

ADVANCED FOUNDATIONS

Free Indeed

Discovering Wholeness &
Victory in Christ



Study Guide

TERRY MOORE

Free Indeed

Study Guide

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Formatted 8/2025

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SERIES THREE

Free Indeed - Study Guide

Your Journey Continues

Series Three is part of an Equipping Series intended to unfold over time so you can truly absorb the message and experience profound life transformation. It allows Holy Spirit to touch your heart, so the teachings become more than just head knowledge.

All teaching materials can be found at our website, AdvancedBiblicalFoundations.org. They include the video, study guide and a companion book:

- Series One - Cross is the Key
- Series Two - Love, Identity and Purpose
- Series Three - Free Indeed
- Series Four - Hearing God
- Series Five - Basic Training
- Series Six - Setting the Captives Free
- Series Seven - Financial Freedom

A Prayer for You

Heavenly Father, We invite you to speak to us through your Word as we hear the message of the cross of Jesus Christ through this teaching. Touch our hearts in a mighty way through Your Word.

- ¹⁴ How then shall they call on Him in whom they have not believed?
And how shall they believe in Him of whom they have not heard?
And how shall they hear without a preacher?*
- ¹⁵ And how shall they preach unless they are sent? As it is written:
"How beautiful are the feet of those who preach the gospel of peace,
Who bring glad tidings of good things!"*
- ¹⁷ So then **faith comes by hearing, and hearing by the word of God.**
Romans 10:14-15,17 (emphasis added)*

Blessings to you,
Terry

Session 1:

Introduction and The Love of the Father

Let's Prepare

Additional study material for the Session 1 video can be found in the companion book:

- Introduction

At the end of this session, you will have a better understanding of the journey on which you are about to embark. It's a journey of discovery through God's Word as you learn how to use it to overcome the obstacles that have held you back from living a fulfilled, abundant life. This is a life-changing opportunity. Let's get started!

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Every person has a different life experience. Looking back on your life, how and when were you first introduced to the concept of the Kingdom of God?

- The Oxford English Dictionary defines domain as "an area of territory owned or controlled by a ruler or government." How does this relate to the Kingdom of God?

Why did Jesus come to earth?

When Jesus began His earthly ministry, He preached the Kingdom of God. Jesus is the King! He brought His domain from Heaven to earth and demonstrated His superiority

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over all dominions by casting out demons and healing the sick. He literally went about “setting the captives free” – spiritually, mentally, emotionally, and physically.

You will see how Jesus commissioned His disciples to do the same and later told them to make more disciples to continue and expand the Kingdom of God. Not only did Jesus set the captives free during His time on earth, but He went to the Cross and paid with His life to secure His victory for you for all eternity. Jesus gave His life so you could have life everlasting.

- Believing that Jesus gave His life to you on the Cross secures your salvation, your ticket to Heaven, so to speak. Are you aware that there is so much more for you in this life as a believer in Christ?

Before Jesus began His ministry, He was water baptized by John the Baptist and the Holy Spirit came upon Him. After spending 40 days in the wilderness being harassed by the devil, Jesus went to the synagogue and read from the scroll of Isaiah Chapter 61.

Let’s explore the love of God the Father. John 3:16-17 below has been personalized. Insert your name and the names of family and friends if you wish. Then, read it out loud.

*¹⁸ “The Spirit of the Lord is upon Me,
because He has anointed Me to
preach the gospel to the poor; He has sent Me to heal the
brokenhearted, to proclaim liberty to the captives and recovery of
sight to the blind, to set at liberty those who are oppressed;
¹⁹ To proclaim the acceptable year of the Lord.”
Luke 4:18-19*

Regarding this Old Testament scripture, Jesus then announced:

*²¹ “Today this Scripture is fulfilled in your hearing.”
Luke 4:21*

Hebrews 13:8 tells us that, “Jesus Christ is the same yesterday, today, and forever.” Jesus’ purpose has never changed. Jesus is still ministering today by the power of the Holy Spirit. You can experience His freedom and wholeness as His disciple by

participating with the Holy Spirit in ministering to others just as Jesus did.

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A Closer Look at the Ministry of Jesus

Let's break down the Scripture in Luke 4:18-19 to better understand what you have been invited to participate in.

◆ Preach the Gospel of the Kingdom of God

- "Gospel" comes from the Greek word "euangelion," which means "good news." What is this good news you are to spread?
 - ◇ Forgiveness of sins
 - ◇ Opportunity to be born again to an abundant new life in Christ
 - ◇ Restored relationship with God the Father through His Son Jesus Christ
 - ◇ Salvation and eternal life
 - ◇ Indwelling of the Holy Spirit to spread this good news to others

◆ Heal the Brokenhearted

- Living in this world guarantees you will experience hurt, pain, and heartbreak. Your emotions will often get the best of you as your circumstances change.
- Jesus came to heal these hurts and replace them with peace and joy in all situations.

◆ Proclaim liberty to the captives

- Jesus came to set you free. He paid for your freedom on the Cross.
- You have already been delivered from anything that could hold you captive.

◆ Recovery of sight to the blind

- This refers to both physical sight and spiritual sight.
- He can heal your physical body and help you see beyond the natural world into the spiritual realm.

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◆ Set at liberty those who are oppressed

- This often shows itself as depression or any attack on your mind.
- Jesus came to deliver you from any such attacks from the enemy.

◆ Proclaim the acceptable year of the Lord

- If you are a believer, you have favor with God the Father. There is nothing you can do to gain this favor. It is a gift from God. God gave you His Son's death and resurrection to live free.
- The Year of Jubilee in ancient Israel occurred every 50 years (Leviticus 25:8-55). It served as a time to forgive, restore and renew. Sold land was returned to the original owner and families in servitude or debt could regain their freedom. God wants you to experience His love, grace and mercy. He wants to give you a fresh start you can share with others.

Will all my problems go away?

Jesus came to heal your spirit, soul and body. Being set free does NOT mean you will be problem-free.

*³³ These things I have spoken to you, that in Me you may have peace. In the world You will have tribulation, but be of good cheer, I have overcome the world."
John 16:33*

So, what are you free from? Your response to the problems of life will be very different. You can fight the enemy's attacks on your life and not allow the world to control your reactions. Even though Jesus paid in full for our freedom, many are still not living victoriously in that freedom.

What must I do to live free?

In this moment, right now, you are free! However, you must "appropriate" the truth into your life to use it. To "appropriate" is "allocating or assigning something for a particular use – often in a formal or official context." In this case, you are taking God's Word and using it to fight the enemy to be set free.

³¹ Then Jesus said to those Jews who believed Him,
"If you abide in My word, you are My disciples indeed."
³² And you shall know the truth, and the truth shall make you free."
John 8:31-32

Can the truth really set you free? Yes, because the Truth is not a set of rules; it is a person. **The Truth is Jesus, the Living Word.** As you know Him, know His Word, choose to put your faith in Him and fully embrace Holy Spirit who leads you in truth, you will be set free.

*If the Truth sets you free,
then believing and acting on a lie will keep you in bondage.*

Why do people remain in bondage?

"Who me? In bondage? I don't think so." If that is your initial reaction, you have company. The Jews who believed in Jesus said the same thing directly to Him.

³³ "We are Abraham's descendants and have never been in bondage to anyone. How can You say, 'You will be made free'?"
³⁴ Jesus answered them, "Most assuredly, I say to you, whoever commits sin is a slave of sin. ³⁵ And a slave does not abide in the house forever, but a son abides forever. ³⁶ Therefore if the Son makes you free, you shall be free indeed."
John 8:31-36

If the Israelites took a moment to look around, they would see that they were under the control of the Roman empire and surrounded by soldiers at every turn. Oftentimes, many people think that church attendance is all that they need to lead a Christian life. God has so much more for you.

- Take a moment to search your heart. Can you honestly say you fall into one of these two categories? What is currently happening in your life that would lead you to say "yes" or "no" to this question?

Notes

The Truth YOU know and believe determines the degree to which you will experience freedom. As you grow in your knowledge of the truth, Holy Spirit will continue to reveal it to you and the enemy can never take that away. You are brought back into an intimate relationship with God, a relationship that was lost in the Garden of Eden (Genesis 3:1-24). He will do a work in you that equips you to help others experience the same in Him. **Free people free people!**

Freedom Begins with Receiving Jesus

Freedom begins with receiving Jesus as your Lord and Savior.

- What does the term “Lord” mean to you? Does it have a positive or negative connotation?

- Webster’s dictionary refers to “Lord” as “one who has power and authority, a master, a ruler.” Given the promise of a life filled with freedom, are you prepared in this moment to let Jesus be the Lord of your life? Ask yourself, “What’s in it for me?”

¹⁶ For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

John 3:16

⁹ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

A Prayer for You to Accept Jesus as Lord and Savior

Notes

If you have not yet believed in Jesus and accepted Him as your Lord and Savior, take a moment right now to give your life to Him by praying this prayer:

Heavenly Father, I bow before all of Heaven and earth and confess my sin and my need for a Savior. Jesus, I believe You are the Son of God and that You took my sin upon You, so that I can become Your righteousness and have a life in eternity with You and all the saints.

I ask You to cleanse me from sin and I give my life to You. Thank you for saving me and leading me. In Jesus' name, Amen.

If you have prayed this prayer for the first time, welcome into the Kingdom of God! As a "saint" (believer), it is important for you to become involved in a Bible-believing church where you can be baptized and walk out your new life in Christ with other believers.

Salvation is just the beginning

God's goal is not just to set you free, but to also conform you to His image (Romans 8:29). It's not just gaining information about God or having an emotional experience. It's about having a true encounter with the Living God and receiving Holy Spirit to work in your life.

Ultimately, the goal is for you to not only be free but also be Christ-like so you can make a difference in this world. Jesus wants you to truly know Him and have an intimate relationship with Him. The Kingdom of God is here now, and you are called to represent Him here on earth.

Experiencing God and the working of Holy Spirit is often a process that must be worked out in your life over time and is not a dramatic quick fix. It's a lifelong journey. Be encouraged. Freedom is worth it!

How do I receive freedom?

Below is a summary of the principles covered in this study. They will give you a sense of where this study will take you and how you will need to prepare your heart.

- For each category, assess where you are in each stepping stone of freedom. Have you taken that step? Are you excited to learn more about it? Is it something you've never addressed?

