



A 6-WEEK DEVOTIONAL

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LIBERATE ME!

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Introduction

When it comes to the matters of the heart, things can be tricky and confusing. It can be SO MUCH at times that it is hard for us to process and understand the mysteries within us. The Bible says, that the heart of man is wicked. After reading that, you would immediately feel alarmed. How could God say that about me! But God is the One who created us; and who else knows the heart and mind but God? For this reason, people see a therapist in hopes to unravel some of the intertwined emotions and thoughts. That's great! But sometimes, people still struggle because they fail to see and understand their heart condition because they do not look to understand themselves from the Master's view. It's very simple, do I take my car to an auto-mechanic to get it fixed, or do I go to the engineer?

Most of you would answer, take the car to the auto-mechanic! That's what most of us do! We are in fact taught and trained to do that, because it appears to be the logical thing to do! But what if you had the rare opportunity to take your car to an engineer? The one who is familiar with each part, its design, its purpose, and the potential longevity. The engineer would be able to identify if there was a defect immediately, if there was neglect, and would immediately be able to identify damage because he knows exactly what it is supposed to look like in its original condition.

God wants to do that for you. In life we experience things that perhaps we should not have; been exposed to things and people who have had their way, and now we are here. Can't sleep, depressed, feel no one loves you, think people hate you, abandoned, rejected, and fearful.

As an advocate of fellow believers, I invite you to take a journey to seek God to unravel the conditions of your heart, lay bare before the Lord, and receive true deliverance! John 8:36 says, "If the Son therefore shall make you free, ye shall be free indeed".

Liberate Me!
6-Week Devotional

Week 1: Confess Your Faults

Week 2: Grief and Loss

Week 3: Announcing and Denouncing

Week 4: Boundaries

Week 5: What Do You Want? Who Can Stop You?

Week 6: God's Perfect Love

Confess Your Faults

Objective: To identify the root cause(s) for your distress.

Scripture: Psalms 32:3-5 “When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord’. And you forgave the guilt of my sin.

Confess Your Faults

Many believers of Christ today are suffering from mental anguish (depression, anxiety, insomnia, mood swings), and unbeknownst to them, it is due to unrepented sin in their life. Secret sin, attitudes, and shame will prevent you from experiencing the peace of God. James 5:16 states “Therefore confess your sins to each other and pray for each other so that you may be healed”.

Do you have any unconfessed sin in your life? Childhood wounds that caused you to be mistrustful, dishonoring to your parents, paranoid, angry, unforgiving, accusatory? Are you bitter because of how you were mistreated? Do you hate men, women, marriage? Have you been abusive to others? Ask the Lord to search you and identify the issues that led to your sin against Him. List them, repent to the Father for each one, and to keep yourself from the bondage of shame, confess to a trusted Godly confidant and ask him/her to pray for you.

Grief and Loss

Objective: To identify the root cause(s) for your distress.

Scripture: Psalms 32:3-5 “When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord’. And you forgave the guilt of my sin.

Proverbs 23:7 “For as he thinketh in his heart, so is he...”.

Grief and Loss

Sometimes, when we go through things in life such as grief and loss, it will lead us to have certain thoughts that unbeknownst to us, goes against God and His Word. These thoughts that go against God are called strongholds. Strongholds will allow us to have mental arguments that we are right about something, but we're wrong. They prevent us from seeing the truth; and thereby we suffer for believing these lying thoughts. Some examples are no one cares about me, I'm ugly, I am a lost cause, I don't deserve anything good, all men/women can't be trusted, I have to be perfect or they won't like me, I am better off dead.

These lies seem to introduce themselves when we suffer a loss of a loved one, a relationship, financial loss, loss of a job/career, even a loss of virginity. These thoughts have taken root, and governed the lives of many people and have led to disappointment, fear, pain, callousness, and hopelessness.

What lies have you believed in your life? Ask God to reveal these things to you and write them down.

Announcing and Denouncing

Objective: To break free of every stronghold, curse, and attack through the power of God and the blood of Jesus Christ today.

Scripture: Hebrews 12:1 “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles”.

2 Corinthians 10:5-6 “We demolish arguments and every pretension that sets itself against the knowledge of God, and we take captive every thought to make it obedient to Christ”.

