart and mind the same spirit you poured into Jesus,

Isaiah 11:2, "The Spirit of the LORD will rest on Him, The spirit of wisdom and understanding, The spirit of counsel and strength, The spirit of knowledge and the fear of the LORD."

Heavenly Father, Today I enter into covenant with you.

I receive my new identity as a much-loved child of God and a grateful follower of Jesus Christ. I give you my identity as a fearful, prideful, broken person and I receive YOUR identity as a much-loved child of God, the King of the Universe.

I receive you as the Authority in my life. I give you authority in my life and the lives of those who I lead. I have no authority in my human flesh, but I receive the authority of the blood of Jesus and the living Word of God to cleanse, repair and reconcile others and myself to God, my Father.

I receive you as my Protector. I give you my inability to protect myself and I put myself into your hands as my protector. Protect me from the deceitfulness of sin, of my own heart, of the destroyer, Satan, the world and ungodly people.

I receive you as my Provider. I give you my inability to provide for myself. I believe you when you say in your Word in Philippians 4:19 that YOU will provide ALL my needs according to your riches and not my resources.

I receive your riches and possessions. I give you my desires for the things of this world. I ask you to release me from all forms of darkness in my life. I ask you to give me the desire to be possessed with and compelled by the Love of Christ I ask this and receive it in the name of Jesus, your son. Amen. If you choose to do this exercise to gain freedom from resentment, unforgiveness and bitterness you will see some amazing things happen in your life! As a covenant partner with God through Jesus we have him watching our back. Call on him daily for yourself, your family, your work, your life and you give yourself to watching out for God's best interest.

A Note: Every person who goes through this process feels this is an important step. Some, however, are reluctant to do this step because of fear. They have put their "list" in the closet of their heart for so long they don't want to take it out, they would prefer to forget it.

The problem is, while put away, these things are not forgotten, and they wreak havoc on our bodies. Without exception, every person who has done this exercise has experienced a huge amount of freedom, peace and healing as they have completed it.

My students who do not do this exercise have later realized their health progress is "stuck" at this point and eventually decide to complete it with lots of love and encouragement.

We do not have to do ANYTHING by ourselves. The Bible tells us that Jesus is always right beside us and HIS forgiveness is readily available to us when we ask for it.

Bring on the Dessert! Restoration

One of the best parts of this exercise is restoration. God does not ask us to forgive and forget and just deal with it. **He promises restoration.** *What he gives, as amazing and impossible as it may seem, is always better than what we are hanging on to!*

Some students get hung up on the restoration part. They don't want to or don't feel safe restoring the broken relationship. That is not necessarily what we are asking God to restore. What we are asking him to restore are the LOSSES. The restoration of losses may or may not come in restoring the broken relationships. Some relationships should not have been and therefore do not need restoration. Other relationships were built on ungodly principles and need to be renewed, not restored.

We must remember it is our job to be obedient and forgive. It is God's job to restore. WHATEVER and HOWEVER he restores will be better than we can imagine, and it will bring joy and provision not more pain.

In the Bible in the book of Joel, chapter 2 God tells us what He is able and willing to restore.

Joel 2:25-27 says "I will restore to you the years the locust has eaten, the cankerworm, the caterpillar, the palmerworm, the great army which I sent among you. And you will eat in plenty and be satisfied; and praise the name of the Lord your God that hath dealt wondrously with you: and my people shall never be ashamed. And you shall know that I am in your midst and that I am the Lord your God and none else: and my people shall never be ashamed."

What does this promise? The worms that are listed in this passage are the developmental stages of locust. When there is a locust plague they come in stages.

- The first stage of locust comes into a field of grain when it is ready for harvest and it shears off the heads of grain. Sound familiar? It seems as though some of the greatest offenses in our lives come at our most fertile times, robbing us of the rewards of our labor.
- The next stage of destruction happens when the chewing locust come, they go through a field and take the remaining stalks down to the ground, as if there were nothing growing in the first place.
- The final stage of utter destruction is the burrowing locusts that goes into the soil and destroy the root. This is especially destructive in crops that would normally come back on their own.

This Bible illustration is a picture of total, irreparable destruction and yet God says even those years of destruction, at every level possible, can and will be restored by God himself. The word Lord in this passage is the word for the Hebrew Jehovah, which means Self Existent One.