Stepping Stones	Are you ready to....?
Foundation of Freedom	<p>Receive the complete acceptance and love of God the Father and discover your new identity as a son or daughter of God.</p> <p>Discover your identity in His Son Jesus Christ. Jesus is the foundation (1 Corinthians 3:11) and this foundation leads you to freedom. We will examine how to carefully build on this foundation (1 Corinthians 3:10).</p>
Power of Freedom	<p>Receive and fully embrace Holy Spirit who will empower you. Holy Spirit also makes God's Word real in your life (John 16:13) and helps you walk it out, healing the hurt you experience in this life.</p>
Keys to Freedom	<p>Take personal responsibility for your actions. Matthew 16:19 gives you, as a member of His church, the keys to getting free and helping others experience the same.</p> <p>Forgive, forgive, forgive.</p>
Doors to Freedom	<p>Deal with wrong responses to situations in your life (past and present) so you can get and stay free. Pull down strongholds in your mind and, through repentance, close the doors that are legally open to the enemy.</p>
Purpose of Freedom	<p>Help others get free.</p>

Closing Thoughts

Notes

What will you discover on this journey? Over time, you will discover the truth, the lies of the enemy and what you need to do to experience ever-growing freedom in your life.

God put prayers in the Bible for our benefit. He knows what we need, so we should use them. If He put them there, He will answer them. Below is a prayer for revelation, not just information. You are asking God by Holy Spirit to enlighten your innermost being to the truth, the truth that will set you free. You are here in this time and place for a reason and God has a good plan for your life. By the power of God, you can live it fully and freely.

Personalize this prayer for yourself and others. Pray it using the first person (me, I); insert your name and the names of those you know who could use the of freedom Christ paid for.

*¹⁷ ... that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, ¹⁸ the eyes of your understanding being enlightened; that you may know what is the hope of His calling what are the riches of the glory of His inheritance in the saints, ¹⁹ and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power ²⁰ which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places ...
Ephesians 1:17-20*

THEN ADD: Lord, help me discover the truth that will make me free and expose any lies that I believed from the enemy. In Jesus' name, Amen.

For an in-depth study of what Jesus meant by the Kingdom of God, please complete the series titled The Kingdom of God which can be found on our website at AdvancedBiblicalFoundations.org.

In the next sessions, you'll see how a proper understanding of love, identity and purpose are essential to the process of being set free.

Session 2:

Love, Identity and Purpose

Let's Prepare

Additional study material for the Session 2 video can be found in the companion book:

- Chapter 1 – Love, Identity and Purpose

At the end of this session, you will have a better understanding of God's original plan for mankind, how it was thwarted by the enemy, and what God did to bring you back to Him.

For an in-depth study of the material presented in this session, please complete Series 2 – Love, Identity and Purpose which can be found on our website at AdvancedBiblicalFoundations.org.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Looking back on your life, with all its ups and downs and successes and challenges, how would you describe your life's purpose today? What is the thing that motivates you to get up and go every morning? Who determined that purpose?

Foundation of Freedom

In the last session, you saw that the foundation of all freedom is salvation, receiving Jesus Christ as your Lord and Savior. Let's dig a little deeper.

Everyone struggles with issues of love, identity and purpose. We are born with a need to know and feel we are loved, a need to know who we really are, and a need to understand why we were born and what we are supposed to do with our lives.

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Let's see what Scripture has to say about this.

²⁶ Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth." ²⁷ So God created man in His own image; in the image of God He created him; male and female He created them. ²⁸ Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."
Gen 1:26-28

You were created in God's image; and, since God is love, this speaks of His love for you. God created you in His likeness, which gives you your identity. The final verse speaks of the purpose of mankind. In New Testament terms, it means to advance the Kingdom of God. This was the original plan God had for mankind.

And in one life-altering moment, everything changed. Adam and Eve willfully chose to sin. They ate of the tree of the knowledge of good and evil. This was the one tree they were forbidden by God to eat. The serpent talked them out of a position in which they were already secured. Adam and Eve were not God, but they were already like God. They were created in His image.

⁷ Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings. ⁸ And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹ Then the Lord God called to Adam and said to him, "Where are you?" ¹⁰ So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." ¹¹ And He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?" ¹² Then the man said, "The woman whom You gave to be with me, she gave me of the tree, and I ate."
Gen 3:7-12

Immediately, they lost their identity. Before the fall, in Genesis 2:25, *"they were both naked and were not ashamed."* They became self-focused and uncomfortable with who they were, and they became aware of their shame.

Then, they believed they lost the love of the Father when they hid from Him and fear entered their hearts. They blamed each other and did not take responsibility for their actions.

As a result of their sin, they were cast out of the garden and experienced separation from their loving Father. Fear, shame and blame entered the hearts of all mankind. The root cause of life's problems stems from what mankind inherited from this original sin. The enemy's goal is to keep you in this state, to make you feel like a victim, a spiritual orphan.

- Review the following descriptions of the terms below. Might one or more be an issue in your life? All will be addressed in detail in future sessions.
 - ◇ **Fear** – opposite of love; feeling unloved or unlovable; hiding from God or others.
 - ◇ **Shame** – “me” centered; believing you are faulty, being overly performance-oriented.
 - ◇ **Blame** – not taking personal responsibility for your actions.

Restored Love, Identity and Purpose

God has not changed His mind about who we are and who He wants us to be. Though we lost our favored position through the Fall in the garden, Jesus made a way for us to be restored through the Cross.

¹⁶ For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

John 3:16

Jesus paid the penalty for all sin – past, present and future. You are completely forgiven and your relationship with God the Father is restored.

¹⁷ Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

2 Corinthians 5:17

*²¹ For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.
2 Corinthians 5:21*

You are now free to know His love, to discover your identity as a son and daughter of God and to fulfill your purpose of advancing His Kingdom – if you choose to receive it.

Spiritual sons and daughters are celebrated, welcomed home to the Father's house and spend their lives working together with Him. They don't work to achieve personal success. Everything in the Father's Kingdom is already theirs. They simply cooperate with the Father in what He is doing. As a son, Jesus said, *"the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner."* (John 5:19)

The Love of the Father

Receiving the love of the Father is one of the most important life-changing experiences you can have and is a crucial step on your way to freedom and wholeness. Living in a deep revelation of God's love establishes a foundation in your life that neither the enemy nor man can shake.

*¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." ¹⁶ The Spirit Himself bears witness with our spirit that we are children of God, ¹⁷ and if children, then heirs - heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.
Romans 8:15-17*

Knowing His love is not just gaining information, which is important, but having Holy Spirit make the love of God the Father real in your life in a personal and intimate way.

Closing Thoughts

Jesus' work on the Cross paved the way for God the Father's original plan for mankind to be restored. In that plan, you find love, identity and purpose. God the Father loves you so much that He has adopted you into His family and brought you into the family business.

Pray this over yourself daily. Take it to God and take it to heart. You are on your way to building a solid foundation of faith.

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Dear Father God, I come in the name of Jesus and ask You to give me the Spirit of adoption, so that I might know Your love. I also ask You to give me a revelation of my identity as a child of God and as a joint heir with Jesus. Help me to fully experience Your love and acceptance. Lord, I thank You for the great salvation that You paid for at the Cross. Help me to walk in everything You have purchased for me. Now, give me strength to join Your ministry of setting the captives free, bringing life to those around me, and advancing Your Kingdom on earth as it is in Heaven. In Jesus' name, Amen.

For an in-depth study of what God's original plan for man means for us today, please complete the series titled God's Original Plan for Man which can be found on our website at AdvancedBiblicalFoundations.org.

In the next session, you will further explore the love of God and Father.

Session 3:

Receiving the Love of the Father

Let's Prepare

Additional study material for the Session 3 video can be found in the companion book:

- Chapter 1 – Love, Identity and Purpose

At the end of this session, you will have a better understanding of how you see God the Father through the lens of your earthly father.

For an in-depth study of the material presented in this session, please complete Series 2 – Love, Identity and Purpose which can be found on our website at AdvancedBiblicalFoundations.org.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Every person has a different life experience. Who do you look up to as your earthly father figure (biological father, stepfather, adoptive father, single mother who took on both roles, close family friend or relative)?

- What are 3 words you would use to describe your earthly father?

The Love of God the Father

We have touched on the importance of receiving the love of God the Father so that you may live in intimate relationship with Him. God loves you so much He gave His only Son to die for you. Remember the words of John 3:16 and personalize it. *“For God so loved **ME** that He gave His only begotten Son, that **I** should not perish but have everlasting life.”* Below are several more verses that speak the truth of God’s love for you.

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*⁴ But God, who is rich in mercy, because of His great love with which He loved us, ⁵ even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved) ...
Ephesians 2:4-5*

*⁹ In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. ¹⁰ In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.
1 John 4:9-10*

*³² He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?
Romans 8:32*

*⁸ But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.
Romans 5:8*

In 1 John 4:10, the word “*propitiation*” is used to mean that God sent His Son to die on the Cross as a “sacrifice” so that your sins would be forgiven and your relationship with God could be restored.

- Is there a particular verse that stood out to you?

- Spend time with these verses, meditate on them and even memorize them. Speak these words out loud and personalize them. As you meditate on the Word, Holy Spirit will speak to your heart and give you a life-changing revelation of the love of the Father.

Why is receiving the love of the Father so important?

Receiving and living in the love of the Father is one of the primary areas in your life where the devil attacks with lies and deception. If you don't believe God is love and God loves you, you'll have a hard time relating to Him in an intimate way. Receiving the

love of God the Father causes you to enter His presence and experience an intimacy with Him that is beyond anything you have ever encountered.

The devil hates your relationship with God the Father, so he attacks earthly fathers, hoping you will project their less-than-perfect image on your Heavenly Father.

- What do you know about your earthly father's upbringing

- You can't give away what you don't have. Do you expect more from your earthly father than he is able to give you?

- Consider if he received it in his own life and offer grace and forgiveness as needed.

How do you see God?

One key to receiving the love of God the Father is making sure you have an accurate perception of Him. Is God love? Is God angry and distant? You must see Him as He really is in Scripture. If you have a distorted image of God, you will struggle to truly receive His love. Jimmy Evans writes, "There is a direct parallel between how we viewed our parents, especially our earthly father, and how we view God."

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- Use the following tool to identify the behavior of your earthly father figure. Check mark each description that you have experienced in your life.
- Then, read how that view of your earthly father can distort your view of God the Father.

✓	Behavior of Parent	Misconception About God
<input type="checkbox"/>	Legalistic; harsh disciplinarian	God is mad; demanding , impersonal
<input type="checkbox"/>	Perfectionist; high standards; little praise	God is never satisfied; disappointed in me
<input type="checkbox"/>	Little or no affection	God is impersonal; distant
<input type="checkbox"/>	Critical; verbally abusive	God is angry; doesn't really love people
<input type="checkbox"/>	Workaholic; focused outside the family	God is detached; I'm not important to Him
<input type="checkbox"/>	Abusive; dominating	God rules by fear; cannot really be trusted
<input type="checkbox"/>	Moody; temperamental	God is unpredictable; doesn't always love
<input type="checkbox"/>	Sinful; poor discipline; bad behavior	God is a pushover; too nice
<input type="checkbox"/>	Doting; spoiling; smothering	God exists for me and my desires
<input type="checkbox"/>	Compared you to siblings and other children; showed favoritism	God has favorites; loves some people more than others; loves based on performance
<input type="checkbox"/>	Made promises and broke them; didn't follow through on warnings; inconsistent	God is unreliable; His Word cannot be trusted
<input type="checkbox"/>	Hypocritical	God isn't relevant or powerful

Adapted from Jimmy Evan's book, Freedom from Your Past (p. 131).

