

Christ Transformation Prayer for Emotion Healing *Keys to unlock Freedom*



**Now the Lord is the Spirit,
Where the Spirit of the Lord Is,
There Is Freedom.
(2 Corinthians 3:17)**

Christ Transformation Prayer

Emotional Healing Reference Manual

Christ Transformation Prayer

Christ's Transformation Prayer (CTP) is the second part of a four part "Kingdom Series" that focuses on the presence of Christ for the healing of the body, soul and spirit (1 Thessalonians 5:23). The goal of this series is to equip the body of Christ to be set free to live the life of an overcomer and to then be used to set others free.

The Kingdom series includes:

1. Christ's Power & Authority (CPA) for physical healing
2. Christ's Transformation Prayer (CTP) for emotional healing
3. Christ's Spirit & Freedom (CSF) for spiritual healing & Impartation
4. God's Plan for the End Time Harvest teaching

Keys to Freedom: Eight Steps to Unlock Emotional Healing

1. Prayer, Biblical Basis for Emotional Healing Prayer and Confidentiality Standards
2. Current Entry Point Memory
3. Identifying all Anger, Sin and Lies (ASL's)
4. Connecting to a Lower Level Memory
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7. Walking and Growing in the Spirit
8. Prayer for Physical or Spiritual Needs

Contents included in the EMOTIONAL HEALING REFERENCE MANUAL

BIBLICAL BASIS FOR EMOTIONAL HEALING
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OVERVIEW OF A PRAYER SESSION
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QUESTIONS AND ANSWERS
EMOTIONAL HEALING WORKSHEET

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Please do not circulate it without prior permission.**

Biblical Basis for Emotional Healing

Biblical Overview: The Lie, Sin, and Anger Contained

When God created the world in the beginning, he made everything perfect. Something happened that destroyed all of that and has impacted our relationships with one another since. In Genesis 3, all of this took place after Adam and Eve ate the fruit. Sin came into being and the world and human relationships started on a downward spiral.

Genesis 3:6-7 states that after both Adam and Eve ate the fruit they suddenly felt shame at their own nakedness. Afterward, when God went looking for them, Adam's response was, "We were afraid so we hid." Eventually God found them. He asked them, "What happened?" Adam response was to blame Eve and God ("It was the woman that you gave me!") Eve, in turn, blamed the serpent. So we have shame, fear, hiding, blame (and of course with blame, anger usually follows suit).

We often talk about the 'original sin' as the cause of the fall of mankind, and rightfully so. However, a question remains, "What led to that sin?"

Look at what the serpent did in **Gen 3:1-5**, "Did God say that you must not eat from any tree in the garden?" Eve's response was, "we must not eat or touch from this tree or we will die." The serpent said, "you will certainly not die...rather you will be like God." The implication to Eve: she's not quite good enough and that she could be as good as God. This is one of the greatest lies that Satan has used repeatedly throughout history.

Jesus confirmed the scheme of the devil in **John 8:44** when he said that the devil is the father of all lies. **John wrote in Revelation 12:9** that Satan is the deceiver of the nations. Deception occurs when a lie is taken for the truth. Knowing this is both good and bad news. The good news is that Satan has no authority over us except when we give it to him or, in the case of Job, when God gives him the authority over Job. Very few of us would fall in the category of Job. The bad news is that when we are deceived by the devil's lies we will often act on those lies resulting in sin. **1Tim 2:14** documents this when he states, "**The woman was deceived, and sin was the result.**"

Because the devil has no authority over us, he uses lies to 'kill, steal and destroy'. For example, when a person is deceived and believes the lie that he is 'not good enough', that person will live his life based on that lie.

One young man went from being a student whose grades were A's & B's to one who made C's, D's after that lie was planted. He suffered with depression for most of his teenage years as a result. It is common for people to cope with the pain of believing that they are not good enough by turning to anti-depressants, seclusion, drugs, alcohol, sex, performance, sin, etc.

In review, after the lie was planted in the Garden of Eden, Adam and Eve sinned and ate the fruit. The result of that sin produced hurt, pain and anger.

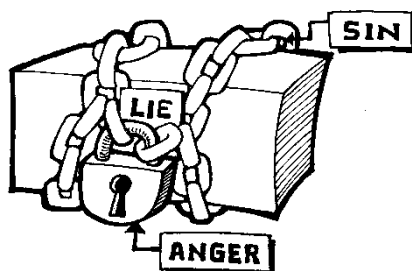


Figure 1: Illustration of Hurtful Memory Container of Lies, Sin and Anger (including hurt and pain)

Biblical Overview: Collection of Hurtful Memory Containers throughout Our Lifetime

It has been said that many divorces have resulted from some of the smaller issues of our lives (i.e. toothpaste caps being left out, toilet tissue rolls placed inward instead of outward, etc.). Many times when we are stirred up, the problem is really not the root problem. Often, we are stirred up because we are reminded of another incident in the past when the same hurt and pain erupted. This adds fuel to the fire and causes a minor issue to grow into a major one.

In Genesis 4, we read the story of Cain and Abel. Cain was angry because God accepted his brother Abel's offering and not his. In his anger he killed Able. Do you believe that his anger began that day or could previous hurts and pains have led to this outcome? Could it be that Cain believed the lie that he was not good enough while growing up? When God accepted his brother's offering instead of his, the frustration and anger level had grown out of control. He had had enough of being compared to his brother and falling short. In his anger he killed his brother.

As we go through life, we collect hurtful memories. These memories are filled with Lies, Sin and Anger (including hurt and pain). These hurtful memories are connected to each other by our emotions and emotions are indicators of what we truly believe. Our negative emotions are usually not beneficial for us. However, God has a plan for them as well. Connecting to our negative emotions is similar to what happens when we hear an old and familiar song and we begin to remember where we were and how we were feeling in the past when we heard that same song. Connecting to our negative emotions will lead us to past memories including those where the root lies were planted. These are usually in our childhood.

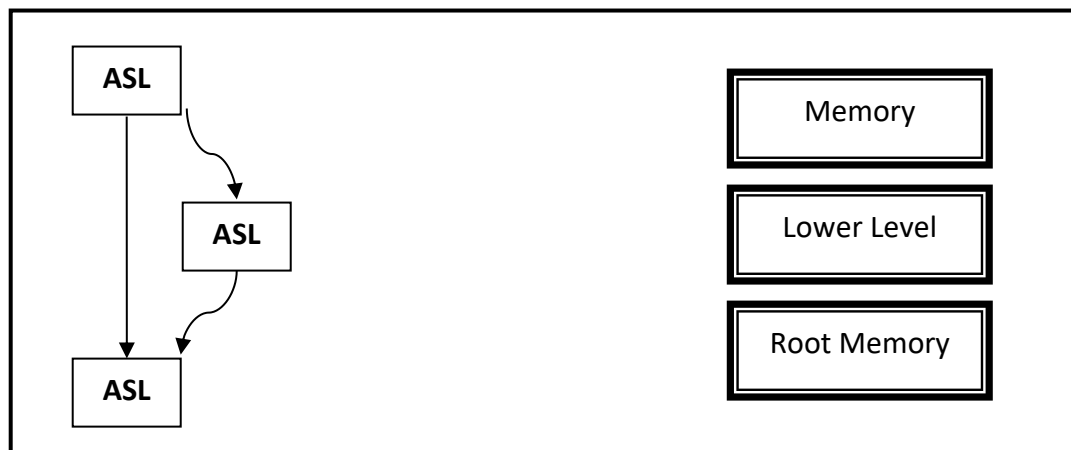


Figure 2: Illustration of Hurtful Memory Containers connected throughout our Lives

Too often, we look at our circumstances and symptoms and think that if we deal with them specifically, then the problems are solved (i.e. Cain/Abel, marriages, etc.). Dealing with the symptom will cut off that symptom, but if the root remains, the problem will come back up. This is much like a weed that will regrow unless you pull it out by the roots.

Christ Transformation Prayer deals with the root of the problem by cutting it off from our lives. The roots are the Anger (including hurt and pain), Sin and Lies. By getting rid of the anger, confessing our sins, and taking our lies to the Lord freedom and healing come forth.

Biblical Overview: Freedom from Anger, Sin, and Lies (ASL)

Let's look at what the Scripture teaches about how to deal with Anger, Sin, and Lies.

Ephesians 4:26-27 tells us not to "sin in our anger" and "do not let the sun go down on our anger," or we will give the devil a foothold. What does it mean for us to give the devil a foothold? Imagine if a stranger comes to your door and will not leave. When you try to close the door this stranger sticks out his foot to block the door. Usually, that is an indicator that you are in trouble. In the same way, when the devil has a foothold in our lives, our thoughts will be filtered through that which we have given up to the devil. It's like opening a door for Satan to enter into our hearts.

Biblical Overview: What to do with Anger?

In order for us to get the "devil's foothold" out, the Bible teaches that we need to get rid of anger (in **Genesis 4, Colossians 3:8 and Ephesians 4:31**). We know that when God communicates something once, it's important. Twice, it's very important. But for Him to tell us three times to get rid of anger, we must heed His warning.

The Bible makes it clear that we must get rid of it but it does not tell us how. To me, this means that there are multiple ways to get rid of anger. We will teach you one way that has been effective.

Biblical Overview: What to do with *Sin*?

Sin is something that most Christians are familiar with. A number of passages tell us very clearly how to deal with sin. **1 John 1:9** says, "if we confess our sins, God is faithful and just to forgive our sins and purify us from all unrighteousness". Thus, sin is dealt with confession.

Biblical Overview: What to do with Lie?

