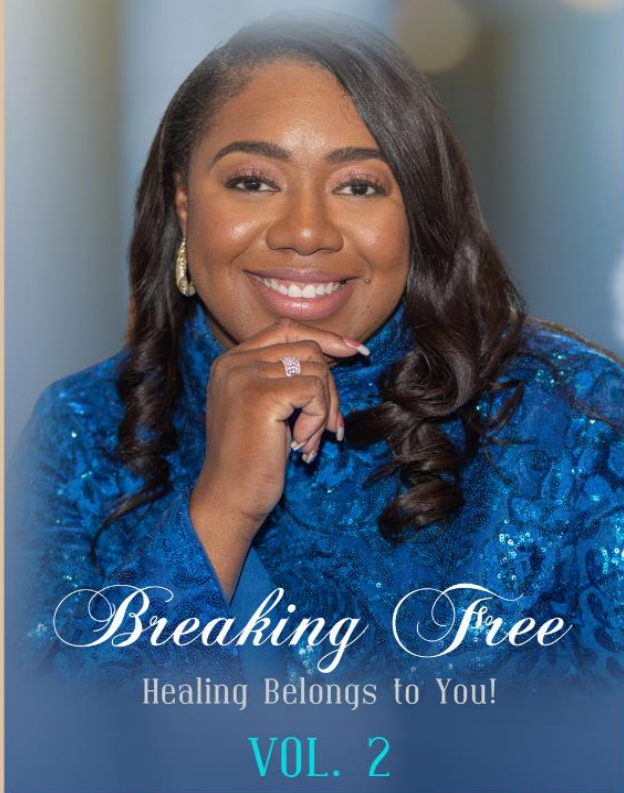


[www.pastornellministries.com](http://www.pastornellministries.com)

# BREAKING FREE

## WORKBOOK

Pastor Nell Smith Ward



*Breaking Free*

Healing Belongs to You!

VOL. 2

by Pastor Nell-Smith-Ward

# Breaking Free Workbook

Copyright © 2025 by Pastor Nell Ministries

All rights reserved. In accordance with the U.S. Copyright Act of 1976, the scanning, uploading, and electronic sharing of any part of this book without permission of the author and publisher constitutes unlawful piracy and theft of the author's intellectual property. If you would like to use material from the book (other than for review purposes), prior written permission must be obtained by contacting the author and publisher. Thank you for your support of the author's rights.

Unless otherwise indicated, Scripture quotations are taken from the New International Version of the Bible, Holy Bible, New International Version, NIV Copyright © 1973, 1978, 1984, 2011. All rights reserved.

Pastor Nell Smith Ward  
[www.pastornellministries.com](http://www.pastornellministries.com)  
Living Waters Christian Church  
P. O. Box 302  
Knightdale, NC 27545

# Breaking Free Workbook

## Recognizing Fear

*Key Scripture: 2 Timothy 1:7*

*“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”*

### Reflection Questions:

1. What fear(s) have been silently stealing your peace or progress?

---

---

---

---

---

2. How have you seen fear present itself in your decisions, relationships, or faith walk?

---

---

---

---

---

### Action Steps:

- Speak this declaration: “I renounce the spirit of fear and receive power, love, and a sound mind.”
- Meditate on Isaiah 41:10. What does God promise in this verse?

---

---

---

---

---

### Prayer Prompt:

Lord, I thank You that fear does not belong to me. Help me to walk in the confidence of Your promises.

# Breaking Free Workbook

## Breaking Bitterness and Resentment

*Key Scripture: Hebrews 12:15*

*“See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”*

**Self-Assessment: Circle any that apply to you:**

☐ Self-pity   ☐ Anger   ☐ Unforgiveness   ☐ Sarcasm   ☐ Isolation   ☐ Judgmental attitude

**Journaling Prompt:**

Who or what have I not fully released? What is it costing me spiritually and emotionally?

