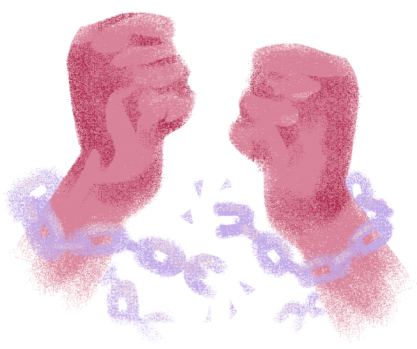


The Lord Jesus Christ wants to set you free!

Spirit of the Lord is Poison for the Enemy



Isaiah 61:1 "The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound



God loves you dearly and wants you well. Your condition is serious. Treat it like a college course. Take it slow & sure. One step at a time, not all at once, and with the help of the Holy Spirit. This list will teach you to live a Christian lifestyle. It will allow you to weaken the enemy in your life and remove him forever. Perform each step with everything you have. Be well in Jesus Christ and in the power of His might!

1 forgive

if you do not forgive others their trespasses, neither will your Father forgive your trespasses. Matthew 6:15

Make a literal numbered list of all the people in your life that have hurt you significantly from childhood to present, dead or alive. **Pray** Matthew 5:44 over each of them exactly as the verse is written (if they are alive). **Repent** to God for holding bad feelings and negative emotions toward them. You must not only forgive them but **release** the ought (negative emotions) in your soul for them. Pray sincerely and fervently for them (Mt. 6:14-15, Col. 3:12-13, Job 42:10), (for parents see #3).

2 forgive yourself

Make a literal numbered list of all the things you do not like about yourself. **Repent** over each of them. **Release** and **forgive** yourself. Pray hard and release the ought (negative feelings) you have for yourself. Release your mistakes and regrets. Don't stop until all the emotions of self-disgust, self-hatred, and condemnation are gone. If you have bad feelings about yourself, it will block your recovery and deliverance. Self-hatred is as bad as hating others (Ps. 139:14, John 3:16).

3 forgive your parents

If you were raised by dysfunctional parents and you rebelled against them in your youth and dishonoured them, the enemy put a curse on you (Gen. 9:24-27, Ex. 20:12, Dt. 5:16, Eph. 6:1-3, Dt. 27:16, Mt.14:4) even if your parents were at fault. **Renounce** and repent of this sin. **Apologise** to them if they are alive. Apologise to God. **Release** them out of your soul to God and let them go. You have a Heavenly Father now, and don't need a dad and mom.

4 let go of negative thoughts

Make a literal list of the top 10 negative thoughts the enemy put into your mind every day. **Repent** of receiving and believing them. **Reject**, renounce and **rebuke** each of them separately and throw them out forever (II Cor. 10:3-5). Find a **Scripture** that contradicts each of them Isa. 26:3). Replace them (Phil 4:8). Write it down! Apologies to God for listening to negative thoughts in your mind and not His Word (Col. 3:16).

5 pray for Godly sorrow

Pray aggressively for the Gift of **Godly Sorrow**. Of all the people you may have hurt over the years, including yourself, you actually hurt your Heavenly Father the most. He was wounded by your behavior. Sorrow for hurting Him is healing and life changing (II Cor. 7:8-10). Your tears will **heal** you (Ps. 56:8, Rev. 7:17, 21:4).

6 speak in tongues

If you are able, **speaking in Tongues** off and on all day. The enemy hates it and does not know what you are saying or how to stop the prayers. The Holy Spirit interprets the language and applies it to your needs (I Cor. 14:2, 4, 14, 15, 18, 22, 32, 39). If not able, go to next step.

7 saturate yourself with truth

Read John 14, 15, 16 and Mt. 8, 9 over several times and absorb as many of these wonderful life saving truths you can.

8 stop blaming and complaining

Immediately stop complaining and blaming yourself and others (Mt. 6:14-15, James 4:11). It will block your healing and **deliverance** in its tracks.

9 Paul's 10 steps to victory

Follow the 10-step process to **victory** the Apostle James taught. It is powerful and never fails (James 4:7-11). It will bring healing!

10 Gift of Hate

Ask the Lord to give you the gift of hate toward the enemy. After the Lord has given you this **gift**, you will be ready for spiritual **warfare**. Ask Him to give it to you and don't stop praying until you get it (Heb. 1:9, Mt. 6:24).