With 'Anger' and 'Sin', the individual must deal with them by getting rid of them and confessing them respectively. A 'Lie' is different. Satan planted the lies. Jesus is the truth (**John 14:6**) and He clearly states in **John 8:32** that "**we will know the truth and the truth will set us free**". As such, when it comes to lies, we must take it to Jesus who will reveal His truth to us. **John 8:36** also claims that "**whom the Son sets free will be free indeed**".

Prayer Guidelines

The intent of an Emotional Healing session is for the recipient to have a personal encounter with the Lord Jesus Christ through the presence of the Holy Spirit's guidance. The goal and result will be to establish truth to the recipient and lead them to a deeper relationship with the Lord. By removing Anger, Sin and Lies from a person's life, they will experience freedom, peace and joy that had been previously diminished or absent altogether.

If the recipient does not have a relationship with the Lord, you can administer the session in the same way. Most people believe that there is a God even if they do not know Him personally. Hopefully, they will have an encounter with the Lord that will bring them into a revelation of their need of a savior.

A prayer session will ideally be done in a quiet, comfortable setting with a trained facilitator, the prayer recipient and with a third person sitting in. The third person may be someone that is being trained to facilitate or it could be a person that can intercede during the session. Having a third person provides accountability and support to the session. It is preferred that men would pray with men and women with women when possible. There may be times when this is not possible but it is imperative that a third person sit in in that situation. A typical prayer session would be scheduled for two hours. The actual time needed will vary and may be shorter but it is better to allow for more time to avoid ending the session prematurely. The facilitator will need their notebook, a pen and a box of tissue. It is good to have a Bible with you in case you want to reference a scripture.

During the session you will take a current emotionally charged event or memory and encourage the recipient to allow the negative emotions to be felt. When they are feeling the negative emotion, you will help them to connect to a root memory from their childhood that contains a lie or false thinking. The stronger they feel the emotion, the easier it is to connect to the childhood memory. Remember that our current situations are rarely the cause of our emotional pain but instead they are rooted in events that occurred earlier in our life. Emotions are triggered and resurface over and over again until they are pulled out by the root.

Note: This is not a counseling or therapy session. Do not try to counsel during the session. It is best to take the questions that the recipients have to the Lord. The Lord will answer the questions and concerns of their heart versus our ministering to them. When they hear from the Lord personally, the impact will be much greater and the healing deeper than if we speak truth to them. For example, if we tell a person that God loves them it will be truth but it will only be head knowledge. But when they hear the Lord say that He loves them, it will speak to their heart and bring peace and healing. Once the anger and sins have been released and confessed, they will be able to hear God speak to them.

Do not ask leading questions except when it comes to anger, frustration or disappointment. For example, do not ask, "Do you feel like you are not loved?" However, you can ask, "Are you disappointed or angry at so-n-so?"

Keep your eyes open while praying so you will notice facial cues from the recipient. Avoid touching the recipient or comforting them when they cry as this will hinder the healing process.

If you begin to feel your emotions being stirred up during a session that is an indication that you need to schedule a prayer session for yourself. It is a good idea to have several sessions for yourself before becoming a facilitator. Negative emotions are an indication of what we truly believe. When we expose the false thinking we can allow truth to prevail and live a victorious life. Most people know biblical truths in their head such as "My God shall supply all my needs..." but they may fear that they will not have enough money to provide for their needs. That fear indicates a false belief being held.

Finally, learn to take good notes. While they are sharing, write down verbatim as much as possible because you will be repeating what they say. This will help keep the recipient in their own natural frame of thought. Learning to take good notes will be a very valuable tool in this process. The trick is to capture what they

share and to be able to keep the flow of questions going. It will be helpful to learn shortcuts to make taking notes easier. For example: b/c for because. A list of common shortcuts is included in the back of this manual (See page 13).

Confidentiality Policy

Confidentiality is key to establish trust and maintaining the integrity of the CTP prayer session. Nothing that is shared during a prayer session is to be repeated without the expressed permission of the prayer recipient. Only when and what they have shared publicly can be repeated. We may use generic comments about a session without personal attachment to details. Before beginning a session, the facilitator should go over the confidentiality policy with the recipient and give them a chance to ask any questions they may have.

Testimonies

At the end of a session, the facilitator may ask the recipient if they would be willing to share a testimony with others. A shared testimony is usually kept to two or three minutes and does not need to include personal details of the prayer session. Sharing our victories with one another will be an encouragement that will build up the body of Christ. It can be as simple as saying that they received emotional healing prayer and now feel freedom and peace that they had not known before.

Praying with Children

When praying for children, always obtain permission from their parents. Sessions may be scheduled for only one hour since they do not require longer sessions. Most children have less negative experiences to process and because of their young age you can get to a root memory much more quickly than with an adult. Some countries may have other requirements. Follow the law of the land regarding praying for children.

Keys to Freedom: Eight Steps to Unlock Emotional Healing

The Eight Steps of Emotional Healing Prayer or CTP

1. Begin with prayer and explain Biblical basis & confidentiality policies
2. Ask entry point memory
3. Identify all Anger, Sin & Lies and record them in your notes
4. Connect to lower level memory and repeat as necessary
5. Remove all Anger, Sin & Lies in that order
6. Teach them how to hear and obey the Lord
7. Challenge them to walk and grow in the Spirit
8. End the Session in Prayer (physical healing, prophetic word, impartation of the Spirit)

Biblical Basis of CTP and Confidentiality Policy

The intent of our prayer session today is for you experience emotional healing through a personal encounter with the Lord. We will be trying to expose lies you have believed and establish the truth instead. The result will be that you will have a deeper relationship with the Lord and that you will experience more freedom, peace and joy in your life. We will uncover root lies that you have believed. I will be asking you to feel your emotions in a current memory and then we will follow those emotions to earlier memories when you felt that same way. The three root lies that people believe are: I'm not good enough, I am helpless/powerless and my situation is hopeless. Lies are hidden in our memories of the past and they continue to affect us until they are exposed and dealt with. Today I'll be asking you to feel your emotions as I ask you questions like, "How did this make you feel".

You might wonder why we believe lies. Are you familiar with the story of Adam and Eve? In the beginning when God created the world, he made everything perfect but something happened when Adam and Eve ate the fruit. Sin and pain came into world. Satan's scheme to destroy our perfect relationship with God was through deception.

The serpent said to Eve, "Did God really say that you must not eat from any tree in the garden?" Eve's response was, "we must not eat from or touch this tree or we will die." The serpent said, "you will certainly not die...rather you will be like God." The implication to Eve was that she was not good enough and that she could be as good as God. You are not good enough is one of the greatest lies that Satan has used repeatedly throughout history.

The Bible tells us that after both Adam and Eve ate the fruit they suddenly realized that they were naked. They hid from God and were ashamed. When God confronted them about their sin he asked them, "What had happened?" Adam's response was to blame Eve and God ("It was the woman that you gave me!"). Eve, in turn, blamed the serpent. Negative emotions such as shame, fear, disappointment, frustration and anger came into the world with sin.

Jesus confirmed the scheme of the devil in John 8:44 when he said that the devil is the father of all lies. John wrote in **Revelation 12:9** that Satan is the deceiver of the nations. Deception occurs when a lie is taken for the truth. When we accept a lie as truth, sin often follows. **1Timothy 2:14** says, "The woman was deceived, and sin was the result." Satan uses the same tactics with us today that he used in the garden with Adam and Eve.

The devil comes to kill, steal and destroy us. If he can cause us to believe that we are not good enough, or that we are helpless or that our situation is hopeless, we will act on those beliefs. The result of believing a lie can manifest in many ways but it is always destructive to us and to our relationships with God and others. Today we will be trying to discover what root lies you may be believing and replace those with the truth. The Bible tells us that the truth will set us free.

Nothing that is shared during our prayer session will be repeated without your permission or unless you have shared it publicly.

Do you remember what the three root lies are? (Not Good Enough, Helpless, Hopeless) Do any of these seem true to you right now?

Overview of Prayer Session

1. Begin with **prayer** and explain the Biblical basis for CTP and review the confidentiality policy.
2. Explain or review the three root lies: Not good enough, I'm powerless/helpless, & I'm/It's hopeless.

Ask the 'memory **entry point** question to start at current or lower level memory. '

- Ask the following: **"Do you have a hurtful memory that you want to talk about or has there been anything that has caused you to be stirred up recently?"**

3. **Identify** all the ASLs in that memory (Learn to take good notes).

- Identify all anger (& hurt) in a memory. Anger (& hurt) could include disappointment, sadness, depression, fear, shame, resentment, hatred, hurt, etc.
 - **"Are you [angry] at ...?"** Can replace [angry] with disappointed, frustrated,
 - **"How do you feel about...?"**
- Mark all sin in a memory (they usually will share their sin during the session.) This could include actions, thoughts, or attitude such as sexual immorality, lust, addiction, not obeying parents, envy (comparing themselves to others), pride, selfishness, judgmental spirit, etc.
- Identify the lie(s) in the memory by asking these types of questions until you get to the root:
 - **"How does this make you feel?"**
 - **"How does this make you feel about yourself?"** or **"What are you believing about yourself?"**
 - **"Why? (ex. "Why are you afraid?")**
 - **"What do you think would happen if...?"**
 - Continue to ask questions until you get to the root lie or until they can't express a deeper emotion. If he can't get to a root lie, ask the following: **"Do you remember the three root lies. I'm NGE, Helpless/Powerless or Hopeless. Does any of these feel true to you in this memory?"**

4. **Connect** that memory to lower or root memory (Repeat step 3 & 4 as needed)

- **"Can you feel that emotion (i.e. of being powerless)?** After they are able to *connect* with the emotion, proceed.
- **"Let your mind take you back to a time, maybe when you were a child when you felt the same emotion. Report whatever memory that comes to your mind."**

5. **Process** and **remove all ASLs** in each memory in ASL order. This will result in peace and

freedom. The first time through this process of removing the **anger**, ask the following:

- **Are you willing to let go of all this anger (frustrations, disappointments, etc.) to the Lord today?**

- If they respond, "No", then ask **"What do you think would happen if you let go of that anger?"**
- If their answer is negative, take that to the Lord **"Lord, is this true? Would this happen if they release their anger?"**
- **"Which one of these anger issues (and/or frustration, disappointment, etc.) would you like to deal with first?"**

Get rid of all anger in all memories (with anger release prayer). Process each individual one at a time with the following 'Anger Release Prayer'. Remember to replace [anger] with the appropriate word or words they used to describe their "anger" such as frustrated, disappointed, sad, hurt, fear, shame, depressed, resent, hate, etc.