- Take a moment to honestly ask yourself, “How you I see God the Father?”

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- Do you see characteristics of your earthly father that you have projected onto your Heavenly Father?

God wants you to experience the fullness of His love for you. He is on your side no matter what you are up against, and He is there to answer when you ask Him to show you His heart for you.

How do I get the correct view of God?

To get the correct view of God, you must look at Jesus.

⁹ Jesus said to him, "Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father; so how can you say, 'Show us the Father'?"

John 14:9

Spend time reading the Gospel accounts in Matthew, Mark, Luke and John. Reflect on the true heart God the Father has for you – His beloved son and daughter.

The Parable of the Lost Son

A powerful example of the Father's love is told in the Gospel of Luke in the parable of the lost son.

¹¹ Then He said: "A certain man had two sons. ¹² And the younger of them said to his father, 'Father, give me the portion of goods that falls to me.' So he divided to them his livelihood. ¹³ And not many days after, the younger son gathered all together, journeyed to a far country, and there wasted his possessions with prodigal living. ¹⁴ But when he had spent all, there arose a severe famine in that land, and he began to be in want. ¹⁵ Then he went and

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joined himself to a citizen of that country, and he sent him into his fields to feed swine. ¹⁶ And he would gladly have filled his stomach with the pods that the swine ate, and no one gave him anything. ¹⁷ "But when he came to himself, he said, 'How many of my father's hired servants have bread enough and to spare, and I perish with hunger! ¹⁸ I will arise and go to my father, and will say to him, "Father, I have sinned against heaven and before you, ¹⁹ and I am no longer worthy to be called your son. Make me like one of your hired servants." ' ²⁰ "And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion and ran and fell on his neck and kissed him. ²¹ And the son said to him, 'Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.' ²² "But the father said to his servants, 'Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet. ²³ And bring the fatted calf here and kill it, and let us eat and be merry; ²⁴ for this my son was dead and is alive again; he was lost and is found.' And they began to be merry.

Luke 15:11-24

The lost son returns to the father feeling totally unworthy and ashamed, unable to embrace the truth of his full inheritance. He felt like an orphan. Yet, he experienced true repentance in that he changed his attitude and behavior. He changed the way he thought. Let's see how his older brother responded.

²⁵ "Now his older son was in the field. And as he came and drew near to the house, he heard music and dancing. ²⁶ So he called one of the servants and asked what these things meant. ²⁷ And he said to him, 'Your brother has come, and because he has received him safe and sound, your father has killed the fatted calf.' ²⁸ "But he was angry and would not go in. Therefore, his father came out and pleaded with him. ²⁹ So he answered and said to his father, 'Lo, these many years I have been serving you; I never transgressed your commandment at any time; and yet you never gave me a young goat, that I might make merry with my friends. ³⁰ But as soon as this son of yours came, who has devoured your livelihood with harlots, you killed the fatted calf for him.' ³¹ "And he said to him, 'Son, you are always with me, and all that I have is yours. ³² It was right that we should make merry and be glad, for your brother was dead and is alive again, and was lost and is found.' "

Luke 15:25-32

His older brother reacted quite differently. The loyal older son was angry, self-focused, and felt entitled and totally rejected. He too felt like an orphan. He also needed repentance in that he should have looked away from himself and, instead, focused on understanding who his Heavenly Father was.

This earthly father demonstrated his absolute love for both of his sons. So too is our Heavenly Father waiting expectantly for us, knowing exactly where we're coming from and what we've been doing. Our Heavenly Father doesn't see us the way we see ourselves. We don't need to perform to get good enough for His embrace. He's already done all the work. He loves us in our sinful state and offers His presence and all He has.

- Looking back on your life, which son do you relate to the most? Why? Share the circumstances of your experience if you feel comfortable doing so.

- Did you learn something new about this story that you hadn't heard before?

The Woman Caught in Adultery

Note that in this Father/daughter moment, Jesus demonstrates the unconditional love of the Father

² Now early in the morning He came again into the temple, and all the people came to Him; and He sat down and taught them.

³ Then the scribes and Pharisees brought to Him a woman caught in adultery. And when they had set her in the midst, ⁴ they said to Him, "Teacher, this woman was caught in adultery, in the very act. ⁵ Now Moses, in the law, commanded us that such should be stoned. But what do You say?" ⁶ This they said, testing Him, that they might have something of which to accuse Him. But Jesus

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stooped down and wrote on the ground with His finger, as though He did not hear. ⁷ So when they continued asking Him, He raised Himself up and said to them, "He who is without sin among you, let him throw a stone at her first." ⁸ And again He stooped down and wrote on the ground. ⁹ Then those who heard it, being convicted by their conscience, went out one by one, beginning with the oldest even to the last. And Jesus was left alone, and the woman standing in the midst. ¹⁰ When Jesus had raised Himself up and saw no one but the woman, He said to her, "Woman, where are those accusers of yours? Has no one condemned you?" ¹¹ She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more." ¹² Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life."
John 8:2-12

Steps to Receiving God's Love

God the Father wants us to and receive and experience His love, not just know about it. All freedom begins with receiving truth which makes you free (John 8:32).

- Know the truth that God loves you by studying His Word
- Get the correct image of God through reading and studying Jesus
- Receive the Spirit of Adoption which makes the Love of the Father real
- Forgive your earthly father what he did or didn't do
- Forgive yourself
- Release control. Perfect love casts out fear (1 John 4:18)

Closing Thoughts

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You see now that there is no end to the love God has for His sons and daughters. As you continue this journey, you will examine each step in detail so that you can be rooted and grounded in God the Father's incredible love for you.

Below is a prayer for revelation, asking God by the Holy Spirit to enlighten your innermost being to the truth. Personalize this prayer for yourself and others. Pray it using the first person (me, I); insert your name and the names of those you know who need revelation of the love of God the Father.

¹⁴ For this reason I bow my knees to the Father of our Lord Jesus Christ, ¹⁵ from whom the whole family in heaven and earth is named, ¹⁶ that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, ¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what is the width and length and depth and height - ¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.
Ephesians 3:14-19

As you reflect on this prayer, allow yourself to meditate on its profound truths.

- In what way does Verse 18 point to the Cross of Christ?

In the next session, you will further explore your identity in Christ and how it points to your purpose.

Session 4:

Identity and Purpose

Let's Prepare

Additional study material for the Session 4 video can be found in the companion book:

- Chapter 1 – Love, Identity, and Purpose

In previous sessions, we have examined the earthly ministry of Jesus and the importance of having a firm foundation to achieve freedom. Understanding love, identity, and purpose is key. In the last session, the focus was on the love of God the Father. At the end of this session, you will have a better understanding of your identity in Christ and how it points to your purpose.

For an in-depth study of the material presented in this session, please complete Series 2 – Love, Identity and Purpose, which can be found on our website at AdvancedBiblicalFoundations.org.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- What does it mean to be an ambassador for Christ? What tasks do you need to add to your daily to-do list?

After discovering and truly accepting the awesome love of God the Father, you must realize that you are not simply loved and forgiven, but also “*accepted in the Beloved*” as sons and daughters of God (Ephesians 1:6). Let’s see how Paul describes your identity in Christ in his New Testament letters.

*³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.
Ephesians 1:3*

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*¹⁷ Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.
2 Corinthians 5:17*

⁶ And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, "Abba, Father!"

*⁷ Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ.
Galatians 4:6-7*

*¹⁵ No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you.
John 15:15*

*⁶ ... to the praise of the glory of His grace, by which He made us accepted in the Beloved. ⁷ In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.
Ephesians 1:6-7*

How do you see yourself?

You've examined how you see God. Let's turn it around and examine how you see yourself since it dramatically affects how you relate to God and others. The enemy attacks how you see yourself by constantly recalling your past failures and disappointments, reminding you of negative things you have done or have been done to you.

- Take a moment to consider how you see yourself. Think of three words or phrases that immediately come to mind that describe you today.

- Do the same but consider how you saw yourself as a child, young adult or before a dramatic life-changing event.

- How has your perception of who you are changed?

Steps to Receiving Identity

- Know and believe the truth of who Jesus says you are.
- Study Scripture and identify passages that speak of who you are in Christ.
- Keep a list of those Scriptures and refer to them particularly when the enemy is lying to you.
- Reject all negative perceptions about yourself. Your past doesn't define your life. You are not a failure. You are not a victim.
- Fully embrace Holy Spirit who makes your identity real in your life.
- Ask God how He sees you. Many times, you see yourself as the world sees you, but He sees you differently than the world sees you.

If you see yourself as a sinner saved by grace, your behavior will reflect that. Likewise, if you see yourself as simply a sinner, you will reflect that behavior. It is time you see yourself from God's perspective. You must believe the TRUTH. It's not about what you've done or what's been done to you, it's about what Jesus did for you.

Speak these truths aloud over yourself:

- I am who God says I am.
- I am worth the price God paid for me.
- I am His beloved son/daughter.

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- I am in a place of favor with God.
- I am God's friend.
- I am a new creation.
- I am not a victim of my past.
- I see myself as God sees me."

Your Identity Defines Your Purpose

Along with receiving a revelation of the Father's love and understanding your identity in Him, you must find God's purpose for your life. God has a specific and perfect plan for your life, which you will discover as you continue to walk close to Him. Though not all may be called to full-time ministry as a vocation (job), all are called as children of God to advance His Kingdom. You have been given full authority to serve as Christ's ambassador.

¹⁷ Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. ¹⁸ Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation. ²⁰ Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God.

2 Corinthians 5:17-18, 20

God's original plan for mankind included the ministry of advancing His Kingdom.

²⁸ Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

Genesis 1:28

The New Testament encourages all believers to join in the ministry as "joint heirs with Christ" (Romans 8:17). You advance His kingdom by joining Him in the family business of "setting the captives free" (Luke 4:18-19), representing Him on earth.

All Disciples Were Commissioned and So We are Commissioned

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The Great Commission is one of the most significant passages in the Bible. It's the last recorded personal instruction given by Jesus to His disciples. It is also a special calling from Jesus to all His followers to take specific action while on this earth.

¹⁸ And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth.

¹⁹ Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age."

Matthew 28:18-20

¹ Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases. ² He sent them to preach the kingdom of God and to heal the sick.

Luke 9:1-2

¹ After these things the Lord appointed seventy others also, and sent them two by two before His face into every city and place where He Himself was about to go. ² Then He said to them,

"The harvest truly is great, but the laborers are few; Therefore, pray the Lord of the harvest to send out laborers into His harvest.

Luke 10:1-2

Jesus calls every believer to step out in faith and spread the Good News. As you walk in the power and authority given to you by Christ, you will see amazing things happen and you will be part of advancing His Kingdom *"on earth as it is in Heaven"* (Matthew 6:10).

