

## Practical Steps to Freedom

*This is a general outline that is meant to be a guide in ministering the freedom of Christ to a person who needs to overcome a stronghold.*

**REVELATION** - seek the Holy Spirit and you will find. Let him who has ears to hear, let him hear. Pray Ephesians 1:17 and ask the Lord for the Holy Spirit to give you wisdom and revelation to uncover how you should pray for freedom, and to ask what is keeping you from freedom and victory. Any and all ministry needs to be done with the leading of the Holy Spirit and the truth of the Word of God.

**RECOGNIZE ROOTS** - write down what the Holy Spirit reveals to you. He will show you what the root of the problem is. This means the behavior or fruit of your life is caused by a root, perhaps unforgiveness, a traumatic event or even a history of dabbling in the occult. Matthew 12:32-34 The roots of the tree produce the fruit, whether it is good or bad.

**RELEASE** - Forgive those who have injured you. Include those who you may have forgiven, but they come back to your mind frequently, or someone who causes you to feel upset, if you hear his or her name. Don't forget to forgive politicians or celebrities you may be angry with. Perhaps you need to forgive a parent or loved one who abandoned you, or someone in leadership who sinned against you, or embarrassed and shamed you. This is not an emotional release, but a decision of the will to obey God and follow in the footsteps of Christ to forgive. Healing of emotions will begin to follow obedience to the truth. Matthew 6:14-16 God cannot forgive us, if we do not forgive others. Forgiveness is the foundation of all freedom in Christ Jesus. Ie. "I forgive John Doe for humiliating me in the locker room every day, in Jesus' name."

**REPENT** - Ask the Lord to forgive you for sins, known and unknown. Include occult involvement, ie. playing with the ouija board, fortune telling, palm reading, seances, crystal use, yoga, eastern meditation, witchcraft, spells of any kind etc. (even for fun), Confess sexual sin of all kinds to the Lord. Give up to the Lord any fantasy you entertain, or specific person you have obsessed over. If you struggle with anger or hatred, ask the Lord to forgive you for entertaining unforgiveness and hatred. If you dwell on anxious thoughts, ask the Lord to forgive you for not trusting him. Give him your mind and every burden that is on you.

**RENOUNCE** - generational curses. Nehemiah - to rebuild the wall he had to "pray through" or renounce and repent of the sins that caused the wall to be broken down in the first place. Use the Nehemiah prayer in chapter 1 as an example.

- For some of you, the thought of speaking out loud in spiritual warfare may seem too militant or aggressive. But, renouncing is simply confession of the truth about where you officially stand. When you stand against a liar whom you once believed, you must renounce his lies. You make a verbal declaration in your authority in Christ.

- Rather, we have **renounced** secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God. – 2 Corinthians 4:2

*The dictionary at merriam-webster.com says to renounce is to give up, refuse, or resign, usually by a formal declaration. This truth from 2 Corinthians 4:2 is transferable to any and all behaviors and beliefs which we must renounce and give up to the Lord, whether it's lust, pride, selfishness, hatred, gossip, fear or lying. This list is not exhaustive. Verbalizing your stand is part of the process of repentance and freedom from the enemy's strongholds.*

*When you have believed a lie and it has had authority in your mind, you need to renounce it by the power of the name of Jesus. This exalts Jesus above the lie and lets the devil know where you stand. Let's go back and review 2 Corinthians 10:5. "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought and make it obedient to Christ."*

*By renouncing the lie out loud, you demolish the argument. You cut off the authority you gave it by believing it and you submit your mind to Jesus. In this way, if the enemy has power in your life, due to unconfessed sin and lies you have believed, he is cut off. You can command evil and its lies to leave in Jesus' name. Jesus gives you authority. For example: If your father always told you that you are worthless and you will never amount to anything, that lie is established in your life. Usually, along with those types of lies from a parent come spirits of rejection and failure. When you are in prayer with the Lord, you can:*

- **Forgive your father (or anyone who spoke lies to you about yourself) in the name of Jesus.**
- **Renounce the lie that you are worthless and a failure. (or any lie the Lord reveals to you)**
- **Command harassing spirits of failure, rejection and abandonment to leave in Jesus' name.**
- **Ask the Lord to replace the lies with the truth He reveals to you through His Word and by His Spirit and to fill your mind and life with the Holy Spirit. Declare this truth out loud!**

**RENEW** - Take your stand. Declare your position in Christ. Verbalize your faith. "I believe in Jesus Christ, the son of the living God who died for me and rose again on the third day. I thank you, Lord Jesus, for forgiving my sins and cleansing me and making me a new creation by your love and power. Father, I want to be continually filled with and led by the Holy Spirit. Fill me. I submit to your leading. Every part of me belongs to you- body, mind, soul and spirit, in Jesus' name!"

**RENOUNCE/REBUKE Satan** - Again if it is a spiritual stronghold, due to a sin, you need to dethrone its authority in your life. Here are some examples of spiritual strongholds. This list is not exhaustive. You need to seek the Lord for guidance, but this is a good place to start.

**Fear-crippling fear, anxiety, fright, paralysis, fear of failure, fear of the unknown, fear of rejection, panic, insecurity**  
**Anger- senseless rage, control, spite, hatred, murder, anger turned inward (or self-hatred), bitterness**  
**Lies- lying spirit, antichrist, deception, false religion, error, confusion**

**Rebellion-** witchcraft, idolatry, stubbornness, spirit of rebellion  
**Sickness-** infirmity, pain, crippling pain, torment  
**Rejection-** unwanted, outcast, orphan, depression, abandonment  
**Depression-** lethargy, hopelessness, sadness, weakness, suicide, spirit of grief (see trauma)  
**Abuse-** rejection, unwanted, unclean, worthlessness, weak, helpless, shame, dirty  
**Sexual-** lust, perversion, adultery, fornication, voyeurism, homosexuality, confusion, abuse, harlot, greed, pornography, masturbation  
**Trauma-** spirit of trauma, pain, fear, grief spirit (not natural grief), torment, panic

**REFILL** - Don't leave the house empty. The point is not to just be empty of the enemy, but to be full of the Lord through worship and daily submission to the Spirit of God.

**REGENERATE - Healing.** Pray for the Spirit of God to heal and bring to life parts of your emotions or soul that were wounded.

**STAYING FREE** - Stay in fellowship with other believers, walk in forgiveness daily, stay in the word of God, pray continually- give every burden to the Lord, be full of the Spirit of Christ. Worship the Lord with your mouth. Meditate on scripture. When you don't tend your garden, the thief can come back.