- **"Lord, I'm [angry] at so-n-so because....",**
- **"List out loud everything that you are angry at that person about. When you are done, let me know. I will teach you how to get rid of that [anger]."**
- **"Lord, (*with your help*) I choose today to give to you all this [anger] I have toward so- n-so."**
- **"Now, I want you to gather it all up and give it to the Lord. Some put it in a box or a bag. However you choose to do it, gather it up in your mind and give it to the Lord. [Pause]"**
- **"Report back what you sense, see, hear, or feel."**

If they are not able to give this [anger] to the Lord, ask them, **"Would you like the Lord to help?"** If so, pray, **"Lord, would you help them."** Go back to the beginning of the 'Anger Release Prayer' but add "with your help" after Lord. **"Lord, with your help I choose today to give you all this anger..."**

Confess all sins in all memories.

If they did not share any sin during the session, you can also say, **"You did not mention any sin. If you have something that you would like to confess, this would be a good time to do so. Would you like to do so?"**

- **"Lord, forgive me for..."**
- **"Gather it all up and give it to the Lord. The Lord says that He will take our transgressions and remove it as far as the east from the west (Ps. 103:12)"**
- **Report back what you see, sense, hear or feel**
- Check memories to ensure all negative emotions are gone. **"Go back to that memory. How do you feel in that memory?"**

If any negative emotion remains, process them accordingly (Remove Anger and/or Sin as needed)

Take root **lies** and other lies to the Lord ("Lord, is it true that they are [not good enough]?")

Remember, there are three root lies: **"I'm not good enough, I'm powerless/helpless, & I'm/It's hopeless"**

6. Teach recipient to **hear from and obey the Lord** for issues that they discussed during the session. You are teaching them that they can go to the Lord for answers and need not be dependent on you.

Ex. 1 - If Jane is afraid that when she goes back home, her husband will continue to say hurtful things, you could ask, **"Lord, What do you want Jane to know about how to respond to her husband when he says things to hurt her again?"**

Ex. 2 - If she struggles **with** loving their daughter, you could ask: **" Lord, how do you want Jane to love her daughter?"**

Ex. 3 - If she has questions about her purpose in life, you could ask: **"Lord, what are your plan and purpose for Jane's life?"**

7. **Challenge** them to fill their hearts now with the words and ways of God

- Share Matthew 12:43-45 about the house being empty and put in order and the demons coming back if the house is not replenished with the Spirit.
- Share Christ with them if they do not have a personal relationship with the Lord.
- Encourage them to get connected to a body of believers if they are not part of a church
- Challenge them to get into a discipleship relationship
- Teach them to love Jesus by obeying God's word. The goal is to grow more in love for Jesus and to be transformed to be more like Christ.

8. End session with **prayer**.

Remind them that the enemy will try to come back with the same lies but it won't have the same power over them as before, now that they know the truth.

- At this time you may also pray for physical healing,
- Pray for an impartation of the Spirit if appropriate
- If the Lord showed you something for them you can release that now
- Ask if they are willing to share a testimony to encourage others if appropriate
- Schedule another session if appropriate

List of shortcuts for Taking Notes

b/c	Because	+ &	and OR plus
ppl	people	?	question OR doubt OR possibility
esp	especially	↑	increase OR improvement
ustand	understand	↑	increase OR improvement
>	greater than	↓	decrease OR deterioration
<	less than	↔	linked OR interrelated OR connected
#	no. number	→	does not lead to
\$	dollars OR money OR cost	=	equal OR the same as
*	Special, important	~	approximately OR around OR similar to
etc./...	etcetera; and so on	≠	not equal OR not the same as
♀ / ♂	male / female	Am	morning
w/o	without	Pm	afternoon
asap	as soon as possible	approx.	approximately
def.	definition	diff.	difference
ea.	Each	e.g.	for example
fr.	From	impt.	Important
@	at	nec.	Necessary
gen.	general	pt.	point
i.e.	in other words	re.	regarding
s/t	something	w/	with
tho'	though	w/o	without
thro'	through	v	very
vs.	against	2	to, too, two

Questions & Answers for Emotional Healing Prayer

1) What are the three root lies?

Not good enough, powerless or helpless & hopeless.

("I'm not good enough", I'm powerless or helpless & "I am" or "it is" hopeless.)

2) What are some key words to recognize that are above the root lie:

- Not Good Enough = Worthless, Unworthy, Failure, Inadequate, Insignificant, Not important, Not loved, No Value, Useless, Rejected, etc.
- Helpless/Powerless = Alone, Out of Control, Can't do it
- Hopeless = Alone, No way out, Out of Control, No matter what I do, it's not enough

3) Why do I need to get rid of the anger and sin before dealing with a root lie? Each hurtful memory is a container of anger i.e., hurt, sin and lies. Once the anger and sin are dealt with we can then take the lies to Lord for His truth. Remember the figure of the box with the chain and padlock? It's easier to remove the chain (i.e. sin) after the padlock is open (i.e. anger is removed).

4) Are there times when one needs to confess sin before getting rid of anger? Yes, but only with a small percentage of the time. The rule of thumb is to get rid of anger first. If a person cannot get rid of his anger because of strong guilt, then ask them if they are willing to confess that 'sin' to the Lord. Afterward, then go back and get rid of anger.

5) When you use the word [Angry] generically in this manual, what other emotions are included under the 'Anger and Hurt'? In this manual, 'Angry*' is generically represented as a spectrum of anger and hurt that includes disappointed, frustrated, mad, upset, sad, resent, hate, depressed, hurt, shame, fear, etc. We use the form [angry] to represent its generic usage that can be substituted with the other expressions of anger and hurt. You would process each of the [anger] emotion the same way through the anger release prayer.

6) What about 'being sad' or 'being ashamed'? Sadness and shame need special consideration. When a person is 'sad', that could be good or bad. For example, they are sad because their parents do not know Jesus. Ask the person if that sadness is good for them. If so, don't release it. Shame is a combination of sin (i.e. guilt) and anger. Adam and Eve felt shame after they ate the fruit. There was the guilt and disappointed they had for themselves. So with shame, you will need to help them get rid of anger, and confess their sin.

7) What if a person has several [angers] towards one person? For example, he was afraid of, angry towards, and hated his father. How do you process multiple [angers] toward one person? Usually you can combine all of these [angers] in one anger release. For example, "Lord, I was afraid of, angry and hated my father because..." There may be times when combining multiple [angers] will make it too heavy or too big for them to give to the Lord. If so, you could break this into two or more anger releases. For example, you may want to deal with being afraid of his father first, then deal with the anger and hate the second time around.

8) Can a person really be angry with God?

In general, people are angry with God, self or others. They may be angry with their parents, spouse, children, friends, siblings, or someone else who hurt them. Their negative emotion could also be directed at themselves or at God. Some Christians have a hard time acknowledging that they are angry with God (or parents).

You may have to tell them that it's ok to be angry with God. He's a big God and He can handle you being angry with Him. The point is that even though they may be angry with God now, we can give that anger back to Him.

9) What are reasons that someone might not want to get rid of anger?

- Shut down emotions
- Too big, too deep, or too heavy
- Fear of being hurt again or something worse
- Unconfessed Sin
- Doubt
- Spiritual or demonic influences
- They may believe that it justifies the actions of the other person

10) What can I do if someone is having trouble with feeling their emotions?

- Let them know that sometimes people will shut down their emotions to cover the pain. Explain to them that shutting down our emotions is like turning off the light via a light switch. We can turn on and off our emotions the same way. If they choose to feel again, it may be true that they will be connected to the negative emotions of the past. However, this will allow them to connect to lower level memories, so we can deal with the root. Are they willing to feel again? If so, pray and ask them to turn on their emotions.
- If that did not work, ask what would happen if they would feel their emotion. *If it's something negative,*
- then take that to the lord: "**Lord, _____ that if they feel their emotion this would happen;**
- **What do you want them to know?**
- If they continue to rationalize during the session, help them to realize that they are rationalizing. Let them know that you want them to feel. Remind them that feeling emotion will help them connect to lower memories and that this is a safe place to feel them.
- Ask them to close their eyes and stay in the memory
- Celebrate victories and leave the session on a good note. Explain that blocked emotions do happen for some but most will eventually be able to feel in later sessions.

11) Do I still need to go to the lower level memory if they reveal a root lie in a more recent memory?

Yes, we want to take the recipient to the root memory so that the lie is pulled out completely. This will produce the greatest healing. The root memory usually is found in their childhood.

12) What should I do if I feel nervous about leading a session after I have completed the training?