Summary

A proper understanding of love, identity and purpose is essential to the process of being free. You have seen how God's original plan for man speaks to all three of these important things in Genesis 1:26-28. You are made in His image and blessed by God to advance His Kingdom. The following Scripture serves as the New Testament counterpart to the Genesis passage.

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¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." ¹⁶ The Spirit Himself bears witness with our spirit that we are children of God, ¹⁷ and if children, then heirs - heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.

Romans 8:15-17

This Scripture says God gave us the *"Spirit of adoption,"* which brings us into intimacy with Him and reveals His awesome love for us.

Next, Holy Spirit reveals you are a child of God. This establishes your identity and allows you to say with confidence, "I am now accepted in the family of God as His beloved child."

Lastly, you are told that you are a *"joint heir with Christ,"* which establishes your purpose of joining Jesus in advancing God's Kingdom.

Jesus Was Attacked in the Area of Love and Identity

²¹ When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the heaven was opened.

²² And the Holy Spirit descended in bodily form like a dove upon Him, and a voice came from heaven which said, "You are My beloved Son; in You I am well pleased."

Luke 3:21-22

Jesus was water baptized. Because it was significant for Him to do it, you should consider its significance in your life. Romans Chapter 6 describes water baptism as completely identifying with the death, burial and resurrection of Christ. After His baptism, as Jesus prayed, the Holy Spirit came upon Him to give Him the power to do the ministry He was sent to do (Luke 4:18-19).

- In the final verse, God the Father told His beloved Son that He was well pleased. Did Jesus need the Father's affirmation?

As a man and example for us, He received the Father's affirmation. If Jesus needed this, how much more do you? Jesus had not yet

performed any ministry. This is also how God see you. It's not about your performance and attempts to be good enough, it's about simply receiving the gift of life and Holy Spirit. You do not need to do anything to gain God's approval. Immediately, the devil challenged God's love and Jesus' identity.

¹ Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, ² being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.

³ And the devil said to Him, "If You are the Son of God, command this stone to become bread."

Luke 4:1-3

First, the devil challenged the words of God the Father to the Son. If the devil challenged Jesus about His Father's love, affirmation and identity, then you can expect to be attacked as well. You must remain solidly secure in God's love and your identity in Him. Note also that Jesus responds in the next verse with the mighty weapon of Scripture, and you can too.

⁴ But Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.'"

Luke 4:4

Closing Thoughts

You now see that the devil will continually try to talk you out of the position you are already in. You are loved by God who determines your identity and has a unique purpose for your life. This is the foundation of freedom.

Use the following prayer or one from your own heart to pray for a revelation of love, identity and purpose to become real in your life.

Father, I come in the name of Jesus and ask You to give me the Spirit of adoption, so that I might know Your love. I also ask You to give me a revelation of my true identity as a child of God and a joint heir with Jesus. Help me to fully experience Your love and acceptance. Lord, thank You for the great salvation that You paid for at the Cross. Help me to walk in everything You have

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purchased for me. Now give me strength to join You in Your ministry of setting the captives free, advancing Your Kingdom on earth as it is in Heaven. In Jesus' name, Amen.

Now, take some time and ask the Father how He sees you. You may be surprised that He sees you differently than you see yourself.

For an in-depth study of who you are in Christ and who He is in you, please complete the series titled Revelation: NOT the End Times which can be found on our website at AdvancedBiblicalFoundations.org.

In the coming sessions, you will explore who Holy Spirit is and how to embrace Him to change your life.

Session 5:

Receiving and Embracing the Holy Spirit

Let's Prepare

Additional study material for the Session 5 video can be found in the companion book:

- Chapter 2 – Receiving and Embracing the Holy Spirit

You've now established a firm Foundation of Freedom which consists of salvation through the Cross of Jesus, the love of God the Father, your identity in Christ and your purpose in this earthly life. Remember, this is a lifelong journey of revelation as you grow in your faith and continue building on this foundation.

Now, let's look at the **Power of Freedom**. At the end of this session, you will have a better understanding of who Holy Spirit is and how to yield to Him to change your life.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Looking back on your life, how and when were you first introduced to the Holy Spirit?

- How has your perception of the Holy Spirit changed over time?

Notes

After being born again, receiving and embracing God as Spirit is vital and will empower you to walk in freedom. Maybe you were raised in a Christian home and attended church all your life. There were many like the disciples whom Paul met in Ephesus who had faith in Jesus but had never been introduced to Holy Spirit.

¹And it happened, while Apollos was at Corinth, that Paul, having passed through the upper regions, came to Ephesus. And finding some disciples ² he said to them, "Did you receive the Holy Spirit when you believed?" So they said to him, "We have not so much as heard whether there is a Holy Spirit."

Acts 19:1-2

The Power of Freedom

In John 16:7, before His crucifixion, Jesus told His disciples, *"Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you."* As Jesus modeled, they needed to be empowered before being sent out to do ministry.

⁴ And being assembled together with them, He commanded them not to depart from Jerusalem, but to wait for the Promise of the Father, "which," He said, "you have heard from Me ⁵ for John truly baptized with water, but you shall be baptized with the Holy Spirit not many days from now." ⁶ Therefore, when they had come together, they asked Him, saying, "Lord, will You at this time restore the kingdom to Israel?" ⁷ And He said to them, "It is not for you to know times or seasons which the Father has put in His own authority ⁸ But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

Acts 1:4-8

Being baptized with Holy Spirit is so much more than a one-time experience. You need the power of Holy Spirit if you are going to be the army of God and be a disciple who ministers as Jesus did in Luke 4:18-19.

Terry shares, "My personal experience after being 'baptized' with Holy Spirit made the reality of the love of God the Father's love and my true identity in Christ as a beloved son powerfully clear. I received a renewed hunger for the Word of God as it became alive to me. I became aware of the spiritual warfare waging around me and the knowledge that Jesus has already won the battle."

The early church experienced an encounter with Holy Spirit that changed their lives and impacted them profoundly. In this study, you will see for yourself that **Holy Spirit is God**, the third person of the Trinity (Father, Son, Holy Spirit) and He has come to live in you and lead you into the abundant life that is available through Jesus.

Speaking in Tongues – One of Many Manifestations of Holy Spirit

There is usually some outward manifestation, or visible indication, of receiving Holy Spirit, one of which is speaking in unknown tongues. Speaking in another tongue was normal in the experience of the early church. **Receiving Holy Spirit power is what you should focus on.**

Holy Spirit came at Pentecost. Let's see what happened when Jesus' disciples received Holy Spirit.

¹When the Day of Pentecost had fully come, they were all with one accord in one place. ²And suddenly there came a sound from heaven, as of a rushing mighty wind, And it filled the whole house where they were sitting. ³Then there appeared to them divided tongues, as of fire, and one sat upon each of them. ⁴And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance. ⁵And there were dwelling in Jerusalem Jews, devout men, from every nation under heaven, ⁶And when this sound occurred, the multitude came together, and were confused, because everyone heard them speak in his own language. ⁷Then they were all amazed and marveled, saying to one another, "Look, are not all these who speak Galileans? ⁸And how is it that we hear, each in our own language in which we were born?"

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¹² So they were all amazed and perplexed, saying to one another, "Whatever could this mean?" ¹³ Others mocking said, "They are full of new wine."
Acts 2:1-8, 12-13

Below is the account of a sorcerer named Simon who witnessed the manifestations of Holy Spirit in Philip, a follower of Christ.

¹³ Then Simon himself also believed; and when he was baptized he continued with Philip, and was amazed, seeing the miracles and signs which were done. ¹⁸ And when Simon saw that through the laying on of the apostles' hands the Holy Spirit was given, he offered them money, ¹⁹ saying, "Give me this power also, that anyone on whom I lay hands may receive the Holy Spirit." ²⁰ But Peter said to him, "Your money perish with you, because you thought that the gift of God could be purchased with money! ²¹ You have neither part nor portion in this matter, for your heart is not right in the sight of God. ²² Repent therefore of this your wickedness, and pray God if perhaps the thought of your heart may be forgiven you."
Acts 8:13, 18-22

Philip clearly displayed the power of Holy Spirit. In the previous verses, many in Samaria believed.

- How does it differ from how Simon the sorcerer reacted?

Acts Chapter 10 gives the account of Cornelius, "a centurion, a devout man and one who feared God with all his household, who gave alms generously to the people, and prayed to God always (v. 1-2)." An angel of God told him to send for Peter. Holy Spirit then told Peter to go with Cornelius' men (v.19-23). As Peter preached to all who had assembled at Cornelius' house:

⁴⁴ While Peter was still speaking these words, the Holy Spirit fell upon all those who heard the word. ⁴⁵ And those of the circumcision who believed were astonished, as many as came with Peter, because the gift of the Holy Spirit had been poured out on

*the Gentiles also. ⁴⁶ For they heard them speak with
tongues and magnify God.
Acts 10:44-46*

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As previously mentioned, let's finish the story of Paul in Ephesus who met believers who did not know of Holy Spirit.

*³ And he said to them, "Into what then were you baptized?" So they said, "Into John's baptism." ⁴ Then Paul said, "John indeed baptized with a baptism of repentance, saying to the people that they should believe on Him who would come after him, that is, on Christ Jesus." ⁵ When they heard this, they were baptized in the name of the Lord Jesus. ⁶ And when Paul had laid hands on them, the Holy Spirit came upon them, and they spoke with tongues and prophesied.
Acts 19:3-7*

Speaking in tongues is one of many gifts of Holy Spirit and is not necessary to appropriate the power and authority you have in Christ to minister to others. It is a benefit for the believer and it still happens today. **Receiving Holy Spirit power is the most important manifestation.**

- Do you speak in tongues? How would you describe the experience.

- Have you heard others speak in tongues? How do you react to hearing that?

Receiving the Power of Holy Spirit

You must fully receive and embrace Holy Spirit and His power if you are going to be an effective disciple who makes a difference and advances the Kingdom of God on earth. Acts 1:8 says that, *"you shall receive power when the Holy Spirit has come upon you."*

- Can you honestly say you have been empowered by Holy Spirit? If so, how do you know?

Everyone needs the power of God to walk through this life. People who have been wounded or caught in the snares of the enemy need freedom and power to fulfill their purpose. God made us a way to overcome through the power of His Holy Spirit. Through a deep and intimate relationship with God the Holy Spirit, you will be able to hear His voice clearly, follow His leading, be convicted of sin, know truth, be His witness, receive His comfort, and be empowered to do all that God has planned for you.

Who is Holy Spirit?

It's important for anyone serious about receiving freedom and healing from the Lord to put aside all reservations about Holy Spirit and embrace Him.

- Read the Scriptures associated with each of the characteristics of the Holy Spirit in the chart.

◇ Do you believe it?

◇ Are you willing to yield to Holy Spirit and fully embrace His role in your life? Why?

