

Spiritual Freedom in Christ

Galatians 5:1 says, “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” If you have received Christ as your Savior and Lord, He has already set you free through His victory over sin and death on the cross. The question is: are you living victoriously in Christ’s freedom or are you still living in slavery?

How can you tell if you are living free in Christ? **Freedom in Christ is having the desire and power to know, love, worship and obey God. It is the joyful liberty of knowing God’s truth and walking according to God’s truth in the power of the Holy Spirit.** It is not a perfect life, for that is impossible this side of heaven. **But it is a growing, abundant life in Christ (See John 10:10)**

If you are not experiencing that kind of freedom, it may be because you have not stood firm in the faith or lived according to who you are in Christ. Somehow you have allowed a yoke of slavery to put you back in bondage.

It is your responsibility however, to do whatever is needed to walk in your freedom in Christ. If you are a Christian already, your eternal life is not at stake; you are safe and secure in Christ. But your daily victory is at stake if you choose not to walk according to the truth. No matter how tough things might be for you spiritually right now, we’ve got great news for you! You are not a helpless victim caught in a tug-of-war match between two nearly equal but opposite superpowers-God and Satan. **Only God is all-powerful, always present and all-knowing.** Satan was defeated by Christ the Victor at the cross, so don’t believe the lie that your situation is hope-less or that you are helpless against the devil’s attacks. **Satan knows you have authority over him in Christ, but he doesn’t want you to know it. He is a liar and the only way he can have power over you is if you believe his lies. The battle is for your mind.** During this session you may experience nagging thoughts such as, *This isn’t going to work or God doesn’t love me*, etc. Don’t believe the devil’s lies. If you believe Satan’s deceptions, you will really struggle with making it through the Steps to Freedom in Christ. Since you are working through this with trusted friends, tell us any thoughts you are having that are in opposition to what you are trying to do.

Remember, the only power Satan has over you is the power of the lie. Expose the lie by getting it out in the open; then choose the truth and the power of that lie is broken. In that way you will be able to maintain control during this session.

You must cooperate with the person who is trying to help you by sharing what is going on inside your mind. Also, if you experience any physical discomfort such as headache, nausea, tightness in the throat, excessive sleepiness, etc., don’t be alarmed. Just tell the person you are with so that he/she can pray for you. Don’t let the devil set the agenda during this time; let the Holy Spirit lead.

As believers in Christ, we can pray with authority to stop any interference by Satan. Remember that God is **always** present with you.

Following is a prayer and declaration to get you going. Read all prayers and declarations **aloud**.

OPENING PRAYER

Dear Heavenly Father,

I know that You are right here in this room with us and that You are present in my life right now.

You are the only all-knowing, all-powerful, and ever-present God. I am completely dependent upon You because without Jesus Christ I can do nothing. I choose to stand in the truth of Your Word and I refuse to believe the devil's lies.

I thank you that the risen Lord Jesus has all authority in heaven and on earth. Father, thank You that because I am in Christ I share His authority in order to make disciples and set captives free.

I ask You to protect my mind and body during this time.

Please fill me with the Holy Spirit so that He can guide me into all truth. I choose to submit to His guidance alone during this time. Please reveal to my mind everything that You want me to deal with today. I ask for and trust in Your wisdom. I pray all this in faith, in the Name of Jesus. Amen.

DECLARATION

In the name and authority of the Lord Jesus Christ I command Satan and all evil spirits to release their hold on me in order that I can be free to know and choose to do the will of God.

As a child of God, raised up and seated with Christ in the heavenly places, I declare that every enemy of the Lord Jesus Christ be bound. Satan and all his evil workers cannot inflict any pain or in any way prevent God's will from being done today in my life because I belong to my Savior, the Lord Jesus Christ.

Before going through the Steps to Freedom, review the events of your life to discern the specific areas that might need to be addressed.

Now you are ready to start going through the Steps to freedom in Christ. The following seven steps will help you experience freedom from your past. You will address the areas in which Satan commonly takes advantage of believers and where strongholds are often built.

Remember that the Lord Jesus Christ has already purchased your freedom over sin and Satan on the cross. Experiencing that freedom will be the result of what **you** choose to believe, confess, renounce and forgive. No one can do that for you, not even God. The battle for your mind will only be won as you personally choose the truth.