Each session is different and so it is impossible to fully prepare someone to confidently lead in every situation after the training is complete. It will help you to grow as a facilitator to continue to practice under the guidance of a more experienced facilitator. The more sessions you observe and help to lead will grow you in experience and confidence. It is helpful to have a debriefing with the trained facilitator after each session to answer your questions and to discuss what was observed. Some sessions are more difficult than others and it is not usually easy to know ahead of time if you are going to have an easy or difficult session. Eventually, you will be able to help to grow other facilitators, but the more sessions you have the more experienced you will become. It is recommended that a less experienced facilitator begin with explaining the biblical basis and the prayer guidelines as a starting point. In the next session they may also lead the anger release portions of the session. Gradually they will take on more and more of the session until they feel comfortable leading the entire session.

13) What if I would have asked a different question than the trained facilitator? Does that mean that I am not ready to lead?

Not necessarily. We are not clones of each other and our thinking process may be slightly different. I like to , think of it as directions to an address. There may be three or four acceptable routes to the same destination but the destination does not change. The Holy Spirit is guiding the session and we are following the current of the river of His Spirit. We should arrive at a healing destination.

14) What if detect that there are still areas of healing needed for a person after the session is ended?

It is recommended that everyone have four sessions. Some people need more than that to resolve the hurts and pains they carry in life. When the session is ending, explain to the recipient that more sessions will bring more healing and encourage them to set up another session in the next few weeks.

15) Can anyone facilitate Emotional Healing Prayer?

Most can but not everyone. If a person does not have a heart or passion to do it they should not. If they carry deep emotional wounds themselves they should focus on receiving prayer. Anyone learning to facilitate needs to have support, guidance and accountability until they are experienced facilitators.

16) What do you do if they experience some demonic influence in the session?

- Gently and firmly bind the spirit in the name of Jesus and take authority over the session. (Ex. demon I bind you in the name of Jesus, be quiet!)
 - i. If the spirit does not obey usually it's because the recipient is holding on to them for one reason or another (i.e. hatred, fear, unforgiveness, sins, vow made with demons through occult)
 - ii. Sometimes, a person may not be willing to release these demonic spirits because they have provided him with some benefits in the past
- Ask questions to identify the doors that have been open to allow demons entrance into their lives.
- Teach them to confess and renounce the hatred, fear, unforgiveness, sins, vow, and/or involvement in occult.
- They may need to destroy any artifacts that are associated to these doors and spirits.

17) While praying for someone they began to get a headache or pain and did not want to continue the session. What should I do in that situation?

There could be several reasons for this.

- It may be a demonic influence attempting to hinder the session. Command headache/pain to go in Jesus' name.
- Or ask them how they feel about the headache or pain? This may give you a clue as to another issue of Anger or Sin that need to be processed.

Emotion Healing For:

Circle those that apply

LIES:

Not Good Enough

Helpless

Hopeless

Sin Confessed:

- A** Anger
- FR** Frustration
- D** Disappointment
- H** Hurt
- F** Fear
- DEP** Depression

- Directed at who?
- God
 - Self
 - Other

List Anger:
✓ When finished

-
-
-
-
-
-
-

Truth Revealed From the Lord:

Question to Ask: "Lord is it true..." "What do you want them to know?"

1. Lord, I'm angry at...because...

List out everything that comes to your mind

2. When they are finished say, "Lord I choose to give you all the anger that I have toward..."

"Now, gather it all up and give it to the Lord. Some put it in a box or a bag. However you choose to do it, I want you to gather it up in your mind and give it to the Lord. [Pause] Report back what you sense, see, hear, or feel."

3. Ask them if the Lord took it, and how did that make them feel to know that it is gone?

(They may feel lighter, peace, relief)

If they still have the anger,

- If they want to let it go, but it's too heavy or too much for them ask them if they would like the Lord to help them.
- If so say, "**Lord, would you help so-n-so. They would like to release this anger, but are having trouble.**"
- ! Ask them, "**What do you think would happen you give up that anger?**"
- Ask them to release the anger again (i.e. "Lord, I choose today to give to you this anger that I have toward .")
- You may need to break down the anger into smaller chunks. For example, maybe they tried to release angers against a group of people. Teach them to release anger of one person at a time.
- Or you may need to take them to specific memories where they have the anger. Specific memories are very helpful for them to focus on their emotions.

Key phrases above the root: Out of control, rejected, alone

What to do if Emotions are shutdown:

- Ask what would happen if they would feel their emotion.
- Take It to the Lord: "**Lord, ...cannot feel their emotions; would you help them to release their emotion? Or "Lord, _____**
- believes that if they feel their emotion; What do you want them to know?
- Help them to realize that they are rationalizing if that the cause.
- Remind them that feeling emotion will help them connect to lower memories and that this is a safe place to feel them.
- Ask them to close their eyes and stay in the memory and feel their feelings.
- Celebrate victories and leave the session on a good note. Explain that blocked emotions do happen for some but most will eventually be able to feel in later sessions.

Helpful reminders:

- If a person is stuck and unable to release anger, sin may be hindering them. Have them confess sins first in this situation to see if this enables them to move forward.
- Sadness can be a mild form of anger but it can also be appropriate. If sad, ask if it is a good emotion or if it would be better to remove the sadness.
- Remember to use the same words that were spoken when leading in an anger release prayer.
- Encourage the person to use a specific memory instead of referring to their childhood in general.

Only a very small percentage of people have demonic or spiritual manifestations during a session. Take authority to subdue, but do not cast them out. Their presence will be clues that lead to root lies. They can be dealt with later when the person is ready and they plan to fill those places with the Lord.

STEPS TO EMOTIONAL & SPIRITUAL HEALING

1. Ask the following **"Do you want freedom today?"** If "Yes", ask questions to identify open doors in the 4 categories and the root lie(s).
 - Regarding Sin, ask **"How much freedom do they want? A little or deep?"** If "Deep", then proceed with deeper questions

Negative Emotions	FEAR	SIN OR SEXUAL ACTS	OCCULT/VOWS/CURSES
(Negative emotions towards a person, including self & God). Are you disappointed, angry, fearful of, or hate anyone? What about yourself? Do you also have shame or have you been depressed?	<i>(Of Something such as of dying, getting sick, future, not having enough \$, dark, ghost, animal, what people think about me, etc.)</i> Do you have fear in your life? What types of fears?	Do you have any guilt towards anyone? Have you had a suicidal thought or attempt? Abortion? Have you had any addiction? Have you had sex outside of marriage? Have you been abused?	Have you been involved in the occult? Made vows or curses? Involved in Fortune Telling? Played any demonic games? Watched horror movies? Played with Ouija board?

Dig for the problem, not just the surface issue. Ask "Why" or "When."

Have you ever wished that the person would die or be hurt? Are there words that they spoke to you that stuck in your heart?	When did you start having these fears (i.e. of ghosts, of animals)?	If you had sex outside of marriage, was there anyone that you hated or were fearful of?	Why did you make that pact? Do you still have any of those objects in your possession?
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- Ask, "Have you ever felt 'Not Good Enough, Helpless, or Hopeless'?". **Mark that down as the root lie(s)**

2. **Renounce all doors within these 4 categories that have been opened. It is important for the recipient to renounce, forgive, and bless those who hurt them. You may need to lead them in this prayer. Do it for every person/instance.**

"I renounce the (negative emotions) I have for <u>(name of person)</u> because s/he <u>(list things s/he did)</u> . Lord I forgive and bless <u>(name of person)</u> ."	"I renounce the fear of <u>(list)</u> . Lord forgive me." If fear remains, renounce the entry memory as well. "I renounce the incident (describe it) when I allowed this fear to come in."	"I renounce the act of (list of sins). Lord, forgive me. I forgive myself" "I renounce the guilt toward (list each person) because (list reasons for the guilt)., Lord forgive myself."	"I renounce my participation in <u>(worship of false god or dead relative, activity, games, pacts or vows)</u> . Lord, forgive me. I forgive myself"
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Release Sin & Emotion (Lead recipient in the release prayer in each category identified. (negative emotion, fear, sin, occult, etc.))
 Lord, (with your help & your power), I choose today to give to you all this (insert emotions, sins, or occult activities).
 Now, gather all this in your mind and give it to the Lord. Some put it in a bag or box, but however you choose to, gather it up and give it to the Lord.
 Report back what you see, sense, hear, or feel. How do you feel?
 *If they are unable to give this emotion to the Lord, ask Lord to help them.

3. Break the ties (or yokes) the recipient has with demons, including forgiving and blessing the offenders. YOU, NOT THE RECIPIENT, BREAK THE TIES BY DECLARING THE FOLLOWING (do this for every person/instance):

<p>"By the authority I have in the name of Jesus, I break all ties and authority given thru the hatred for <u>(name of person)</u>."</p>	<p>"By the authority I have in the name of Jesus, I break all ties and authority given thru the fear of <u>(list the fear type - death, being hurt, etc.)</u> "</p>	<p>"By the authority I have in the name of Jesus, I break the ties associated with <u>(sexual acts, addiction, other sin)</u>. I also break all ties and authority given to the person(s) through these acts.</p>	<p>"By the authority I have in the name of Jesus, I break all authority and ties with the act of <u>(list occult acts, specific ritual/worship acts, or vows made)</u>."</p>
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4. Cast out the impure spirit(s) after all ties (or yokes) are broken off. Do not do this until you think all doors have been renounced and the ties (or yokes) associated to those doors are broken. If there are none, proceed to cast out the demons.

"In the name of Jesus, all impure spirits get out of (name of recipient) now!"