The Self Existent One...Your God. The Self Existent One, God, is a much better resource than the American economy or a relationship with a person who has limited resources. God has no boundary on resources. No

matter what your losses are, he will restore not only the losses but also the years and you will eat in plenty and be satisfied and there will be no shame attached to your life!

The amazing part is all we have to do is let go of our self-will and our own unforgiveness. We don't have to work up any kind of magic formula, do any chants, pay any money or do any kind of good works. *All He asks us to do is receive His love and put ourselves into the hands of the loving creator of the universe.*

Where else can you get such restoration?

Ask God for restoration: You have extended forgiveness for acts and losses done against you. Now go back over those losses and ask God to restore them His way. It is even OK to tell him you aren't too sure about all this and you may have some anger about your past. Tell Him you want to believe but are having a hard time believing. Ask Him to open your eyes so you can see the restoration as it happens and when it does happen*Be Joyful! Be Thankful! Be Free to Love!*

Put it into Words

Heavenly Father, I will continue to be obedient and walk in forgiveness. You know the utter destruction in my life, especially related to _____. Today I ask for and receive the kind of restoration you talk about in your Word in Joel 2. I receive back the years that have been lost, however you choose to give them. I receive the ability to eat in plenty and be satisfied. I will no longer allow a critical or boastful spirit or attitude. I will no longer walk through life in shame; I am now clean, pure and forgiven. I believe that You are with me and I am not alone, and I will praise you daily for your presence in my life. In Jesus Name, Amen.

Praise the Lord for the freedom you now feel. Jesus in John 16:33

³³ "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

You will encounter offenses from others many times in your life and you may have a continual loss from some of the acts done against you. Whether offenses or losses are old or new, when they arise, quickly forgive both the act and the loss; ask the Father to forgive the people involved and ask God to bless them and give you His love for them. It is possible to ***Be Joyful, Be Thankful and Be Free.***

Now that you have given and received forgiveness you are in a position to take authority over the principalities satan has sent to keep you in bondage.

Taking Authority in Jesus Name will give you the tools and the words to stop satan from using your mind and your life as a playground AND give you the ability to replace what the enemy has planted with the Spirit of God.

Resources

Learn more about satan's schemes and who satan is and why he comes after you in this message from George Whitefield, the Billy Graham of the 1700s.

<http://www.biblebb.com/files/whitefield/SCHEMES.HTM>

Addendum: Breaking Strongholds in Families

You will need time and space to do this work and it IS work. It is a great thing to invite a trusted friend who is a believer in Jesus Christ and will agree with you as you run out the enemy and invite the presence of God.

Before you begin, be sure and clear the lines of communication between you and your heavenly Father. Go before God humbly and ask Him to forgive your sin and cleanse you from all unrighteousness. Psalm 51 is a great prayer to pray. "Create in me a clean heart Oh God and renew a right spirit within me."

Declaration

I receive deliverance from every evil plantation designed to bring myself, my spouse or my children, their spouses and future generations under the bondage of satan. In Jesus Name according to Psalm 18:2-3

I love you, LORD, my strength.

²The LORD is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield[Ⓜ] and the horn[Ⓜ] of my salvation, my stronghold.

³I called to the LORD, who is worthy of praise,
and I have been saved from my enemies.

Get Started:

Make a list of all the things you feel are wrong in the family. Ask God to expand that list and who you want HE sees is wrong in your family.

NOTE: In this section, you are not praying – you are taking authority over satan and his principalities, powers and demons in Jesus Name. This is not in YOUR power, but you must speak with authority and mean what you say. I liken it to running a stray cat out of your house...you would tell it to GET OUT!

Take authority over satan, and his army - principalities, powers and demonic spirits one by one with this prayer:

1. (say the problem – example – disrespect) in my home and family (name the family members)
You have no authority in my home. I pull your root out. I pull you down and destroy you in the Name of Jesus Christ and by the power of His blood shed on the cross. You are to leave my home; my family and you are to go where Jesus Christ sends you and you are not allowed to return to our presence.
2. I command household wickedness to release my family now in Jesus Name and I declare that God has not given us a spirit of fear but of Power, Love and a Sound Mind.
3. I declare that every demonic generational influence from both our parents, our children in-law, and our grandchildren's families are nullified in Jesus Name.