During each Step, it is very important that you submit to God inwardly while resisting the devil outwardly. Do this by praying each prayer and making each declaration aloud. The prayers and declarations are all in bold type to remind you to do that.

You will be taking a very thorough inventory of your life in order to make a rock-solid commitment to the truth. If your problems stem from another source not covered in these steps, you will have lost nothing by going through them. If you are open and honest during this time, you will greatly benefit by becoming right with God and close to Him once again.

May the Lord greatly touch your life during this time. He alone can and will give you the grace to make it through. Lean on His strength and wisdom, not on your own. It is crucial that you work through all seven steps.

Remember, the freedom that Christ purchased for all believers on the cross is meant for you.

Step 1

Counterfeit vs Real

The first step toward experiencing your freedom in Christ is to renounce- verbally reject- all past or present involvement with occult practices, cult teachings and rituals, as well as non-Christian religions.

You must renounce any activity or group that denies Jesus Christ as Lord, or offers guidance through any source other than the absolute authority of the Bible. Any group that requires dark, secret initiations, ceremonies, covenants, vows, promises or pacts should also be renounced. God does not take lightly false guidance. "As for the person who turns to mediums and to spiritists...I will also set My face against that person and will cut him off from among his people" (Leviticus 20:6) Since you do not want the Lord to cut you off, ask Him to guide you by praying the following prayer aloud:

Dear Heavenly Father,

I ask You to bring to my mind anything and everything that I have done knowingly or unknowingly that involves occult, cult or non-Christian teachings or practices. I want to experience Your freedom by renouncing all counterfeit teachings and practices and all false guidance. In Jesus' name, I pray. Amen.

Even if you took part in something and thought it was just a game or a joke, you need to renounce it. Satan will try to take advantage of anything he can in our lives, so it is always wise to be as thorough as possible. Even if you were just standing by and watching others do it, you need to renounce your passive involvement. ***You may not have even realized at the time that what was going on was evil.*** Still, go ahead and renounce it. Be especially aware of your need to renounce non-Christian folk religious practices if you have grown up in another culture.

If something comes to your mind and you are not sure what to do about it, trust that the Spirit of God is answering the prayer you just prayed, and go ahead and renounce it.

Note the Non-Christian Spiritual Checklist. This inventory covers many of the more common occult, cult and non-Christian religious groups and practices. It is not a complete list, however. Feel free to add others with which you were personally involved.

Following the checklist is a short prayer of confession and renunciation. **Pray it aloud**, filling in the blanks with the groups, teachings or practices that the Holy Spirit has prompted you to renounce.

Non- Christian Spiritual Experience Inventory

OCCULT INVOLVEMENT

Check each area in which you have participated, both in the past and present. If your parents or family were involved, write their names by the specific area.

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| <ul style="list-style-type: none">○ Acupuncture○ Amulets/Charms/Omens○ Amulets (Roman Catholic)○ Ancestor worship○ Astral projection (out of body experience)○ Astrology/horoscopes (read or follow)○ Automatic writing○ Black or white magic○ Blood pact○ Bloody Mary○ Clairvoyance (seeing the unseen)○ Crystal ball/crystal gazing/crystals○ Demonic tongues○ Dungeons and Dragons○ Fantasy role playing○ Fortune telling/charms, Rabbits foot, etc.○ Games involving Occult Power○ Harry potter | <ul style="list-style-type: none">○ Hearing voices in your mind○ Horror films○ Hypnosis (by self or another person)○ Imaginary playmate○ Levitation/Lifting (body/table)○ Magic spells○ Magic 8 ball○ Magic rituals○ Medium, Spiritist (healing), Channeler○ Mental control of others○ Mental suggestions○ Mind control○ Mind swapping○ Mystical meditation○ Nagging thoughts within○ New Age medicine○ Occult books or literature○ Occult games involving violence○ Occult music (glorifies satan)○ Ouija board | <ul style="list-style-type: none">○ Parapsychology○ Palm reading/tea leaves○ Pokemon○ Psychic reading/consulting○ Reikki/touch therapy/massage○ Satanic books, tapes, website, worship○ Sexual Spirits○ Séance/Superstitions○ Sorcery○ Speaking in a trance○ Spirit worship○ Tarot cards○ Telepathy (mind reading)○ Trance (out of body experience)○ Using spells or curses○ Water witching/dowsing○ Yoga○ Other |
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OCCULT PHENOMENA