5. Get rid of Root Lies (& others):

- Ask "Lord, is it true that (person's name) is (Root Lies)?"
(The Three Root Lies Are):
 1. Not Good Enough,
 2. Helpless/Powerless,
 3. Hopeless.
- Ask "What do you want (person's name) to know?"
- Say "Report back what you sense, see, hear, or feel."
- If they cannot hear from God, ask, "If they have a memory possibly from their childhood when they felt the (Root Lie)?"
- If so, go to the memory and process steps 1-4 again.

6. Close Session with steps 6-8.

<p>6. Teach them that they can go to the Lord for answers to issues that they are currently facing - they can hear & obey the Lord for their issues.</p> <ul style="list-style-type: none"> • If they struggle with loving their daughter – "Lord, how do you want (person's name) to love his/her daughter?" 	<p>7. Challenge them to fill their hearts & lives with the words & ways of God.</p> <ul style="list-style-type: none"> • Share Matthew 12:43-45 The demons come back and if the house is not replenished with the Spirit, they will reoccupy it. Challenge them to destroy sinful items in the house. 	<p>8. Close in Prayer.</p> <ul style="list-style-type: none"> • Pray for impartation of the Spirit, if appropriate. • "Lord, fill and baptize <u>(person's name)</u> with your Spirit and fire. Anoint them with power, love, and a sound mind. Release a double portion of your Spirit so that they will walk in the fullness of your gifts to advance your kingdom. "
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<p>If they have questions about their purpose in life— "Lord, what is your plan for <u>(person's name)</u>. For example:</p> <ul style="list-style-type: none"> • If they struggle with loving their daughter— "Lord, how do you want (person's name) to love his/her daughter? • If they have questions about their purpose in life— "Lord, what is your plan for <u>(person's name)</u>. • If they are afraid of being hurt again— "Lord, what do you want (person's name) to know about how to respond to (name) when he says things to hurt them again?" 	<ul style="list-style-type: none"> • Share Christ with them if they don't have a relationship with Him. • Encourage them to get into a discipleship relationship &c to get connected to a body of believers (church). • Encourage them to love Jesus by meditating & obeying God's Word in every aspect of their lives. 	<ul style="list-style-type: none"> • Pray for physical healing, if needed. • Share the Word of Wisdom, Scriptures, what the Lord has revealed to you at this time. • Ask if they will share their testimony to encourage others. • Schedule another session, if needed.
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Basic Spiritual Deliverance - Release 4

(Advanced Spiritual Deliverance To Be Documented in the Future)

There's a great need for spiritual deliverance both in the East and in the West. More and more people are turning to demonic activities to fill the void in their lives. In the East, many frequented temples to worship or to make pacts with gods and goddesses. For example, women who had abortions would visit the temple to make a pact with a goddess for protection from the spirit of the dead baby. In the West, we see a rise in teenagers choosing to slash their wrists. As a church, we also see a rise in the needs of spiritual deliverance.

Spiritual deliverance comes in two flavors:

1. Spiritual house cleansing (*Deut 7:25-26*) is external to an individual. This refers to some sort of paranormal activities usually occurring in an individual's residence, such as seeing spirits or having furniture move, or doors open or close.

Deut 7:25-26 - ²⁵*"The images of their gods you are to burn in the fire. Do not covet the silver and gold on them, and do not take it for yourselves, or you will be ensnared by it, for it is detestable to the Lord your God. ²⁶Do not bring a detestable thing into your house or you, like it, will be set apart for destruction. Regard it as vile and utterly detest it, for it is set apart for destruction.*

Acts 19:18-20 - ¹⁸*Many who became believers confessed their sinful practices. ¹⁹A number of them who had been practicing sorcery brought their incantation books and burned them at a public bonfire. The value of the books was several million dollars. ²⁰So the message about the Lord spread widely and had a powerful effect.*

2. Casting out demons (*Luke 9 & 10*) is more internal to an individual. This refers to a spirit's tormenting, oppressing, or even possessing an individual.

Acts 19 above gives us the simple steps to a spiritual house cleansing, which are

- 1) Renounce (i.e. Confess and Give up) the item or activity
- 2) Burn or Destroy any artifact associated to the occult or sinful practices.

Spiritual Deliverance by attempts to cast out demons, however, has often been misunderstood as a power encounter with the demons. Perhaps you have seen people attempted to cast out the demons in another person. There are times the oppressed person would be set free, but usually that's not the case. More often than not, the oppressed person would suffer through these spiritual deliverance sessions.

Quite a few years ago, I recall a session that I witnessed, when a number of people tried to cast the demons from an oppressed young man. They even had him stripped down to his underwear. I never quite understood it. Not too long ago, a few of us attempted to cast out some demons oppressing a young lady. She writhed in pain for several hours. Finally, we asked her to renounce the vows and sins that had opened the doors (and given the authority for the demons to oppress her). Her renunciation loosened the grips of those spirits and closed the doors on them. Afterwards, we were able to cast out the spirit without much of a power struggle.

With our recent experience, and learning from pastor Pablo Bottari's "*Freed In Christ*", we understand now that "Spiritual Deliverance" is basically a process of teaching a person how to yield to the Lordship of Christ. From the story of Adam and Eve in Genesis 3, we see that Satan did not have the authority to force Eve to eat that fruit. Rather, he deceived her. She acted based on the deception. This tells us that Satan and his demons have no power to coerce us to do something that we do not choose to. They have no authority over us, unless we give it to them or unless God gives it to them as in the case of Job. Since most of us do not fall under the same category of Job, Satan will not have any authority over us unless we give it to him. With emotional healing, the authority is given when we accept the lie from Satan and act upon that lie through sin

and anger/hurt. With spiritual deliverance, the authority is given through certain doors that we open through the activities that we engage in.

The Four Doors

There are four types of doors that can be opened to allow the demons access to our souls to oppress or to torment us. They include:

- 1) **Fear** - Intense fear such as fear of death (*Heb 2:14-15*) or fear of being hurt. Sometimes, it's toward an individual.
- 2) **Hatred/Unforgiveness** (*Mat 18:23-35*) - Extreme anger and unforgiveness usually toward an individual or group of people
- 3) **Sin** including certain sexual activities (*1Cor 6:16*) - including sexual abuse, rape, homosexuality, sexual immorality. The sin could be suicidal thoughts or attempt, abortion, murder, drugs, having idols in your life, etc.
- 4) **Occult Activities and Vows** (*Lev 19-20*) - some sort of pact with the demon through our involvement in the occult (such as fortune telling, tarot cards, witchcraft, etc.), idol worship, yoga, demonic games/videos, pacts made with false gods or dead relatives, etc.

Imagine a hawk using its talons to grab onto a prey. This is the picture of what it looks like when we open one of the above doors for the demons to have access into our lives. We become the prey in the open field. The demons are like the hawks.

When a person opens one of these four doors, he is giving authority (or legal rights) for the demons to latch onto his soul to torment or to oppress him. In our desire to set that person free, we usually gather a group of Christians and try to cast out the demons. Usually the demons would not leave because they have the authority (or right) to be there. There are instances when we try to cast out a demon, especially if we use the blood of Jesus, the demon in that person may say, "No! She's mine!" to signify their right to that individual through the doors that have been opened. Thus, when we try to cast out the demons without dealing with these open doors, a power struggle takes place that could result in outward manifestation. The manifestation is basically the demons showing that they are not letting go because they have a right or authority to be there.

Soul Ties:

Within these doors, there is another area that we need to know and to renounce. The Bible talks about what is known today as 'soul ties', although it does not specifically use that phrase in the Bible. A 'soul tie' speaks of two souls being knit together, such as becoming one flesh. The simplest definition of a 'soul tie' is the uniting of two *souls* together in the spiritual realms. Examples in the Bible of soul ties include not just a husband and wife (where the two becomes one), but also a parent and child (ex. *Gen 2:24* - a man leaving his parents and cleaving to his wife), two friends (ex. David and Jonathan), or even a man and a prostitute becoming one flesh (*1Cor 6:16*).

Hence, soul ties that one could encounter in these spiritual deliverance sessions include:

- 1) **Soul tie through sexual encounter or abuse, including sin, rape, sexual abuse, etc.**
This is the most common soul tie, because the two becomes one. Such a tie *could act* as a bridge where spiritual garbage could be transferred from one to the other, including spirits. In certain soul ties, there's not only the bridge that was established between the two but also a submitting of one person's will to the authority of the other. For example in cases of physical abuse, in the natural it does not make sense for an abused woman to keep running back to the man who abused her.
- 2) **Soul tie between a parent (especially a mother) and a child.**
There are times when a child has become so attached to a parent, that even when she becomes an

adult, she can't let go of anything regarding her mom.

3) Soul tie between an individual and another person involved in either a sexual Or non- sexual sinful relationship.

This can include relationship or dealings with a witch, a warlock, a sorcerer, a prostitute, a drug dealer, an addict, etc.

4) Soul tie between two friends.

This can be a sexual or non-sexual relationship.

A number of soul ties are based on some sort of vows, commitments, contracts, pacts, or agreements. Vows are known to bind the souls such as in a marriage vow. There are good and bad soul ties. Some ways that soul ties are formed include:

- 1) Sexual *encounter* or sexual relationships
- 2) Vows, contracts, pacts or agreements made
- 3) Strong bond between two people

With our understanding of the four latching categories and soul ties, how then would we close the door or take back the authority from the demons?

