

Free to Be Me

ANCESTRAL AND PERSONAL INVENTORY

If you are aware any of the following in your family line or your spouse's, check "FAM." If you personally engage in these acts—or have in the past and have yet to repent and receive forgiveness and/or freedom—check "ME."

The Occult, Idolatry and False (Works-Based) Religions

Satanism / the Occult	___ FAM	___ ME	Blood pacts	___ FAM	___ ME
Witchcraft	___ FAM	___ ME	Fetishism	___ FAM	___ ME
Buddhism	___ FAM	___ ME	Magic Charming	___ FAM	___ ME
Mormonism	___ FAM	___ ME	Spells	___ FAM	___ ME
Hinduism	___ FAM	___ ME	Ouija Board	___ FAM	___ ME
Islam	___ FAM	___ ME	Self-invented Religion	___ FAM	___ ME
Astrology	___ FAM	___ ME	Eckankar	___ FAM	___ ME
Worship of nature	___ FAM	___ ME	Roy Masters	___ FAM	___ ME
Scientology	___ FAM	___ ME	Theosophical Society	___ FAM	___ ME
Hare Krishna	___ FAM	___ ME	Unitarianism	___ FAM	___ ME
Rosicrucian	___ FAM	___ ME	Astral-projection	___ FAM	___ ME
New Age	___ FAM	___ ME	Automatic writing	___ FAM	___ ME
Yoga – Kundalini spirit	___ FAM	___ ME	Clairvoyance	___ FAM	___ ME
Silva Mind Control	___ FAM	___ ME	Hypnosis	___ FAM	___ ME
Christian Science	___ FAM	___ ME	Materialization	___ FAM	___ ME
Freemasonry/Shriners	___ FAM	___ ME	Reiki	___ FAM	___ ME
Cult of Diana	___ FAM	___ ME	Good luck charms	___ FAM	___ ME
Swedenborgianism	___ FAM	___ ME	Mystical crystals	___ FAM	___ ME
Father Divine	___ FAM	___ ME	Telepathy	___ FAM	___ ME
Science of Mind	___ FAM	___ ME	Santeria	___ FAM	___ ME
Transcendental			Dowsing (water- witching)	___ FAM	___ ME
Meditation	___ FAM	___ ME	Unity Religion		
Trance speaking	___ FAM	___ ME	Rod and pendulum	___ FAM	___ ME
Mental suggestion	___ FAM	___ ME	Telekinesis	___ FAM	___ ME
Reading tea leaves	___ FAM	___ ME	Voodoo	___ FAM	___ ME
Praying to Saints	___ FAM	___ ME	Agnostic	___ FAM	___ ME
Atheism	___ FAM	___ ME	Fortune Telling – palm reading, tarot cards	___ FAM	___ ME
Judaism that rejects Christ as Savior	___ FAM	___ ME	Science of Creative Intelligence	___ FAM	___ ME
Séance/Speaking to the dead	___ FAM	___ ME	Black/White Magic/Curses	___ FAM	___ ME
Incubi/succubae (sex spirits)	___ FAM	___ ME			
Rule-based religion	___ FAM	___ ME			

List any others:

Books, Movies, Games & Media

Horror movies/novels	___ FAM	___ ME	Sensual movies/novels	___ FAM	___ ME
Witchcraft movies/books	___ FAM	___ ME	Pornographic images	___ FAM	___ ME
Ungodly music: perverse, depressing, angry, rebellious, etc.	___ FAM	___ ME	Ungodly games: Dungeons & Dragons, Pokémon, etc.	___ FAM	___ ME
Ungodly online activity: ungodly websites, sensual chat rooms, etc.	___ FAM	___ ME	Ungodly magazines: gossip, sensual, etc.	___ FAM	___ ME

List any others:

Ungodly Attitudes

Fearful/Worrier	___ FAM	___ ME	Controlling/Manipulative	___ FAM	___ ME
Critical/Fault-finding	___ FAM	___ ME	Seductive	___ FAM	___ ME
Deceptive/lying	___ FAM	___ ME	Rebellious	___ FAM	___ ME
Angry/Fits of rage	___ FAM	___ ME	Judgmental	___ FAM	___ ME
Un-affirming	___ FAM	___ ME	Unaffectionate	___ FAM	___ ME
Lazy/Lack of work ethic	___ FAM	___ ME	Materialistic	___ FAM	___ ME
Under-achieving/Quitter	___ FAM	___ ME	Passive	___ FAM	___ ME
Insensitive	___ FAM	___ ME	Greedy/Stingy	___ FAM	___ ME
Poverty mentality	___ FAM	___ ME	Co-Dependent/Enabling	___ FAM	___ ME
Unforgiving/Vengeful	___ FAM	___ ME	Cruel/Spiteful	___ FAM	___ ME
Timidity	___ FAM	___ ME	Workaholic	___ FAM	___ ME
Insecurity	___ FAM	___ ME	Racial discrimination	___ FAM	___ ME
Refusal to apologize	___ FAM	___ ME	Immodest/Sensual dress	___ FAM	___ ME
Victim mentality	___ FAM	___ ME	Gossiper	___ FAM	___ ME
Toxic (paranoid) jealousy	___ FAM	___ ME	Body dysmorphia	___ FAM	___ ME
Hoarding	___ FAM	___ ME	Lack of self-care/hygiene	___ FAM	___ ME
Violent	___ FAM	___ ME	Envy	___ FAM	___ ME
Perfectionist	___ FAM	___ ME	Dishonoring of spiritual leaders	___ FAM	___ ME
Dishonoring of parents	___ FAM	___ ME	Misandry – hatred of men	___ FAM	___ ME
Misogyny – hatred of women	___ FAM	___ ME			