Announcing and Denouncing

Child of the Most High God, today is your day. Today we cast off the works of darkness so that you receive peace and joy from the Most Holy One. You will accomplish this with the help of the Holy Spirit by denouncing sin, and the strongholds you listed in the previous pages. Then you will announce (declare) and receive what the Lord has desired to give His children from the beginning which is freedom in Christ Jesus. Prior to beginning this prayer, find a private place where you can go and not be interrupted. Anoint your head, your lips, and your heart with blessed oil. Because we are going before the King of Kings, our Father in Heaven, regard him with reverence by placing yourself in a humble position (bowed head, on your knees, or prostrate). Sing or play a worship song to the Lord, for he loves when we sing to Him.

Recite this prayer:

My Father in Heaven, I come to you as humble as I know how and I say thank you. Thank you for the opportunity to come to you this day to seek you for all that I need. I need you, Lord. Father, I don't come to you as a victim only but as an offender. I have offended you with my thoughts and my actions; and I have sinned against you. I have _____(make your confessions). I am not proud of the choices that I have made, and I want to be made new in the image of your son Jesus Christ. Please forgive me, wash me clean, create in me a clean heart and renew a right spirit within me. As of this moment Father I denounce adultery, witchcraft, perversion, fornication, lying, jealousy, envy, gossip, idolatry, rebellion, laziness, coveting, anger, rage, unforgiveness, depression, anxiety, infirmities and diseases, double-mindedness, suicide, stubbornness, pride, hatred, and fear in the mighty name of Jesus! I bind up, rebuke, and command every evil spirit to GO NOW IN THE NAME OF JESUS CHRIST!

Thank you, Lord Jesus for setting me free from bondage and the bands of wickedness that seek out to destroy my life. In this moment Father thank you for cleaning my house. I lift my hands before you Father unashamed and I thank you for it. I thank you for your unconditional love for me, your mercy and your grace given to me to extend my life. I now receive your love which makes me whole and fills this void in my life. I announce and receive your joy, your strength, healing, peace that passes all understanding, I announce and receive your promises for my life. I announce that I am forgiven, I am loved and worthy of love, I am valuable because when the Lord looked at all that He made, He said it was "very good" for I have been "fearfully and wonderfully made", I am never alone or abandoned because Lord, you said you would never leave me nor forsake me. Now Father, I ask that you grant me wisdom and direct my steps. Give me the words so that I can make peace with those I have an issue with, or those I know who have an issue with me. I need your peace in my life and I will no longer stand in my own way. Mature, mold, and make me the man/woman that you have called me to be in Jesus' Name, Amen.

Sit in quietness as you experience the presence of the Lord, and write down what He says to you.

Boundaries

Objective: To protect and maintain your salvation, peace and joy in Christ Jesus.

Scripture: Proverbs 4:23 “Above all else, guard your heart, for everything you do flows from it”

John 15:5 “I am the vine; ye are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing”.

Boundaries

What sometimes occurs in new believers or those who have been newly delivered is that they open doors that should remain closed, or tread in places they should avoid. Some examples of this is a person may reignite a past relationship with an unsaved boyfriend or girlfriend who you've forgiven; out of compassion you may go back to an ungodly environment in fear that old friends may feel rejected by you since you have changed and you want to reassure them. In order to keep your peace and salvation, you must protect your peace and salvation. The Word instructs us to "come out from among them and be ye separate". We have got to stop trying to explain to the world and unbelievers why we can't be friends. Light and darkness, righteousness and unrighteousness have no fellowship or agreement (see 2 Corinthians 6:14-18). We must also put a boundary line on the things we watch on tv and the music we listen to. Why are we the children of God watching kids/teens/ adults fornicate on tv? Why are we engaged in violence? Why are we entertained and laughing at comedians who mock our God? Why are we allowing the ungodly to give you so-called wisdom about relationships? We must guard ourselves from the evil that desires to enter through your eyes, ears, and eventually take root in your heart. When we have unhealthy boundaries, we will overshare to please people, or act paranoid and not share at all.

What are some things, environments, and people do you need to guard yourself from? Do you hate what God hates? Do you love what God loves?