Four Steps To Freedom

It's not as difficult if the individual wants to be set free. We close the door and take back that authority through the following four steps

- 1) Identify the open doors that allow the demons to latch onto their lives
- 2) Teach recipient to renounce those doors, including forgiving and blessing the offenders
- 3) Break the ties (or yokes) recipient has with demons
 - A tie is a connection, much like a bridge that connect two people
 - A yoke is more of a connected bondage, where one is not only connected to the other but also a submitting of one to the other, like a slave to a master
- 4) Cast out the spirit(s) ONLY after ail the ties (or yokes) are broken off.
 - If all the doors have not been closed and all the ties have not been broken, the attempt to cast out the spirit could result in some sort of manifestation. The manifestation is the spirits' way of saying that they still have the right to be there.
 - Some examples of demonic manifestations include:
 - i. Words spoken by the demon opposing what you are doing
 - ii. Mocking laughter
 - iii. Pain, heaviness, or discomfort in chest or other parts of body such as headache
 - iv. Hostile look or stare
 - v. Sudden movement or Loss of movement
 - vi. Facial contortion
 - vii. Feeling cold

At any time during the spiritual deliverance session, if the spirit attempts to disrupt the process:

- i. First, you must lovingly and firmly say, "You must submit in the name of Jesus." (*Luke 10:17 - "Lord, even the demons submit to us in your name.*) You may have to do this a few times.
- ii. Second, depending on the disruption, establish your authority and Command the spirit to stop that activity. For example, if it starts hitting the person, just say, "Stop hitting in the name of Jesus." If it's saying things to disrupt, just command it to, "Stop speaking in the name of Jesus," or "I'm speaking

to [so-n-so]. You must be quiet."

- iii. In cases when the person may appear to be unconscious, it's important to primarily focus on the individual and not on the demons. For example, "Mary, Jesus loves you. You mentioned that you wanted to be free. Come back and talk to me." Keep your focus on Jesus' love and on the person. You may need to bind the enemy as well, "Spirit, in Jesus' name, release Mary." Or "I'm talking to Mary and not you, so release her in Jesus' name." But again focus on the individual and not on the spirits.

Spiritual Deliverance Standalone or Within an Emotional Healing Session

Spiritual deliverance can be scheduled as a separate session or be conducted within an emotional healing session. If you are conducting a standalone spiritual deliverance, process to the "*Four Steps To Spiritual Deliverance*". However be aware that there are still emotional roots that still need to be dealt with. If spiritual deliverance is conducted within an emotional healing session, when any of the four doors is identified during these emotional healing sessions (this could be in step 3,4, or 5), continue to identify as many of the doors as possible within that emotional healing session. For example, if fear and hatred were identified in step 3, continue to identify all the fear and hatred within those memories in step 3 of emotional healing. When that is completed, put the emotional healing process on hold and proceed to this spiritual deliverance ministry. Complete the spiritual deliverance ministry and return to complete the emotional healing session.

The Ultimate Goal is Not Only In Being Set Free

The ultimate goal is to know and to follow Christ. Jesus had healed ten lepers but only one chose to follow Him. A person may want to receive Christ before, during, or after the deliverance session. Always ensure that the individual has that opportunity to accept the Lord as their Savior.

Mat 12:43-45 tells us that ⁴³*"When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none. ⁴⁴Then it says, 'I will return to the person I came from.'* So it returns and finds its former home empty, swept, and in order. ⁴⁵*Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before. That will be the experience of this evil generation."*

It is vital that the individual is presented with the Gospel. Otherwise, a person's condition could be worse off than before the demons were cast out. Jesus commanded His disciples in Luke 9 and 10 to heal the sick, cast out the demons, then preach the Kingdom. This is the ultimate goal.

Four Steps to Spiritual Deliverance

Before you begin the session, ask if they would like to be set free. If the answer is affirmative, then proceed with the following steps to dealing with each of the four door types.

- 1) Ask questions to identify all the open doors within the four door types.
 - a. Ask basic questions include the following:
 - i. Do you have fear in your life? What types of fear (i.e. fear of dying, fear of being hurt, nightmares)? Are you afraid of anyone?
 - ii. Do you hate anyone? Why?
 - iii. Have you been involved in the occult? Made any vows or pacts? Played any demonic games?
 - iv. Have you had sex outside of marriage?
 - v. Have you ever had an abortion? Suicidal thought or attempt?
 - b. Dig for the root of the problem, and not just the surface issue. Ask the "Why" or "When" questions.
 - i. Why are you afraid of dying? Or when did you start being afraid of ghosts?

- ii. Why did you make that pact?
 - iii. What caused you to attempt suicide?
- c. Identify every person they can remember associated to the fear, hatred, sin, and occult/vows. There may be soul ties that need to be renounced and cut off.
- i. For sexual sins, have them identify every person's name that they remember. If they do not remember some names, but a situation surrounding the sin, renounce that sin using the term 'that person'.
- d. Ask questions to identify connected issues. For example, a person who had an abortion could have great guilt and condemnation and/or the fear of death or being hurt by the spirit of the baby that was aborted. The fear of death or fear of being hurt caused them to make vows with another goddess to protect them from the spirit of the dead baby. This is very common in Asian countries. In such case, the vow must also be renounced and broken.
- e. If the issue is rooted in some sort of fear, hate, or sin against another person (i.e. mom or dad), ask if they ever judged that person or wished them dead. This judgmental spirit or curse could cause a tie that binds them in that bondage that would need to be renounced and broken.
- 2) Teach recipient to renounce all doors that were opened. Have recipient renounce, forgive, and bless those who hurt them.
- a. For Fear - For every person and every type of fear
 - i. "In the name of Jesus, I renounce the fear [list fear type (i.e. death, being hurt)]. I also renounce the fear I have for [name of the person] because [list the things that he did]. Lord I forgive and bless [name of the person].
 - b. For Hatred -
 - i. "In the name of Jesus, I renounce the hatred I have for [name of the person] for [list the things that he did]. Lord I forgive and bless [name of the person].
 - c. Sin or Sexual Acts - Renounce every sexual (or spiritual) bondage to every partner and act and any associated fear, hatred, or vows. With sexual acts, the Bible teaches that the two shall become one, even with a prostitute (1Cor 6:16).
 - i. For abortion, "I renounce the act of abortion. Lord, forgive me for taking my child's life. I receive your forgiveness. I renounce all guilt, resentment, and condemnation I have for myself. Thank you Lord for forgiving me. I receive your forgiveness"
 - ii. For curses: "I renounce the curse of death that I put on [name of the person] for [list the things that he did!]. Lord, forgive me.
 - iii. For judging others: "I renounce my judgmental spirit toward [name of the person] for [list the things that he did]. Lord, forgive me.
 - iv. For sexual act: "In the name of Jesus, I renounce all sexual and spiritual bondage to [name of the person] through the act of [name the act]. Lord, forgive me. I bless [name of the person], I also renounce all authority given to this person, and all soul ties by my submitting to him (or her) through the offering of my body."
 - v. For Suicidal thoughts or attempt (or murder), "I *renounce the act of* (list the act). Lord, forgive me for desiring to take the life that you've given me."
 - d. For Occult Activities and Vows - Renounce every god/person including dead relatives, and the actual act itself (such as ritual in celebrating or worshiping the dead) including specific steps within the ritual.
 - i. "I renounce the worship of [list the false god or dead relative]. I also renounce all authority given to this [person/god], all spirits that operate in him and all commitment to him. Lord, forgive me.

- ii. "I renounce my participation in [list occult activity including specific acts], I also renounce all authority given to all spirits associated to this act. Lord, forgive me.
- 3) Break the ties (or yokes) recipient has with demons, including forgiving and blessing the offenders. You, not the recipient, break the ties by declaring the following:
- a. Fear - For every person and every type of fear
 - i. "By the authority I have in the name of Jesus, I break the fear of [list the fear type (death, being hurt, etc.)) and the fear for [name of the person].
 - b. Hatred - For every person, renounce the hatred, forgive and bless him.
 - i. "By the authority I have in the name of Jesus, I break this hatred for [name of the person].
 - c. Sin or Sexual Acts — For every sexual act and sin, break ties to the partner or sin. "By the authority I have in the name of Jesus, I break the ties associated to [sexual act] with [name of the person]. I also break all ties and authority given to that person through this act.
 - i. For Suicidal thoughts or attempt/murder, "By the authority I have in the name of Jesus, I break the ties associated to the suicidal thoughts or attempt.
 - ii. For Abortion, Addictions, and other sin: Same as above.
 - d. Occult Activities and Vows - Break ties with every god/person including dead relatives, and the actual act itself (such as ritual in celebrating or worshiping the dead)
 - i. "By the authority I have in the name of Jesus, I break the ties associated to the worship of [list the name of the god or dead relative]. I also break any ties with the act of [list occult acts, and specific ritual or worship acts]
- 4) Cast out the impure spirit(s) after all the ties (or yokes) are broken off.
- a. Do not do this until you think all the doors have been renounced and the ties (or yokes) associated to those doors are broken. If there are no other latches from hatred, vows, and sins, then proceed to cast out the demons
 - i. "In the name of Jesus, all impure spirits get out of [name of the person] now."

If the person is still not free after completing step #4, there may still be other doors that the person did not share or possibly may not even be aware of. Usually this is an indicator that there are hidden doors that still need to be surfaced and be dealt with. Most of the time, this is not the case of the one ministering not having enough authority. Thus, we must dig deeper and rely on the Holy Spirit to reveal those hidden doors.

Some Possible Hidden Doors:

There are possible hidden doors within each of the four latching categories.

1) For fear:

- Ask questions to find the origin of the fear (ex. When did you start being afraid of dying/ghosts?)
 - This may lead to some sin areas or vows made
 - Ex. A person who had an abortion could be fearful of the spirit of the dead baby harming them. Very common in Asian culture.
 - Did they make any pact with other gods to protect them?
- If the fear is rooted in a sin that was committed by a person they know, ask if they ever judged that person or if they ever wished them dead?