Holy Spirit is....	Meditate over this scripture to embrace who the Holy Spirit is
<p>God the Father</p>	<p>²⁴ <i>God is Spirit, and those who worship Him must worship in spirit and truth.” John 4:24</i></p> <p>¹⁷ <i>Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. 2 Corinthians 3:17</i></p> <p>²⁶ <i>“But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me. John 15:26</i></p>
<p>Your Helper</p> <p>“Another” means Holy Spirit is just like Jesus.</p>	<p>¹⁶ <i>And I will pray the Father, and He will give you another Helper, that He may abide with you forever - ¹⁷ the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. John 14:16-17</i></p> <p>⁷ <i>Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you. John 16:7</i></p>
<p>Your Teacher and Spirit of Truth</p>	<p>²⁶ <i>But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. John 14:26</i></p> <p>¹² <i>“I still have many things to say to you, but you cannot bear them now. ¹³ However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come. ¹⁴ He will glorify Me, for He will take of what is Mine and declare it to you. ¹⁵ All things that the Father has are Mine. Therefore I said that He will take of Mine and declare it to you. John 16:12-15</i></p>
<p>Spirit of Adoption</p>	<p>⁹ <i>But as it is written: “Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.” ¹⁰ But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God. ¹¹ For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. ¹² Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God. ¹³ These things we also speak, not in words which man’s wisdom teaches but which the Holy Spirit teaches, comparing spiritual things with spiritual. ¹⁴ But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned. 1 Corinthians 2:9-14</i></p>

Notes

When the supernatural ministry of Holy Spirit is fulfilled daily your life, you will:

- Receive power from on high
- Receive power to be His witness
- Receive power to overcome and receive comfort, help and strength
- Receive the Spirit of adoption
- Be led into truth
- Be spoken to by Holy Spirit and hear God

Following the Example of Jesus

As you have seen, Jesus felt it was necessary for His disciples to receive the power of Holy Spirit before entering their next phase of ministry. In fact, Jesus did not begin His ministry until He had received Holy Spirit in a way that was visible to others. In our last session, we read:

²¹ When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the heaven was opened.

²² And the Holy Spirit descended in bodily form like a dove upon Him, and a voice came from heaven which said, "You are My beloved Son; in You I am well pleased."

John 3:21-22

We also read that, after a time of temptation by the devil, Jesus ministered in the power of Holy Spirit.

¹⁸ "The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; ¹⁹ to proclaim the acceptable year of the Lord."

Luke 4:18-19

³⁷ ... began from Galilee after baptism which John preached:

³⁸ how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.

Acts 10:37-38

In Chapter 16, Matthew captures our true condition in Christ, the ups and downs of our attempts to follow Christ before receiving the Holy Spirit. Peter experiences the most impactful ‘up’ when he received a revelation of who Jesus truly was.

¹³ When Jesus came into the region of Caesarea Philippi, He asked His disciples, saying, “Who do men say that I, the Son of Man, am?”

¹⁴ So they said, “Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets.” ¹⁵ He said to them, “But who do you say that I am?” ¹⁶ Simon Peter answered and said, “You are the Christ, the Son of the living God.” ¹⁷ Jesus answered and said to him, “Blessed are you, Simon Bar-Jonah, for flesh and blood has not revealed this to you, but My Father who is in heaven.

Matthew 16:13-17

Later in the chapter, Peter is rebuked by Jesus.

²¹ From that time Jesus began to show to His disciples that He must go to Jerusalem, and suffer many things from the elders and chief priests and scribes, and be killed, and be raised the third day.

²² Then Peter took Him aside and began to rebuke Him, saying, “Far be it from You, Lord; this shall not happen to You!” ²³ But He turned and said to Peter, “Get behind Me, Satan! You are an offense to Me, for you are not mindful of the things of God, but the things of men.”

Matthew 16:21-23

Luke 22:31-32 speaks of a coming attack on Simon (Peter) as *“Satan has asked for you, that he may sift you as wheat. ³² But I have prayed for you, that your faith should not fail.”* Continuing in the book of Matthew, you see that Peter confidently speaks strong words of support for the ministry.

³¹ Then Jesus said to them, “All of you will be made to stumble because of Me this night, for it is written: ‘I will strike the Shepherd, and the sheep of the flock will be scattered.’ ³² But after I have been raised, I will go before you to Galilee.” ³³ Peter answered and said to Him, “Even if all are made to stumble because of You, I will never be made to stumble.” ³⁴ Jesus said to him, “Assuredly, I say to you that this night, before the rooster crows, you will deny Me three times.”

³⁵ Peter said to Him, "Even if I have to die with You, I will not deny You!" And so said all the disciples.
Matthew 26:31-35

And then Peter hits a low.

⁶⁹ Now Peter sat outside in the courtyard. And a servant girl came to him, saying, "You also were with Jesus of Galilee." ⁷⁰ But he denied it before them all, saying, "I do not know what you are saying." ⁷¹ And when he had gone out to the gateway, another girl saw him and said to those who were there, "This fellow also was with Jesus of Nazareth." ⁷² But again he denied with an oath, "I do not know the Man!" ⁷³ And a little later those who stood by came up and said to Peter, "Surely you also are one of them, for your speech betrays you." ⁷⁴ Then he began to curse and swear, saying, "I do not know the Man!" Immediately a rooster crowed. ⁷⁵ And Peter remembered the word of Jesus who had said to him, "Before the rooster crows, you will deny Me three times."
So, he went out and wept bitterly.
Matthew 26:69-75

Our New Condition - Acts 2

Before leaving everything to follow Christ, Simon (later renamed Peter by Jesus) was a fisherman. It was a physically demanding job requiring some fearlessness as the storms that came up on the Sea of Galilee could be swift and fierce. He could be described as impulsive. As you saw above, he often put his foot in his mouth. He was a sinner doing the best he could, as we all are, and was not considered a pillar of society.

At Pentecost, immediately after Holy Spirit came upon the disciples, Peter preached the gospel and spoke boldly to those who had crucified Jesus and many were saved! What happened to him?

¹⁴ But Peter, standing up with the eleven, raised his voice and said to them, "Men of Judea and all who dwell in Jerusalem, let this be known to you, and heed my words. ¹⁵ For these are not drunk, as you suppose, since it is only the third hour of the day. ⁴⁰ And with many other words he testified and exhorted them, saying, "Be saved from this perverse generation." ⁴¹ Then those who gladly received his word were baptized; and that day about

three thousand souls were added to them. ⁴² And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers. ⁴³ Then fear came upon every soul, and many wonders and signs were done through the apostles. ⁴⁷ And the Lord added to the church daily those who were being saved.

Acts 2:14-15, 40-43, 47

The Baptism of Holy Spirit

From the beginning of the church and throughout history, the baptism of Holy Spirit has been an integral and crucial aspect of the lives of God's people. This baptism has been experienced by millions of people worldwide and is intended for us today. Receiving the baptism of Holy Spirit is extremely important if you are going to advance the Kingdom of God on earth.

The enemy fights against you receiving the Holy Spirit with everything He has. He does not want Christians to be empowered to do anything. Therefore, when you think about Holy Spirit, the enemy tries to draw your attention to the necessity of tongues or some other manifestation, so you miss truly receiving Him.

You must receive Holy Spirit and allow Him to empower you to do the work of the ministry He has called you to do. If you are going to walk in the truth of God's freedom, you must be baptized with (or "in") the Holy Spirit. A person who is baptized with the Holy Spirit is literally "immersed" in the Holy Spirit.

Have you received the power of Holy Spirit?

As noted before, Holy Spirit is not a familiar concept for many believers. Now, let's read the rest of that story.

¹ And it happened, while Apollos was at Corinth, that Paul, having passed through the upper regions, came to Ephesus. And finding some disciples ² he said to them, "Did you receive the Holy Spirit when you believed?" So they said to him, "We have not so much as heard whether there is a Holy Spirit." ³ And he said to them, "Into what then were you baptized?" So they said, "Into John's baptism." ⁴ Then Paul said, "John indeed baptized with a baptism of repentance, saying to the people that they should believe on Him who would come after him, that is, on Christ Jesus." ⁵ When they

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heard this, they were baptized in the name of the Lord Jesus. ⁶And when Paul had laid hands on them, the Holy Spirit came upon them, and they spoke with tongues and prophesied.

Acts 19:1-6

Believers may be familiar with the Trinity by name (Father, Son, Holy Spirit), but not the individual work of Holy Spirit. Continue meditating on the Scriptures in this session to remove any barriers to fully embracing Holy Spirit.

⁷ Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.

John 16:7

God sent Jesus in the flesh to save you. God then sent Holy Spirit to live in you. Where the Spirit is, there is freedom.

- Have you received the power of Holy Spirit?

- ◇ If so, take a piece of paper and make 2 columns. On one side, describe your life before Holy Spirit. On the other side describe your life after receiving the power of Holy Spirit. This can serve as a basis for a powerful testimony of the working of Holy Spirit in your life.
- ◇ If not, what is your heart saying about your desire to walk in power and victory, truth and understanding? Select a few Scriptures from this session and continue to meditate on them, being open to allowing Holy Spirit to speak to you.

Prayer to receive Holy Spirit

Jesus promised that God would give you the Holy Spirit if you asked.

⁹ "So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ¹⁰ For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. ¹¹ If a son asks for bread from any father among you,

will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? ¹² Or if he asks for an egg, will he offer him a scorpion? ¹³ If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!"

Luke 11:9-13

The prayer below is designed for anyone who has a desire to receive Holy Spirit in all of His fullness. You are invited to pray in faith, knowing God who is a good Father wants to give you the gift of Holy Spirit. Ask Him to release His gifts in you so you can be free and then equipped for the ministry of the gospel.

*Lord, forgive me for not receiving You as Spirit.
Baptize me now with Holy Spirit and with fire, so that Your
supernatural power can flow through me.
I surrender control of my life to you.
I invite you to empower me to be Your witness.
I receive Your Holy Spirit and all His manifestations. In Jesus'
name, Amen.*

Closing Thoughts

You see now that Holy Spirit is God, your Helper, Teacher, Comforter and Friend. He is the Spirit of Truth who reveals the Word and leads you into truth. He is the Spirit of Adoption and reveals the love of the Father to you.

Holy Spirit speaks to you what He hears from Heaven and reveals the things that have been freely given to you. You must fully embrace Holy Spirit, for He is the key to every aspect of an intimate, vibrant, fulfilling relationship with God and the key to effective ministry.

In the next session, you will begin exploring the unseen spiritual realm.

Session 6:

We Are At War

Let's Prepare

Additional study material for the Session 6 video can be found in the companion book:

- Chapter 3 – The Battleground

You have seen that Jesus came to earth to die on the Cross to set us free. He left you with the gift of Holy Spirit to continue His work in you. The reality is that, on this earth, you will never be problem-free. There's an unseen war raging.

At the end of this session, you will have a better understanding of how the devil tries to steal your identity in Christ and the battleground in which he works. You will learn how Jesus has prepared you to fight from a position of victory.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Looking back on your life, how and when were you first introduced to the spiritual realm?

