

HOT CYCLE



01

AWARENESS

Recognize physiological signs of conflict and become aware of internal reactions. Begin investigating the reaction you are experiencing.

02

TAKE PERSONAL RESPONSIBILITY

Acknowledge that only you can care for your own heart to seek the truth and healing. Invite the Holy Spirit. Ask Him to show you the thorns & lies in your heart. Ask Him to reveal the very first time you felt this way. (usually between ages 1-21) What were the circumstances of this event? Do the 20/80 rule to find the truth/lies. Ask the Holy Spirit to reveal which evil spirits are attached to the lies.

03

CONFESS TO GOD

I am admitting my agreements with the above lies, confessing to God to clear the way between me and Him

04

REPENTANCE

I am saying I am changing direction by stopping these agreements with Satan and seeking forgiveness. Who else do I need to forgive to clear my way of healing?

05

RENOUNCING THE ENEMY

Engage in spiritual warfare by renouncing the enemy and claiming authority in the name of Jesus. "I renounce these lies and break off the spirits of evil, in Jesus name."

06

SPEAK LIFE AND TRUTH

Fill the void in your heart with life-affirming truths and promises from scripture.