2) For hatred:

- It's very important to forgive and bless the person they hate

- Find the origin of the hatred (ex. Why did you hate the person?)
- Also ask the following questions to see if there are hidden doors:
 - Did you ever put a curse of death upon them, or wish that they would die? This could apply to the person, if they hate themselves.
 - Did you ever judge them?

3) For Sin or Sexual Act:

- For Sexual Act:
 - Check for fear, hatred, vows, or soul ties
 - Break all ties and authority that was given to the person involved in the act. This is very important because spirits can transfer thru sexual act due to the principle of the two becoming one.
- For suicidal thoughts/attempt, abortion, addictions, check for root cause including fear, hatred, and vows.
- One can put a curse on oneself through words (i.e. "I wish I would die")
- For abortion, renounce the act of abortion plus the guilt and condemnation toward oneself.
 - "I renounce the act of abortion. Lord, forgive me for taking my child's life. I receive your forgiveness. I renounce all guilt, resentment, and condemnation I have for myself. Thank you Lord for forgiving me. I receive your forgiveness"

4) For Occult Activities and Vows:

- Must renounce & break vow made with every god or person including dead relatives
- Must renounce & break every involvement in the *occult including sorcerers, witches, crystal ball, fortune telling, tarot card, demonic games/videos, yoga, martial arts, certain music, etc.*
- Must specifically renounce every specific act associated to a ritual such as worship of the dead

As you may have noticed, the four steps of spiritual deliverance for each of the latching categories are basically the same:

- 1) Identify the doors
- 2) Renounce each door
- 3) Break ties
- 4) Cast out the demons after all ties are broken.

There are some variations. With experience, you will be able to understand these variations. There may be times when you may be stuck in this process. Always rely on the Holy Spirit for His leading *and direction*. *The Lord* desires to set captives *free so that we can advance His Kingdom* for His glory and honor.

Questions and Answers

- 1) What are the requirements a person must meet, before attempting spiritual deliverance?
 - a. Must have a relationship with Jesus (*Acts 19:15-16* - Seven sons of Sceva)
 - b. Must have greater than little faith (*Mat 17:14-20*).
 - c. Must be a person who pray (*Mark 9:29*)
- 2) What are the requirements for the recipient to receive freedom via spiritual deliverance?
 - a. Have greater faith or belief (*Mark 9:17-24*)
 - b. Must be willing to renounce & destroy artifacts or activities that have opened doors for enemy to have rights to torment or oppress us (*Acts 19:18-20*)
- 3) "Could a spirit jump (i.e. transfer) from the recipient to the one praying for them?" The answer is NO except possibly in these cases:

- a. Through a sexual act such as rape, abuse, homosexuality, immorality because the two becomes one (*1Cor 6:16*)
- b. If the one ministering has opened similar doors to the spirit as the doors that the recipient had opened. For example, the one ministering could take on the spirit from the recipient due to the fact that both had been involved with some idol worship.
 - o It's wise to have the one ministering receive spiritual deliverance before ministering in spiritual deliverance.

In general, these spirits will not transfer to another person. So don't open yourself up to the spirit of fear.

4) "It is possible for spirits from the recipient to attack or attempt to attack?"

Yes. We see an example of this in *Acts 19* with the seven sons of Sceva, who were not believers. However, if they do manifest, remember that you have the authority in the name of Jesus. So, if these spirits do manifest, bind them (you do not need to yell but they do need to hear you) by:

- a. First, declaring, "You must submit in the name of Jesus!"
- b. Second, commanding them to an action you desire such as, "Stop hitting", "Sit and don't move", etc.

5) "In the Bible we see that Jesus just cast out the demons, without closing the doors. Why should we do it this way? Could we not just cast them out like Jesus did?"

That's an excellent question. There are a few who have such power and authority who would be able to do so. Most of us, however, when we try to cast out the demons, would take quite a bit of time to do so. Meanwhile, the individual would be tormented because the demons still had a right or authority to latch onto them. In *Acts 19*, the early believers after they accepted Jesus as Lord, confessed and renounced their sins and burned their sorcery and witchcraft items. The early Christians learned that immediately after becoming a Christian, they were to renounce and to break the ties that bound them to the works of the devil. Modern day Christians, like you and me, have not been taught to do this.

6) "How many people should be involved in a spiritual deliverance session?"

Have at least two for accountability and support including prayer support. Jesus sent out his disciples in twos.

7) "If there are multiple people ministering in a session, could or should they take turns facilitating the session?"

Have one person facilitate instead of multiple people. There should be one authority in a room. Multiple facilitators could cause confusion from an authority perspective for the ministering team and the spirits will take advantage of that and respond to the one with the least authority. We see this example in daily life with children. When a child has a strong authority in the room, he will submit to that authority. However, when another person comes in the room, such as a parent who is weak in establishing his/her authority, the child will no longer submit to the initial authority.

It is possible for one facilitator to transfer his authority to another person. This may happen in a case when there's a translator or when a person chooses to do so. However, this is an intentional transference of authority and the demons know so.

8) "Why would a person continue to manifest after he has renounced and the ties (or yokes) are broken?"

There are multiple doors that have been opened. Each door must be closed. If only a portion has been closed, then the demons could manifest because they still have authority. Now it's possible that all doors are closed and the demon is being stubborn. In this case, continue to cast it out a few more times. It has

to leave if there's no right for it to be there. If after a few times (no more than 3-4), then continue to try to identify the doors that have been open for them to latch on.

- 9) "Does a person need both spiritual deliverance and emotional healing? Is spiritual deliverance not sufficient? "

Emotional healing deals with emotional root issue pertaining to anger, sin, and lies. Spiritual deliverance deals with the issue of the four latching categories that allow the demons to latch onto our souls. Both are very effective in setting captives free. However, it's much more effective when both are combined because emotional and spiritual roots will be dealt with.

- 10) "Should this ministry be limited to the selected few?"

Jesus commanded His 12 disciples in *Luke 9* and his 70 disciples in *Luke 10* to heal the sick, cast out the demons, and preach the kingdom. The ministry of deliverance is a privilege for the church, his body.

- 11) After 'casting out demons', should a person's house be cleansed as well?

Definitely. Sometimes after a person is delivered, they will return to their dwellings, which may be infested with artifacts that either trigger them into their old ways of living or artifacts that do open doors for spirits to reside there. It's very important that their environment is cleansed from such. In certain cases, they may have to move because the place where they reside do not belong to them. In most cases, the unhealthy and ungodly articles must be removed from the house and destroyed where possible (*See Acts 19*).

Physical Healing Handbook

1Corinthians 4:20: "For the kingdom of God is not a matter of talk but of power" and Romans 14:17: "For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit" explain a little about what the kingdom of God is like. It is of "power, righteousness, peace and joy in the Holy Spirit". However, there is a catch, as described in *Matthew 18:3: "And he said: 'I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven.'"*

It requires faith for us to enter into this kingdom. Many of us have understood the "righteousness, peace, and joy" part but what about power? Many have lived a life in this kingdom without fully operating in the "power". Some have even said, "We have peace in Christ but not power. We don't know whether that is for today! We believe that the power manifested by Jesus was only meant for that time". And that has been most of our experience today, especially in the West.

However, when we look in Scripture, we see that Jesus talked about that power quite often. As a matter of fact, after He was resurrected, He commanded 120 of His disciples to wait in the upper room to receive power from the Holy Spirit to be witnesses unto the ends of the earth (Acts 1:8).

There are a number of questions that we need to address. They include:

- 1) Was the power that Jesus promised His disciples meant only for the 120 at that time or is it meant for all disciples or believers?
- 2) Why do we see so little of that power manifested, especially where we live?
- 3) If that's meant for us today, then how did Jesus and His disciples walk in that power and authority to heal the sick? It may be a good idea to imitate what they did. Paul said, "Follow my example, as I follow the example of Christ" (*1Corinthians 11:1*).
- 4) What are the requirements for those who are to walk in that power and authority?
- 5) When and where should we walk in that power and authority to heal?

Who Is Jesus' Power for?

In *Matthew 28:18-20* when Jesus stated that all power and authority has been given Him, and, He commanded us to go forth and make disciples of all nations, most of us would agree that He meant for all Christians to go forth with that same power and authority to make disciples. In *Luke 9 and 10*, He also commanded the 12 plus the 70 to walk in that power and authority to heal the sick, cast out the demons, and preach the Kingdom. In light of that, we could say that this power and authority was meant for more than the initial 12 disciples. *It* was and is meant for you and me today.

Why Don't We See Much Power Manifested Where We Live?

Following are some reasons that people give as to why we don't see much power manifesting in our lives:

- We don't believe it's for today.
- We have not seen it modeled.
- There's fear and abuse. ^e We are not called.
- We lack faith that God would heal through us.
- We don't have the gift of healing.

However, the main reason is that it is Satan's scheme to weaken the Church so that we are not as effective in being witnesses to the ends of the earth. Therefore, Satan gets us to believe the lies that we are helpless (powerless) and/or not good enough to walk in Jesus' power and authority.

How Did Jesus And His Followers Walk in That Power and Authority to Heal?

Before Jesus started His ministry. He went to the desert for 40 days and received power from the Holy Spirit (*Luke 4:14*). He began to walk in that power to set captives free and proclaim the Kingdom of God (*Luke 4:18-19*). In *Luke 4:31-40*, we see Jesus started healing those around him. He did so, by

1. Commanding or rebuking sickness (including fever) or demons (i.e., "Get Up! Be healed!"),
2. Laying hands on the sick, and
3. Commanding the sick to take actions that they could not before (i.e., "Pick up your mat and walk").