Boundaries

As for those who serve the Lord, we must be careful not to allow people to ride our coattail by constantly being available to them day and/or night. We as servants of the Most High God are supposed to direct people to Jesus. If we allow people to continue to seek us, the servants, and not the Father, we are guilty of idolatry, and as a servant will suffer being drained, among other things because you failed to realize that God can do for people what you can't do. The other danger, is the servant could develop a God-complex and think the people can't do anything without him/her (a controlling spirit). The devil will use this as a way to destroy this servant. We must know our place. Jesus tells us He is the vine and we are the branches. We get our strength and all that we need from being attached to Him, and we can do nothing without Him. When we pray for others, we cast those cares and our cares on Him. When salvation, healings, deliverance, miracles happen, we give all glory and credit to Him! Not our ministry and not ourselves. If you find yourself guilty of these things, humble yourself before the Lord and repent. Ask Him to rid you of the false burden/false responsibility you are carrying and give it to Him.

What Do You Want? Who Can Stop You?

Objective: Get back to dreaming your dreams and reigniting your imagination.

Scripture: Romans 8:37 “Nay, in all these things we are more than conquerors through him that loves us”.

John 16:33 “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world”.

What Do You Want? Who Can Stop You?

Many believers live a life of discouragement and discontentment because they don't think that God wants us to have a joyful life. That's just not true. He states in Psalm 37:4 to "delight thyself in the Lord; and he shall give thee the desires of thine heart". If I am sincere in my relationship with God and I find joy and delight in His presence, will He not bless me? So many of us have become casualties of Satan's attacks because he thwarts us before we even begin. He has caused our thinking to be limited about what we can and can't do because of past experiences of abuse, misuse, feelings of inadequacy, and perhaps you have been indoctrinated with the lies of Satan that you are never going to be anything. God did not create us to fail, but to create, produce, to do good works, to serve, to represent Him; and there is no failure in God. Look at King David, Gideon, Moses, Joseph. All of them stayed faithful to God. So, what do you want? If there was no limit, what would you want to do, or create? Make an unlimited list just to practice dreaming again.

After that, make a list of what is stopping you? If it's fear, give it to God. If it's finances, worries, family or children, give it all to God, and listen to Him for your strategy, timing, instructions. He may even say, no I have something else planned for you to do. Will you trust Him?

Journal:

A series of horizontal lines for journaling.

God's Perfect Love

Objective: To truly understand and know His love for you.

Scripture: Romans 8:31-39 “What, then, shall we say in response to these things? If God is for us, who can be against us? ³²He who did not spare his own Son, but gave him up for us all-how will he not also, along with him, graciously give us all things? ³³Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴Who then is the one who condemns? No one. Christ Jesus who died more than that, who was raised to life- is at the right hand of God and is also interceding for us. ³⁵**Who shall separate us from the love of Christ?** Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶As it is written: ‘For your sake we face death all the day long; we are considered as sheep to be slaughtered’. ³⁷No, in all these things we are more than conquerors through him who loved us. ³⁸For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord”.

1 John 4:18 “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love”.

God's Perfect Love

So, one thing I do with my children is I give them the freedom to be, and I'm concerned about their comfort. Ever since I became a mom, my sleep has never been the same. I wake up in the middle of the night to check on them. Not because I'm concerned about someone kidnapping them, but because they will kick the covers off and sometimes, they will ball up cold, instead of putting the covers back over them. So, I cover them because I love them, and I like for them to be comfortable. I don't get overly concerned about their hair not being done at all times, or that the clothes they pick out don't match. I want them to know love and liberty. Our Father feels that way towards us, and He wants us to have His peace (feel his comfort) and His freedom. The Lord gives us His Word, His Holy Spirit, He sends teachers, pastors, apostles, prophets, and evangelists; including various ministries to "cover us" so that we will feel His comfort (love and peace). God's love is so powerful and perfect, and we can't earn it/work for it. God does not want us to be anxious, dismayed, discouraged (depressed), angry, fearful, or confused even when trouble comes. Now when trouble does arise, we must remember the One who loves us says in Jeremiah 29:11 "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future".

Sit for a while before beginning your prayer, that our Father in Heaven loves you, and see the difference it makes in your communication and relationship with Him. Now that you've been reminded that you are loved and never alone, what will you trust The Father with? Make a list.