List any others:

Ungodly Lifestyles, Outcomes, Decisions and Habits

Divorce	___ FAM	___ ME	Unwed pregnancy	___ FAM	___ ME
Drug/Alcohol abuse	___ FAM	___ ME	Parental abandonment	___ FAM	___ ME
Homelessness	___ FAM	___ ME	Theft	___ FAM	___ ME
Abortion	___ FAM	___ ME	Poverty	___ FAM	___ ME
Physical abuse	___ FAM	___ ME	Verbal abuse	___ FAM	___ ME
Suicide	___ FAM	___ ME	Gambling	___ FAM	___ ME
Gluttony/Overeating	___ FAM	___ ME	Anorexia/Bulimia	___ FAM	___ ME
Self-harm/Cutting	___ FAM	___ ME	Ungodly tattoos	___ FAM	___ ME
Chronic unemployment	___ FAM	___ ME	Foul language/Cursing	___ FAM	___ ME
Marital strife	___ FAM	___ ME	Parent-child strife	___ FAM	___ ME
Murder	___ FAM	___ ME	Prideful	___ FAM	___ ME
Incarceration/Illegal activity	___ FAM	___ ME	Addictive behavior (name the behavior)	___ FAM	___ ME

List any others:

Sexual Sins and Dysfunction

Sex outside of marriage	___ FAM	___ ME	Adultery/Infidelity	___ FAM	___ ME
Pornography addiction	___ FAM	___ ME	Unwed pregnancy	___ FAM	___ ME
Prostitution	___ FAM	___ ME	Incest/Molestation	___ FAM	___ ME
Homosexual acts	___ FAM	___ ME	Pedophilia	___ FAM	___ ME
Rape/Sexual violence	___ FAM	___ ME	Perverse speech	___ FAM	___ ME
Masturbation	___ FAM	___ ME	Sexual shame	___ FAM	___ ME
Sexless marriage	___ FAM	___ ME	Sex viewed as dirty	___ FAM	___ ME
Transgender – rejection of God-given sex	___ FAM	___ ME	Co-habitation – living unmarried with lover	___ FAM	___ ME

List any others:

Mental and Emotional Oppression

Depression	___ FAM	___ ME	Anxiety	___ FAM	___ ME
Bi-polar	___ FAM	___ ME	Obsessive/Compulsive	___ FAM	___ ME
Schizophrenia	___ FAM	___ ME	Dissociative Identity Disorder (DID)	___ FAM	___ ME
Panic attacks	___ FAM	___ ME	Trauma/PTSD	___ FAM	___ ME
Paranoia	___ FAM	___ ME			

List any others:

Chronic Physical Conditions

List all chronic diseases and health conditions common to you or your family line . . .

PRAYER

We highly recommend praying this in the presence of a witness who can agree with you in prayer!

Heavenly Father, I thank You that on the cross, Jesus paid the price in full for every curse, sin, transgression and iniquity that I, and all in my family line, have ever committed, and You are faithful and just to forgive my family and me and cleanse us of all unrighteousness and oppression. Lord, I confess, repent and receive forgiveness for myself and as an intercessor on behalf of my ancestors and relatives for the following . . .

Look at your list of checkmarks and confess each one. Take your time.

Lord, Your grace covers any ancestral sins of which I am unaware, and I plead the blood of Jesus over the unknown.

I thank You Father that you have witnessed and heard my repentance, and a divine transaction has taken place in the spiritual realm, the effects of which will be felt from this day forward, for generations. Lord, I choose to forgive myself and receive Your forgiveness. I also choose to forgive my ancestors for the sinful choices they made, and I release all resentment and victimization to Your cross of victory. I praise You that You show loving kindness up to a thousand generations of those who love You, and this blessed inheritance belongs to me, my children, my grandchildren and all of my descendants! Help me to walk out my victory over sin by depending on Your Holy Spirit and abiding in Your unfailing love. Grace me daily to never again return to a bondage of slavery to sin. In Jesus' name, amen!