---

---

---

---

---

**Release Exercise:**

Write a letter to the person or situation you need to forgive. (You won't send it—it's for release and healing.)

---

---

---

---

---

**Prayer Prompt:**

God, heal me from bitterness. I forgive \_\_\_\_\_. I release them and take hold of Your peace and grace.

# Breaking Free Workbook

## Shattering the Chains of Control

Key Scripture: Proverbs 3:5–6

*“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”*

### Reflection Questions:

1. Am I being controlled or trying to control others?

---

---

---

---

---

2. What would trusting God more fully look like in this area?

---

---

---

---

---

### Spiritual Exercise:

List the names or situations where control is evident. Next to each, write:

“I surrender this to God and trust His will.”

---

---

---

---

---

### Affirmation:

“I am not under the bondage of man—I am led by the Spirit of God.”

# Breaking Free Workbook

## Overcoming Procrastination and Depression

*Key Scripture: John 5:8*

*"Jesus saith unto him, Rise, take up thy bed, and walk."*

### Journaling Prompt:

Where have you been waiting for someone else to move, when God is calling you to take action?

---

---

---

---

---

---

### Checklist: How to Break Free from Procrastination

- ☐ Complete what you start
- ☐ Start small, stay consistent
- ☐ Pray before you delay
- ☐ Identify what's really holding you back
- ☐ Speak life, not excuses

### Activity:

Write 1 goal you've been putting off. What's the next faithful step?

---

---

---

---

---

---

---

---

# Breaking Free Workbook

## Faith Over Fear – Living in Zoe Life

*Key Scripture: Hebrews 11:1*

*“Now faith is the substance of things hoped for, the evidence of things not seen.”*

### Faith Declarations (Speak aloud daily):

- I walk by faith, not by sight.
- The greater One lives in me.
- My faith moves mountains. My praise breaks chains.

### Your Mountain:

What is your “Goliath” right now? Write it below and speak God's promise over it daily.

---

---

---

---

---

---

---

---

---

---

---

---

### Final Prayer:

Father, I declare that I am free, whole, and walking in the fullness of Your promises. I reject fear, procrastination, and bitterness. I embrace the Zoe life You designed for me. In Jesus' name, Amen.

# Breaking Free Workbook

## Prayer Points for Breakthrough

1. Father, thank You for Your promises of divine breakthrough in every area of my life.
2. Lord, remove every barrier and obstacle standing in the way of my breakthrough.
3. I declare that every closed door in my life is now open in the mighty name of Jesus.
4. Father, strengthen my faith to believe You for the impossible.
5. Lord, by Your power, break every chain that has held me captive.
6. I cancel every plot and plan of the enemy designed to hinder my breakthrough.
7. Every delay in my life is turning into divine acceleration, in Jesus' name.
8. Lord, make a way where there seems to be no way — You are the Way Maker!
9. I declare and decree restoration of everything the enemy has stolen from my life.
10. My life shall testify of the miraculous power and faithfulness of God.
11. Every mountain before me shall be leveled by the power of the Most High God.
12. From this day forward, breakthroughs shall be my portion in every area of my life.

In Jesus' name I pray, Amen!



# Breaking Free Workbook

Copyright © 2025 by Pastor Nell Ministries

All rights reserved. In accordance with the U.S. Copyright Act of 1976, the scanning, uploading, and electronic sharing of any part of this book without permission of the author and publisher constitutes unlawful piracy and theft of the author's intellectual property. If you would like to use material from the book (other than for review purposes), prior written permission must be obtained by contacting the author and publisher. Thank you for your support of the author's rights.

Unless otherwise indicated, Scripture quotations are taken from the New International Version of the Bible, Holy Bible, New International Version, NIV Copyright © 1973, 1978, 1984, 2011. All rights reserved.

Pastor Nell Smith Ward  
[www.pastornellministries.com](http://www.pastornellministries.com)  
Living Waters Christian Church  
P. O. Box 302  
Knightdale, NC 27545