When His disciples prayed for healing for people, they followed His lead and did almost exactly the same except they did it all in the name of Jesus (see *Acts 3 and 9* - "In the name of Jesus Christ, walk!").

What Are the Requirements for Those Who Want to Start Praying for Healing?

The Bible is very clear as to what those requirements are:

- 1) We must have genuine faith in Jesus.
 - In *Acts 19*, the seven sons of Sceva were playing around, and they got hurt in the process. The demons said that Paul and Jesus they knew, but who were they?
- 2) It must not be for selfish gain.
 - In *Acts 8*, Simon the sorcerer wanted power for selfish gain. He was rebuked by Peter.
- 3) It's not for the thrill of power.
 - In *Luke 10:17-20*, Jesus rebuked his disciples because they were excited that the demons submitted to them. Jesus told them to rejoice that their names were written in heaven. So, the focus is on life with Christ and not power.
- 4) We must walk in love.
 - *1Corinthians 13:1-3* clearly tells us that even if we have all the spiritual gifts, if we do not have love, we are nothing.
 - This is the most important aspect of walking in power and authority to heal the sick. It's all about love.
- 5) it's for us to be witnesses to the ends of the earth.
 - Jesus gave us power from the Holy Spirit in order for us to be witnesses to the ends of the earth (*Acts 1:8*). We see this demonstrated over and over again in the book of Acts.
- 6) There are no age requirements. As a matter of fact, it's easier for children to walk in faith (*Matthew 18:3*). So teach this to children and adults.

When and Where Should We Walk in Power and Authority to Heal?

Mainly we see Jesus and His disciples were healing the sick in public places. There were other times, when the sick were brought to Jesus or His disciples privately. As such, it's best for us to pray for the sick in public places. Much like the examples in the Bible, when someone is healed publicly, people around them would come to know Jesus as well.

It's great to walk in this power and authority to heal our brothers and sisters in Christ. However, you will find more of healing power will be released when you walk in such power in public areas, because it's for us to be witnesses unto the ends of the earth.

Other Scriptural Lessons on Healing

How Do We Normally Pray for Healing?

The next question is "How do we normally pray for healing? And does it make a difference?" In general, when we pray for healing, we usually offer the following prayers:

- "Father, in the name of Jesus, I pray..."
- "Dear God, I pray that you would heal..."
- "Lord, if it's your will, please heal..."

We've seen the Lord respond to such prayers but have not seen much healing this way in the past. Why is this? There could be several reasons including:

- We are not walking in the **power** and **authority** that He's given us.
- We are relinquishing our **authority** by passing the responsibility back to God.

Usually we learn by what we observe others do. In the past, we may have learned from other Christians who pray for healing when they would close their eyes and ask the Father to heal the sick person.

Giving A Command

In a war, if the General has given a command for the soldiers to go onto an island and rescue the captives, would it be right for each soldier to call the General and ask, "Is it okay for me to set the captives free?" In the same way, Jesus has already commanded us to heal the sick, cast out demons, and preach the kingdom (*Luke 9 and 10*).

There's a major difference in the following two prayers:

- "In the name of Jesus (our General), be healed (be free)!" versus
- "Father, in the name of Jesus, would you set them free?"

So, let's learn the way that Jesus and His disciples did it:

- Command/rebuke sickness or demons
 - Use Imperative (you're giving an order)
 - "Go!"... "Be healed!"... "I rebuke you!"... "Get out!"
 - Keep your eyes open (you're in a war)
 - Don't pray to the Father (obey His command)
- Lay hands on the area of sickness
 - Ask what areas they need to be prayed for
- Command actions to be taken
 - Check to see if there's something that they can now do that they couldn't do before (such as bend their elbow, turn their head side to side, etc.)

What If We Pray and There's No Healing?

There are times when we pray for someone and they do not get healed. There was a time when a man brought his boy to Jesus' disciples to be healed, and they couldn't do so (*Matthew 17:14-17*). Often in such cases, we would give the following reasons as to why a person was not healed:

- It's not God's timing.
- It's not God's will.
- They've sinned.

- They lack faith.

When His disciples asked why they couldn't heal, Jesus' responded, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you" (*Matthew 17:20*). In this case, Jesus said it was the disciples' lack of faith. Now it's possible that it's not God's will or timing, or the sick person's lack of faith or sin, but it could also be our lack of faith that could possibly hinder a healing. **So, let's grow in faith!**

Now it is possible that it may not be God's timing (i.e. Jesus and Lazarus) or God's will (i.e. When David prayed for his little baby in *2Sam 12*). However, we should not always assume that is the case 100% of the time, especially when it comes to praying for the sick for the advancement of the kingdom of God.

Furthermore, it's possible that after praying once, a person is not healed and may require that we pray more than once as in the case of *Mark 8:23-25*. So, don't give up after just one prayer. Sometimes the answer to the prayer may not come till the next day or some time much later as well.

Lastly, it's very possible that a person's physical healing may be dependent on a spiritual or emotional healing. *Proverbs 14:30* states that a heart at peace gives life to the body but envy rots the bone. We know that unforgiveness and resentment could cause physical issues *to* our body in the same way, Jesus casted out spirits associated to the deaf and the mute. Thus, if someone may not be healed physically after prayer, you may want to consider asking them to receive spiritual and/or emotional healing as well.

Does the Faith of The Sick Make a Difference?

In addition to the faith of the one praying, what about the level of faith of the sick person? Does that matter in the healing process? What does the Bible say about that?

In the case of the woman with the issue of bleeding (*Mark 5:28-34*), Jesus did say that her faith healed her. However, that faith required an **action** from her as she reached out to touch his robe.

In *Acts 14:8-10*, Paul saw a lame man had faith to be healed. But he was not healed until Paul prayed for him and commanded him to "Stand up on your feet."

On the other hand, in *Matthew 13:57*, Jesus told us that He did not do many miracles in his hometown because of the people's lack of faith. Collectively, if a town or country lacks faith, little healing would take place.

So, we see that a sick's person faith could affect his healing either positively or negatively.

What is Expected of The Healed Person?

We must remember that physical healing is not the ultimate goal for us nor Jesus. Recall that Jesus had healed 10 lepers telling them to go show themselves to the priest in *Luke 17*. Only one came back to Him, praising Jesus in a loud voice and thanking Him. In verse 19, He said, "Rise and go; your faith has made you well." Our ultimate goal is for a person to be healed eternally as we teach them to come to Jesus and continually walk in faith with Him.

In addition, we must disciple those healed to go back and continue to advance the kingdom by praying for others and preaching the kingdom as we see in *Luke 9 and 10* when Jesus grew the number of His disciples that He sent out from 12 to 70.

"All authority in heaven and on earth has been given to me.
Therefore, go and make disciples of all nations, baptizing them in the name of the Father
and of the Son and of the Holy Spirit, and teaching them to obey everything I have
commanded you. And surely I am with you always, to the
very end of the age."
Matthew 28:18-20

Repentance Prayer Note-Taking Guide

Name: _____

Date: _____

Negative Emotion	Fears	Sin	Occult/Vows
Negative Words Received from Others		Lies	Questions for Lord (current issues)
		<input type="checkbox"/> Not Good Enough <input type="checkbox"/> Helpless <input type="checkbox"/> Hopeless	
Curses put on others (CD- die, CH- Hurt)			
LEGEND/REMINDERS			
D – Disappointment A – Anger H – Hate F – Fear	Lord, I renounce the _____ that I have for _____ because _____. I forgive and bless _____ in the name of Jesus, I choose to give to you all of this _____. Some put it in a bag or box, but however you choose to, gather it up and give it to the Lord. Then tell me what you see, sense, hear or feel?		If they have trouble letting go: Ask them: "Do you want to ask the Lord for help? If yes, have them repeat. Lord, with your help and your power, I choose to give to you all of this _____.

Repentance Prayer Note-Taking Guide

Name: _____

Date: _____

Negative Emotion	Fears	Sin	Occult/Vows
<p>Brother – A, D Amy – H, F Mom – A, H, D Dad – F, H Uncle Bob – D, Hurt Billy – D, Hurt Stacy – A, D Teacher in 5th Grade – H</p> <p>Self – A, depression, shame</p>	<p>My mon dying Not having enough \$</p>	<p><input checked="" type="checkbox"/> Guilt: Self w/parenting <input checked="" type="checkbox"/> Suicidal Thoughts <input checked="" type="checkbox"/> Attempts <input checked="" type="checkbox"/> Sex outside of Marriage <input checked="" type="checkbox"/> Abortions Addictions: Soda and cigarettes</p>	<p>Ouiji board Vow to buddha for children Reading books on witchcraft</p>
Negative Words Received from Others		Lies	Questions for Lord (current issues)
<p>Dad – Stupid. Ugly Mon – Why aren't you like your brother Teacher – Can't read</p>	<p><input checked="" type="checkbox"/> Not Good Enough <input checked="" type="checkbox"/> Helpless <input type="checkbox"/> Hopeless</p>		
Curses put on others (CD- die, CH- Hurt)			
<p>Brother – CD Amy – CH</p>			
LEGEND/REMINDERS			
<p>D – Disappointment A – Anger H – Hate F – Fear</p>	<p>Lord, I renounce the (negative emotion) that I have for _____. I am (negative emotion) because I forgive and bless _____. I choose to give to you all of this (negative emotion).</p> <p>Some put it in a bag or box, but however you choose to, gather it up and give it to the Lord. Then tell me what you see, sense, hear or feel?</p>		<p>If they have trouble letting go: Ask them: "Do you want to ask the Lord for help? If yes, have them repeat.</p> <p>Lord, with your help and your power, I choose to give to you all of this _____.</p>