- How has your perception of the spiritual realm changed over time?

*¹⁰ The thief does not come except to steal, and to kill, and to destroy.
I have come that they may have life, and that they may have it more abundantly.
John 10:10*

Notes

⁸ *Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.*

⁹ *Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.*

1 Peter 5:8-9

Many people do not realize there is a war raging in the spirit realm. You may have already been taken captive by the enemy without even realizing it. The good news is that Jesus has already defeated the devil, and you can experience His victory in your life. Yes, there is a battle, but Jesus has paid in full for your victory!

- In what ways might it appear that you have been taken captive or been trapped by the enemy?

The Battleground

A war is raging between God's children and the forces of darkness. It is led by the devil and earth is the battlefield. The devil has been kicked out of Heaven as described in Revelation 12:4, 7-9 and Isaiah 14:12-14. Satan will ultimately be cast into the lake of fire, along with his demons, when Jesus returns at the end of time as told in Revelation 20:10. Until then, the Kingdom of God will continue to war with the kingdom of darkness.

For further study, read Matthew 13:36-43 and the Parable of the Wheat and the Tares. It tells of a farmer who plans a crop of wheat only to find tares (weeds) growing in the field which were planted by his enemy.

You may also choose to study Genesis 3:14-15 which shows the consequences of Adam and Eve's original sin. It highlights God's grace as it reveals the promise of a Savior, Jesus.

Who's the enemy and how do I fight it?

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In this war, you do not battle against other people, but against forces of darkness. You must fight. There is no way to stay out of the conflict. The Bible defines the enemy and gives instruction on how to fight well.

¹⁰ Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹ Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

Ephesians 6:10-12

For further study, read Ephesians 6:13-17 for a description of the Armor of God. It describes how to stand firm in the faith and fight the enemy when you face life's difficulties.

You don't passively wait for the attack. You actively look for it and then resist intensely, recognizing the scheme of the enemy. As you complete this study, you will learn how to use the Jesus' victory on the Cross, scripture and God's constant presence to fight from a place of victory.

Jesus dealt with the devil in the wilderness as we saw in a session 4 in Luke 4:1-11. He also continued to cast out demons when He encountered them. You battle not only against the devil (a single being who is not omnipresent), but also against his demonic hosts who fell from Heaven with him. There are ranks of demonic spirits (demons).

- Do you believe demons work in a spiritual realm to create chaos in your life?

The devil, your enemy, is a created being and has always been under God's dominion. From the beginning of time, you see him trying to gain access your life through lies and deceit. He is still doing that today. Jesus came to earth and has already completely defeated the devil, sin, sickness and death.

Jesus Has Won the Victory

The following Scriptures point to Jesus' victory, which is your victory too.

¹⁵ Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it.

Colossians 2:15

⁸ He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil.

1 John 3:8

¹⁹ ... and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power ²⁰ which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, ²¹ far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. ²² And He put all things under His feet, and gave Him to be head over all things to the church, ²³ which is His body, the fullness of Him who fills all in all.

Ephesians 1:19-23

In Christ, you too are seated in Heavenly places. **The same Spirit that raised Jesus from the dead lives in you and empowers you to live and fight in victory!** Do not totally ignore the demonic realm or think that everything is a demon. The battle must be fought, and it is yours to win.

Your Authority in Christ

For an in-depth study of the material presented in this section, please complete the series titled [Understanding Authority](http://AdvancedBiblicalFoundations.org) which can be found on our website at AdvancedBiblicalFoundations.org.

¹⁸ And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. ¹⁹ Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

Matthew 28:18-20

God has always had authority. It was man who lost his authority and favored position with God in the Garden of Eden. Jesus came to earth as a man to purchase back for humanity the authority that man had lost. He did this at the Cross. Now, through faith in Jesus, and what He did at the Cross, you have been restored to this favorable position of relationship with God and given authority to advance the Kingdom of God.

All authority is in Jesus, and He has given you authority over the evil one. Because you are *"in Christ,"* you have the same authority that Jesus has. Therefore, you fight from the position of victory, the victory that Jesus paid for with His life. His victory is your victory.

You have been given **power** to accomplish all the Father has given you to do. Greater still, you have also been given **authority** in Christ to execute that power. These two words in Greek are defined as:

- **Power** is "dunamis," or the ability to exert and put forth effort. Holy Spirit gives you all the power you need to act.
- **Authority** is "exousia", or the right and divine permission to act. Christ gives you all authority.

Recall in Session 4, Luke 10:17-20 describes the joy felt by the 70 who Jesus commissioned to bring forth the Kingdom of God on earth. They were amazed that *"even demons are subject to us in Your name."* Jesus had given them *"authority to trample over all the power of the enemy."* He warned them not to rejoice in the acts they performed, but rather to remember their position "in Christ" that made those acts possible. **Receiving and operating Holy Spirit power is the number one priority.**

How does the enemy gain access to my life?

You are at war in the spiritual realm and there is no way to stay out of the conflict. There is no neutral ground. The "devil is your adversary" and he is seeking to "steal, kill and destroy" (1 Peter 5:8, John 10:10). The devil tries to gain access to your life in two primary ways: **intrusion** and **legal ground**.

INTRUSION

Intrusion happens when the devil trespasses and tries to get you to believe in a lie, thereby deceiving you in some way. Demons look for an opportunity to harass and afflict people and if you do not resist the devil and his demons, they will do exactly that.

Our ministry does not believe Christians can be possessed, but they can certainly be oppressed and afflicted by evil spirits if we do not understand Jesus' victory and our position of victory in Him. Even if you do not understand or believe in the spiritual realm, the enemy can still try to afflict you. You must stand against the devil because he roams about "*seeking whom he may devour*" (1 Peter 5:8).

The devil intrudes in two ways – attacking your thoughts and your relationships.

◆ Battle of the Mind

The first battle you face is the one that takes place in your mind and is waged over your thoughts.

- Are you aware that every thought you have may not originate in your own mind?

- How do you know if the thoughts are put there by God or of the devil?

The devil is the "*father of lies*" (John 8:44). He is the "*accuser of the brethren*" and he tries to deceive you (Revelation 12:9-10). He constantly bombards your mind with lies and improper thoughts. They are the "*fiery darts*" that our "*shield of faith*" can deflect (Ephesians 6:16). If you believe him and his lies, you end up in bondage.

How do you combat this battle of the mind? If you believe the truth, the truth will make you free.

³² *And you shall know the truth, and the truth shall
make you free.”*
John 8:32

Notes

The Word of God is truth and never changes. The facts of your situation will change. Look away from your worries and seek God's truth. The devil wants to steal the Word from you.

³ *For though we walk in the flesh, we do not war
according to the flesh.*

⁴ *For the weapons of our warfare are not carnal
but mighty in God for pulling down strongholds,*

⁵ *casting down arguments and every high thing that
exalts itself against the knowledge of God,
bringing every thought into captivity to
the obedience of Christ.*

2 Corinthians 10:3-5

If you do not take thoughts captive and win this battle in the mind, you will soon find you have opened the door for the devil to afflict you even more.

◆ Attack on Relationships

The enemy is always trying to get you upset and angry with people, especially those closest to you.

- Are you currently struggling with a relationship?

- How often do you find yourself upset, frustrated, and struggling with a relationship? Is this a pattern in your life?

Heed the words of Jesus to His disciples.

³⁴ *A new commandment I give to you,
that you love one another; as I have loved you,
that you also love one another.*
John 13:34

Notes

²⁶ *"Be angry, and do not sin": do not let
the sun go down on your wrath,
²⁷ nor give place to the devil.
Ephesians 4:26-27*

Anger is not a sin unless you do not handle it properly. If you do not take your thoughts captive, you can become angrier and bitter and you may move into sin.

- Are you ready to work on mending relationships and conflicts in your life?

⁷ *Therefore submit to God.
Resist the devil and he will flee from you.
James 4:7*

Stop the intrusion by the enemy. Learn to submit to God by studying His Word and applying it to your life. Actively resisting the enemy, knowing he is always on the prowl. Pray for revelation from Holy Spirit of who Jesus is, what He did for you on the Cross and keep your mind and thoughts focused on the reality of the total victory of the Cross.

LEGAL GROUND

Ephesians 4:27 above tells you not to give *"place to the enemy."* It's a warning not to give the devil a foothold in your life. When you sin, you open the door of your life to the devil and his demons. When you allow them to come in, you have given them legal access to your life, they are then free to create chaos in your life.

The story of Cain and Abel in Genesis 4:1-8 gives you a better understanding of open doors. Cain brought an offering to God that he knew was unacceptable and Cain became very angry. God told Cain:

⁷ *If you do well, will you not be accepted? And if you do not do well,
sin lies at the door. And its desire for you,
but you should rule over it."
Genesis 4:7*

It's clear from Scripture that sin is personified and is at your door trying to gain legal access to you. God says you should rule over sin, and you can, when you choose to do what is right.

¹⁶ Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness?

Romans 6:16

You are who you obey. Choose well. Understanding the significance of legal ground is extremely important when trying to be free.

In the following sessions, you will learn about these open doors and how to shut them.

- Have you considered that you may have opened doors to the devil and given him legal rights in some areas of your life?

- ◊ Have a conversation with God about this. Ask Holy Spirit to convict you of any sin and to reveal those places of intrusion.

- Do you need repentance, deliverance, ministry and healing in those areas?

- ◊ Take it to God and meditate on Scriptures covered thus far and on the prayer in the companion book beginning at the bottom of page 41.

Closing Thoughts

¹⁰ The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

John 10:10

You see now that a spiritual war is waging all around you and you must join the battle or be a victim of it. You fight from the victory Jesus secured through His death and resurrection. The

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war is already won! As everything is under Jesus' feet, so too is it under your feet. You are authorized to represent Him on earth and have been given the power and authority to do what He's called you to do.

For an in-depth study of John 10:10, please complete the series titled John 10:10 which can be found on our website at AdvancedBiblicalFoundations.org.

In the next session, you will learn how to use the Keys to Freedom to enable you to walk in freedom.

Session 7:

Keys to Freedom

Let's Prepare

Additional study material for the Session 7 video can be found in the companion book:

- Chapter 4 – Keys to Freedom

So far, you have explored the Foundation of Freedom which is salvation in Jesus Christ and knowing the love of God the Father so you can walk out your identity in Christ and fulfill the purpose God has for you. You've also explored the Power of Freedom which is Holy Spirit and have a better understanding of the battle raging in the spiritual realm which the enemy uses to keep you from knowing who you are in Christ.

At the end of this session, you will have a better understanding of the keys in God's Word that unlock truths and align your heart attitude with the heart of the Father. These important truths enable you to walk in freedom.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- What would you say is the most difficult thing you have ever done? Why was it so hard? What did you do to accomplish it? Who helped you?

Notes

You began the study by pointing to Jesus, the Foundation of Freedom.