4. Satan in the Name of Jesus Christ you must bow. I command you to remove all of your properties from my family home and my family line. You are to remove them, and they shall not return.
5. Take authority over sliding back into old ways: I command ALL enemies of progress and Godliness to be rendered impotent, in Jesus Name. I declare according to God's word in Ephesians 2:19-22 that we are members of the household of God, built on the cornerstone of Jesus Christ and a dwelling in which God lives, by His Spirit.
6. In the Name of Jesus I take an axe to the root of every bondage that My sin and those of my ancestors or my spouse, their ancestors, our children's spouses and their ancestors have provoked, according to Matthew 3:10 that every root that does not produce the fruit of God is cut off and burned.
7. I break ever curse against my family spoken by others, by myself or family members and its effects on my family. I render them powerless in Jesus Name and call forth the blessings of The Lord on my family.

Now you are praying to God, your Heavenly Father. Asking God's protection and power to be unleashed.

Heavenly Father I ask you to dissolve every satanic factor leading to the conflict in my family. Destroy it by the fire of the Holy Spirit.

1. I decree and agree with God that divine character be released, planted and grow in my family in Jesus Christ's name.
2. I separate my marriage and every marriage in my family from evil designers in Jesus Christ Name and agree that whom God has joined together let No Man put asunder. Every evil power set to destroy my marriage or the marriages in my family is put to shame in the Name of Jesus Christ. I call myself and every member of my family to refuse to pattern marriage contrary to God's original design in the Name of Jesus Christ.
3. Father I ask you to convert all my marital failure into success for your name sake in Jesus Name. I receive Exodus 15:13 that in your unfailing love you will lead us, whom you have redeemed, for your Name's sake.
4. I declare that every disease of our family altar, where we meet at the Word of God and the foot of the cross be healed in Jesus Name.

Continue Speaking to Your Heavenly Father:

1. Heavenly Father I receive from you by your word in Zachariah 12:10 and ask you to pour out your spirit of Grace and Supplication in Jesus Name over myself and my family and future generations.
2. Heavenly Father, I ask you to keep the wall of defense around my family strong, in Jesus Name. I ask you to reveal to any family member where they are giving place to the enemy and give them the desire and show them how to stop and close gaps. I declare this according to your word in Psalm 89:18 Our shield of defense belongs to The Lord.
3. Heavenly Father I receive your promise in Isaiah 54:10-17 to the Servants of The Lord, this is their heritage. I ask you to continue to mold me into your servant and I receive this promise: My children will be taught by The Lord and great will be their peace. No weapon

formed against my family shall prosper. Whoever attacks us will surrender and every tongue that speaks against us will be silenced by You. In Jesus Name

4. Heavenly Father, I receive your hedge of protection and the protection of the precious blood of Jesus Christ for my family, my home, our possessions and everything that influences us or supports our life on earth.

Invite God's presence and promises – it's equally important to "fill the house" with the presence of God. Jesus tells us in Matthew 12:43-45 that if you don't "fill the house" with the presence of God that those spirits who were sent away will come back and bring 7 more worse than they were.

Matthew 12:43-45

⁴³ "When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. ⁴⁴ Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. ⁴⁵ Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first.

Agree with God's heart and authority in your life, family and home

Heavenly Father, I thank you that ALL your promises are Yes and Amen. You have given me authority in Jesus Name over the works of the enemy and those works are destroyed. I ask you Heavenly Father, to replace the foul works of the enemy in (name the problem example disrespect) and I declare that myself and every member of my family will follow YOUR guidelines in this matter. That the heart of God is being revealed and the character of Jesus Christ is transforming us from people who walk in the flesh to people who walk in the Spirit. Begin it in me, Father. I receive your power to walk in the Spirit and not in the flesh. When the enemy entices me or anyone in my family to go back to our old ways; I ask your Holy Spirit to immediately reveal the trap set before us and to empower us to walk in YOUR light and not in the flesh. In Jesus Name.

Final Declaration of Restoration

Adonai – The Lord of Hosts, I receive your restoration of ALL the enemy has stolen from me and my family in Jesus Name, according to your word in Joel 2:23-29. I rejoice that you are faithful, you are sending abundant showers in every season, our provision is overflowing. You are repaying the years of destruction at every level, even giving a new seed and root. We have plenty and are satisfied and we praise Your Name. You have worked wonders and removed our shame; shame will never have a place in our family or our family line again because YOU are the Lord Our God. You are pouring out Your spirit on our family. Our sons and daughter's prophecy your truth in your Name and our old men dream dreams from you and our young men see visions. Your spirit is poured out on my family and future generations.

Consider going through the process outlined in Taking Authority Over the Strongman to continue to bring Freedom to Love to your family and yourself.