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| <ul style="list-style-type: none">○ Hearing unusual sounds or voices○ Seeing a ghost or large dark image○ Seeing objects move○ Supernatural knowledge or strength○ Personality change | <ul style="list-style-type: none">○ Extra sensory perception○ Feeling presence of evil○ Having objects disappear○ Demonic nightmares |
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EXPOSURE TO FALSE TEACHING

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| <ul style="list-style-type: none">○ Bahaism○ Buddhism (including Zen)○ Cabala/kabala○ Children of God○ Christian Science○ I Ching (Chinese philosophy)○ Church of the Living Word○ Eastern religion○ Eckkanbar○ EST○ Father Divine○ Fetishism (object of worship)○ Hare Krishna○ Herbert W. Armstrong○ Hinduism | <ul style="list-style-type: none">○ Indian Occult rituals○ Dance with spirits○ Sweat lodge purification○ Earth worship○ Guardian spirits○ Spirit travel○ Inner Peace Movement○ Islam, Muslim, Black Muslim○ Jehovah Witnesses (watchtower)○ Martial arts (karate)○ Masons○ Mormonism○ Native American Spirit Worship | <ul style="list-style-type: none">○ New Age Seminar○ Rosicrucianism○ Roy Masters○ Science of the mind○ Scientology○ Transcendental Meditation TM○ Unitarianism/Universalism○ Unification Church○ Unitarianism○ Unity○ Voodoo○ Way international○ Witchcraft/Wicca |
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DRUG USE

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| <ul style="list-style-type: none">○ Alcohol Abuse○ Cocaine○ LSD○ STP○ Heroin | <ul style="list-style-type: none">○ Amphetamine (uppers)○ Nembutal (downers)○ Marijuana○ Hashish○ PCP | <ul style="list-style-type: none">○ Glue sniffing○ Extacy○ Peyote○ Other street drugs |
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Lord Jesus,

I confess that I have participated in _____ and renounce them as counterfeits. I resolve with reliance on the Holy Spirit to turn away from them. Thank You for your _____ forgiveness. In Jesus' name I pray. Amen

If you have been involved in Satanic rituals or heavy occult activity (or you suspect it because of blocked memories, severe and recurring nightmares or sexual bondage or dysfunction), you need to say aloud the Special Renunciations for Satanic Ritual Involvement below. **Read across the page, renouncing the first item in the column under “Kingdom of Darkness” and then announcing the first truth in the column under “Kingdom of Light”. Continue down the page in this manner.**

Kingdom of Darkness	Kingdom of Light
I renounce ever signing my name over to Satan or having my name signed over to Satan.	I announce that my name is now written in the Lamb’s Book of Life.
I renounce any ritual where I was wed to Satan.	I announce that I am a part of the Bride of Christ.
I renounce any and all covenants, agreements or promises that I made to Satan.	I announce that I am under the new covenant of grace in Christ.
I renounce all satanic assignments for my life, including duties, marriage and children.	I announce and commit myself to know and do only the will of God and I accept only His guidance for my life.
I renounce all spirit guides assigned to me.	I announce and accept only the leading of the Holy Spirit.
I renounce ever giving of my blood in the service of Satan.	I trust only in the shed blood of my Lord Jesus Christ.
I renounce ever eating of flesh or drinking of blood for satanic worship.	By faith I take Holy Communion which represents the body and the blood of the Lord Jesus.
I renounce all guardians and Satanist parents who were assigned to me.	I announce that God is my heavenly Father and the Holy Spirit is my guardian by whom I am sealed.
I renounce any baptism whereby I am identified with Satan.	I announce that I have been baptized into Christ Jesus and my identity is now in Him.
I renounce any and all sacrifices made on my behalf by which Satan may claim ownership of me.	I announce that only the sacrifice of Christ has any claim on me. I belong to Him. I have been purchased by the blood of the Lamb.

In addition to the lists above, all other satanic rituals, covenants, promises and assignments must be specifically renounced as the Lord brings them to your mind.

Some people who have been subjected to Satanic Ritual Abuse (SRA) develop multiple personalities (alters) in order to cope with their pain. If this is true in your case, you need someone who understands spiritual conflict to help you work through this problem.