¹³ When Jesus came into the region of Caesarea Philippi, He asked His disciples, saying, "Who do men say that I, the Son of Man, am?"

¹⁴ So they said, "Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets." ¹⁵ He said to them, "But who do you say that I am?" ¹⁶ Simon Peter answered and said, "You are the Christ, the Son of the living God." ¹⁷ Jesus answered and said to him, "Blessed are you, Simon Bar-Jonah, for flesh and blood has not revealed this to you, but My Father who is in heaven. ¹⁸ And I also say to you that you are Peter, and on this rock I will build My church, and the gates of Hades shall not prevail against it. ¹⁹ And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

Matthew 16:13-19

On this foundation, you see the importance of building on it carefully, relying on God's Word and the Freedom it brings, and the Holy Spirit. Now, let's use the keys in God's Word to unlock true freedom!

¹⁴ If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

2 Chronicles 7:14

You must first embrace your position of being born again as a child of God. Recall the words of 2 Corinthians 5:17, *"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."*

- If you continue to struggle with this, feel free to go back to the first session and meditate on the Scriptures. Building a firm foundation is key to unlocking freedom.

When you humble yourself, the Lord releases grace into your life. A lack of humility before the Lord is one of the biggest obstacles to receiving grace from Him. **Humility is a heart attitude of being totally dependent upon God.**

- Does being humble mean being a “doormat” and giving in to any demand placed upon you?

Jesus is our example of humility. In Matthew 11:29, He says, *“Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.”* Jesus humbled Himself to the point of being obedient and dying on the Cross for you.

If you do not humble yourself, you stay in your pride and God will resist you. If you do not seem to have the grace you need for your life, recognize that you may be having a problem with pride.

- What does it look like to have God’s grace in your life?

- What does it look like to live with a prideful attitude? Do you see any of these in your life:

- ◇ Are you unwilling to learn and change?
- ◇ Do you think and act like you are better than others?
- ◇ Do you prefer to be the center of attention?
- ◇ Do you criticize and judge others?
- ◇ Do you refuse to ask for help?

- What is the solution to being prideful? Is it a choice you make every day?

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¹² And whoever exalts himself will be humbled, and he who humbles himself will be exalted.

Matthew 23:12

⁶ Therefore He says: "God resists the proud, But gives grace to the humble."

James 4:6

¹⁰ Humble yourselves in the sight of the Lord, and He will lift you up.

James 4:10

There is a solution to overcome pride in your life. The answer is found in prayer and humility. Do not ask for humility or for God to make you humble. He will and you won't enjoy it! Make a choice now, as an act of your will, to obey God's Word. Humble yourself, repent and receive God's favor. It is freely yours.

Seek God, Not the Things of God

²⁹ But from there you will seek the Lord your God, and you will find Him if you seek Him with all your heart and with all your soul.

Deuteronomy 4:29

This is an issue of priority and is incredibly important. God loves you and He is for you. He has not withheld anything from you. He wants you to really love Him and seek Him for who He really is, not just for what He can do for you. His heart is clearly revealed through Jesus. Jesus went about doing good, healing the sick and bringing deliverance. In Psalm 106:1 in the Old Testament, the children of Israel continually said, "*Oh, give thanks to the Lord, for He is good! For His mercy endures forever.*"

- Search your heart and be honest. Do you truly believe God is good and has good things in store for you?

Let's see what the Word says about God's true nature. This is what God said to Moses on Mount Sinai.

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*⁵ Now the Lord descended in the cloud and stood with him there and proclaimed the name of the Lord ⁶ And the Lord passed before him and proclaimed, "The Lord, the Lord God, merciful and gracious, longsuffering, and abounding in goodness and truth."
Exodus 34:5-6*

You must seek Him, not just His hand (the things He will give you). He is a jealous God and He zealously wants all our affection and attention. Making anything or anyone more important than God is idolatry. In the Old Testament you see time and time again, when the Israelites turned their hearts from God, idolatry led to their downfall.

- What things may be considered idols, things in life today that are not of God?

God has not changed. In Matthew 22:37, Jesus said that God's greatest commandment is to love Him *"with all your heart."* He still wants you to love Him with all your heart, not just seek Him for relief from your pain. Seek Him and you will find Him and, when you find Him, He will help you discover everything you need.

- Will God make me want and need different things?

*¹¹ For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.
¹² Then you will call upon Me and go and pray to Me, and I will listen to you. ¹³ And you will seek Me and find Me, when you search for Me with all your heart. ¹⁴ I will be found by you, says the Lord.
Jeremiah 29:11-14a*

⁴ *Seek Me and live.*
Amos 5:4

³³ *But seek first the kingdom of God and His righteousness,
and all these things shall be added to you.*
Matthew 6:33

⁸ *When You said, "Seek My face," My heart said to You,
"Your face, Lord, I will seek."*
Psalms 27:8

Please take a moment to reflect on what you've just studied and pray:

Father, please forgive me for seeking Your hand and not Your face. Forgive me for idolatry, for not loving You first with all my heart. I repent of all pride and I humble myself under Your mighty hand. I ask You to release Your grace in my life as you conform me to Your image. In Jesus' name, Amen.

Accept Responsibility for Your Actions and Responses

You must call sin what God calls sin, and repent. Your problems do not arise from what was done to you, but from your wrong responses to those things. You must take personal responsibility for your actions and attitudes. RESPONSE-ABILITY means you have the ability to respond appropriately in all situations.

- How do you typically handle sin?
 - ◇ Do you deny your actions, attitudes and responses are sin by calling them "problems?"
 - ◇ Do you blame others?
 - ◇ Do you completely ignore what is going on?
 - ◇ Do you call sin what God calls sin?

True humility that leads to freedom includes accepting responsibility. Romans 6:23 says, *"the wages of sin is death."* Death in this case is separation from God the Father. Jesus came to forgive your sins and, through the amazing power of the Cross, Jesus rendered sin powerless in your life. You are no longer held captive to sin, but must turn from all sin (repent), agreeing with God that sin is so horrible that it cost Jesus His life.

When the fall took place in the Garden of Eden, Adam and Eve both blamed someone else for their actions. This is often our attitude.

*¹¹ And He (God) said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?" ¹² Then the man said, "The woman whom You gave to be with me, she gave me of the tree, and I ate." ¹³ And the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."
Genesis 3:11-13*

In order to respond biblically to sin, you must:

- **Confess** (agree with God). This is humility. Be honest as you tell Him how you have sinned. Remember, He already knows. You need to acknowledge it. Not only will you be forgiven and cleansed, but you will also be given the power to overcome.
- **Repent** (change the way you think and respond). Repentance releases the power of God in your life. The degree to which you genuinely express repentance determines the degree of freedom you will experience.

*⁹ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
1 John 1:9*

*¹⁶ Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.
James 5:16*

*¹³ He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.
Proverbs 28:13*

Choosing to Forgive is the Basis for Walking in Freedom

Choosing forgiveness (extending love and mercy to those who hurt you) is a major key to freedom. As you go through this study, you will be forgiving those who have hurt and wronged you. You will also be asking for forgiveness for your own sins and accepting personal responsibility.

Remember, you are not battling people. Ephesians 6:12 explains you *“do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness.”* The enemy wants you to be upset with people, to get offended and hold unforgiveness.

Romans 5:8 says, *“while we were still sinners, Christ died for us.”* God is not waiting for you to get your act together to be forgiven. You must extend that same love to those who hurt you to be free. The freedom you experience will be determined by how much you choose to forgive.

The Word gives insight into how the Lord would have you forgive, what to do if you are the offender (to seek forgiveness), how much forgiveness is required, and how much the Lord desires to forgive you.

◆ Forgiving Others

⁹ *In this manner, therefore, pray: Our Father in heaven, hallowed be Your name. ¹⁰ Your kingdom come. Your will be done on earth as it is in heaven. ¹¹ Give us this day our daily bread.*

¹² *And forgive us our debts, As we forgive our debtors. ¹³ And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.*

¹⁴ *“For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.*

Matthew 6:9-15

²³ *Therefore if you bring your gift to the altar, and there remember that your brother has something against you, ²⁴ leave your gift there before the altar, and go your way. First be reconciled to your brother and then come and offer your gift.*

Matthew 5:23-24

Right relationships with people are extremely important to God and are a key to freedom.

Notes

◆ Jesus as Your Model for Forgiveness

You can forgive because Christ has already forgiven you. Jesus forgave those who crucified Him while He was still on the Cross. By His Spirit indwelling you, He gives you the power to forgive! By His grace, you can choose to follow His example.

¹⁶ For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

John 3:16

³⁴ Then Jesus said, "Father, forgive them, for they do not know what they do."

Luke 23:34

³⁴ A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. ³⁵ By this all will know that you are My disciples, if you have love for one another."

John 13:34-35

◆ What to Remember When Forgiveness is Difficult

²¹ Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?"

²² Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven.

Matthew 18:21-22

That's a lot of forgiveness! Consider the parable of the unforgiving servant. This serves as a reminder that you should extend mercy to others. It is the story of a king who forgives a servant's massive debt, only to have the servant not forgive a much smaller one.

²³ Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. ²⁴ And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. ²⁵ But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. ²⁶ The servant therefore fell

Notes

down before him, saying, 'Master, have patience with me, and I will pay you all.' ²⁷ Then the master of that servant was moved with compassion, released him, and forgave him the debt.

²⁸ "But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, 'Pay me what you owe!' ²⁹ So his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will pay you all.'

³⁰ And he would not, but went and threw him into prison till he should pay the debt. ³¹ So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. ³² Then his master, after he had called him, said to him, 'You wicked servant! I forgave you all that debt because you begged me. ³³ Should you not also have had compassion on your fellow servant, just as I had pity on you?'

³⁴ And his master was angry, and delivered him to the torturers until he should pay all that was due to him. ³⁵ "So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."

Matthew 18:23-35

Forgiveness is a choice, not a feeling. You forgive with your will, not your emotions. If you have been hurt and abused, you probably do not feel like forgiving. You may want revenge. Human nature is to want those who have hurt you to hurt worse than you do. But this is not God's way. If you do not forgive, you literally "attach" yourself to the person or people who hurt you and the pain continues. When you forgive, you free yourself and allow God to work in the life of the one(s) who hurt you.

Getting angry and harboring unforgiveness will throw open the door to demonic activity in your life. Recall the words of Ephesians 4:26-27, "Be angry and do not sin; do not let the sun go down on your anger and give no opportunity to the devil." Consider what happened to the unforgiving servant the parable in Verses 34-35. You close that door by extending forgiveness from the heart. This is extremely important because Jesus forgave you a debt you could not pay.

Therefore, you must forgive those who have hurt you. **Forgiveness is love in action** and 1 Corinthians 13:8 says, "Love never fails."

You cannot change what happened to you, but you can determine how it affects you. Psalm 147:3 reminds us that Jesus “*heals the brokenhearted and binds up their wounds.*” Forgiving someone does not mean you agree with what they did, but that you are choosing to extend love and mercy instead of judgment. You are choosing to be Christ-like.

You can forgive the person(s) who hurt you through the power of Holy Spirit, receive healing and experience real freedom. The other option is to hold on to unforgiveness and allow bitterness to keep you in bondage. The choice is yours.

◆ Forgiving Yourself

Forgiving yourself can sometimes be the hardest person to forgive. It is extremely important that you forgive yourself and not hold judgment, guilt, regret and shame in your own heart. Jesus forgave YOU, and you need to forgive and release yourself.

◆ The Process of Forgiveness

Begin by meditating on the following prayer:

Father, in the name of Jesus, I thank You for extending grace, mercy and forgiveness to me. I confess and repent for not extending the same to others who have hurt and rejected me. I repent of all the anger I have held toward (name or names). Lord, I choose, in obedience to Your Word, to forgive and forever release (name or names) from (the offenses). In Jesus' name, Amen.

Continue to name each person who has caused you pain, then pray and release each one until you have forgiven every person Holy Spirit brings to mind. Feelings will come later. Also, remember to cast down the thoughts the enemy will bring to you as he tries to wound you again with the pain of the past.

To make this process of freedom complete, you must pray for and bless those who have hurt you. You can do this by the power of God.

*⁴⁴ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,
Matthew 5:44*

Notes

Jesus tells you to:

- Love your enemies by forgiving them, which is extending love.
- Bless those who have hurt you by speaking words of life and blessing.
- Do good to those who hate you. Find ways to do good to them.
- Pray for those who spitefully use you and persecute you. You must pray for those who cause you pain.

It may be hard at first, but you must continue until the pain is gone and you can do so with joy.

Closing Thoughts

Extending true forgiveness is one way to really love others as Christ has loved you. The people who hurt you are usually people who are experiencing their own personal pain. The ability to see and understand that **hurt people hurt people** can help you forgive them.

In the next session, you will begin exploring the various open doors to freedom that need to be closed.

Session 8:

Sins Of Our Forefathers

Let's Prepare

Additional study material for the Session 8 video can be found in the companion book:

- Chapter 5 – Generational Patterns

At the end of this session, you will have a better understanding of the first open door used by the enemy to gain legal ground in your life and how to securely close it.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Have you considered that there may be family curses or generational sin working in your life?
- Is this a concept or something you are familiar with?
- Do you have any family anecdotes you are comfortable sharing?

One of the primary doors the enemy uses to gain legal ground to your life is through your connection to family, through the sins and actions of your forefathers. Just as you have certain DNA that carries sickness, diseases or predispositions for physical traits, you can also carry spiritual DNA from your ancestors.

- Name one physical trait that has been passed down from generation to generation.

- What are some of the sayings you heard repeatedly in your family?

Notes

- Did your family embrace doing things a certain way?

- Did your family hold strong beliefs about certain things?

- Are these sayings, actions and beliefs positive or negative?

And God spoke all these words, saying:

² "I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. ³ "You shall have no other gods before Me. ⁴ "You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; ⁵ you shall not bow down to them nor serve them. For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me ⁶ but showing mercy to thousands, to those who love Me and keep My commandments.

Exodus 20:1-6

The sins your forefathers committed and the curses that resulted from their sins have been passed to you through your family because of iniquity in their lives. Think of them as curses that you “inherit.” The Hebrew word for iniquity means “a bent toward rebellion, perversity, moral evil.” Iniquity is more than one act of sin or missing the mark. It is a system of sinful behavior, a way of life.

Looking back at your own family line to the fourth generation, you would find about thirty people who would be considered ancestors.

- How much do you know about your family tree and the lives of your ancestors?

It's likely you do not fully understand how you are connected to your parents, grandparents and great-grandparents and beyond. All through the Old Testament, God reveals Himself as the God of Abraham, Isaac and Jacob. Whether you like it or not, you are connected to your parents and other ancestors. Both curses and blessings flow to you based on the choices they made. Many times, you can make sinful decisions that perpetuate the curses.

- Have you heard anyone excuse a behavior because that's how they're "wired." What do they mean by that?

In this study, when we use the word "curse" it just means you are predisposed to making certain types of decisions or being more easily swayed in your areas of weakness. You are a product, whether you like it or not, of your parents and your whole family line.

Indications of a Resulting Curse

The intent is not to blame your ancestors, but to shut these open doors so the enemy cannot gain legal ground into your life. Not every problem is a result of a curse.

In the last session, you saw that a key to freedom is taking responsibility for your own sinful actions and reactions. If there is a pattern of recurring sin or repeated problems in your life or the lives of your family, then a curse could be operating. Deuteronomy 28:15-68 describes the curses from the Lord for disobedience.

- Review the chart on the next page. The following problems or tendencies could indicate that a curse is working in your family. Place a check-mark next to any item in this list that you have seen occur in your family lineage:

Notes

✓	Indication of a Curse	Scripture Reference
<input type="checkbox"/>	Mental or emotional breakdown	Deuteronomy 28:28
<input type="checkbox"/>	Chronic sickness, disease, hereditary health issues	Deuteronomy 28:22,27,35,39
<input type="checkbox"/>	Reproductive problems, miscarriage	Deuteronomy 28:18
<input type="checkbox"/>	Marital and family problems, divorce	Deuteronomy 28:30,41; Proverbs 3:33; Malachi 2:14
<input type="checkbox"/>	Financial problems, not tithing	Malachi 3:8-10, Deuteronomy 28:17,29,47,48
<input type="checkbox"/>	Suicide, unnatural or premature death	Deuteronomy 28:26,45, 53
<input type="checkbox"/>	Being accident-prone, failure	Deuteronomy 28:29
<input type="checkbox"/>	Uncontrolled anger, hate, unforgiveness	Matthew 5:22
<input type="checkbox"/>	Addictive behaviors	2 Corinthians 7:1

- For further study, read the Scripture associated with any item you check marked or have a question about.

Note that these behaviors are NOT consistent with the amazing love of God. They are demonic and may skip generations.

Activities that Open Doors for Curses

The following activities open the door and give the enemy legal ground to operate in your life.

- Prayerfully, before the Lord, read through the following list and ask Him to reveal any family patterns that may be operating in your life. Place a check-mark next to any item in this list that you have seen occur in your family lineage:

✓	Activity that Opens Doors for Curses	Scripture Reference
<input type="checkbox"/>	Disobedience	Deuteronomy 28:15; Galatians 5:19-21
<input type="checkbox"/>	Dishonoring parents	Exodus 20:12; Leviticus 20:9; Deuteronomy 5:16, Ephesians 6:1-3
<input type="checkbox"/>	Rebelling against authority	Romans 13:1; Hebrews 13:17
<input type="checkbox"/>	Anger and unforgiveness	Ephesians 4:26-27; Matthew 18:35
<input type="checkbox"/>	Self-imposed word curses and inner vows	Matthew 12:36-37
<input type="checkbox"/>	Word curses spoken upon you by others (family, friends and/or enemies)	Numbers 22:6
<input type="checkbox"/>	Involvement in the occult or witchcraft	Deuteronomy 18:9-14
<input type="checkbox"/>	Soul ties, illicit sex, adultery, fornication, premarital sex, homosexuality	Deuteronomy 27:20-23; Leviticus 18:22, 29:13; Romans 1:26-27
<input type="checkbox"/>	Idolatry	Exodus 20:1-5
<input type="checkbox"/>	Abortion, murder	Exodus 20:13
<input type="checkbox"/>	Illegitimate birth	Deuteronomy 23:2-3
<input type="checkbox"/>	Trusting in man	Jeremiah 17:5-8
<input type="checkbox"/>	Stealing, lying	Zechariah 5:1-4
<input type="checkbox"/>	Curses from unscriptural covenants (i.e., Lodge or Masonic involvement, membership in fraternal organizations)	Exodus 23:32, 2 Corinthians 6:14-18
<input type="checkbox"/>	Legalism	Galatians 3:10-14
<input type="checkbox"/>	Not tithing	Malachi 3:8-10
<input type="checkbox"/>	Anti-Semitism	Genesis 12:2-3
<input type="checkbox"/>	Addictive behaviors	2 Corinthians 7:1

Notes

- For further study, read the Scripture associated with any item you check marked or have a question about.

How do I break a generational curse?

¹³ Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree"), ¹⁴ that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.

Galatians 3:13-14

God has already redeemed you from generational curses being passed down from generation to generation. This redemption comes as you understand that the root cause of your problems is in the spiritual realm.

Jesus made a covenant with us. He took our curses and we got His blessings! For an in-depth study of this Exchange of the Cross, please complete Series 1 – The Cross is the Key which can be found on our website at AdvancedBiblicalFoundations.org.

See Appendix A for a graphic which summarizes the Exchange of the Cross: The Exchange of the Cross and The Cross – The Power of God.

◆ Ask Holy Spirit

Prayerfully ask Holy Spirit to reveal any curses that are possibly working in your life: "Lord, show me the patterns in my family that are clearly not biblical."

◆ Forgive your Family

Forgive them to the 10th generation (Deuteronomy 23:2,3) for what they did or did not do. You cannot change the past. You **can** free yourself of any judgments and unforgiveness. Do NOT speak word curses over yourself by reciting what you are blaming them for ("I'm this way because my parents <did or did not do this>."). Instead, state the root cause only, commanding it to "Go!" For example, "Disobedience ... Go!" A sample prayer is provided later in this session.

◆ Repent

Commit to changing your life from this day forward and acknowledge your participation in the curse or generational sin. Do NOT accept it as normal.

◆ Bind the power of the curse

Exercise authority over it in Jesus' name. You can cancel its effect on this and future generations.

⁹ Therefore God also has highly exalted Him and given Him the name which is above every name, ¹⁰ that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, ¹¹ and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.
Philippians 2:9-11

¹⁹ And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."
Matthew 16:19

◆ Apply the Blood of Jesus

The best way to stop the enemy's attacks is to apply the blood of Jesus on your life through prayer. Thank Jesus for shedding His blood so that you might be forgiven of all sin and reconciled with God the Father. Pray boldly for God to cover and protect your body, mind, family relationships, and every aspect of your life (i.e., property, finances). You now live under a new covenant which allows you to use the power of the blood of Jesus to cleanse yourself from all past defilement and sin.

²² And according to the law almost all things are purified with blood, and without shedding of blood there is no remission.
Hebrews 9:22

²⁴ ... to Jesus the Mediator of the new covenant, and to the blood of sprinkling that speaks better things than that of Abel.
Hebrews 12:24

◆ Pronounce Freedom and Blessing Over Yourself

¹¹ And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.
Revelation 12:11

Notes

For each generational curse you identified above, pray the following:

Father God, I repent of the sins of my ancestors and of my sins in the area(s) of <list sins>.

I ask Your forgiveness for all these things.

I renounce, rebuke, nullify and cancel the curse of <specific curse>.

I declare the curse, its assignment and its effect is broken and canceled in my life

from this day forward, in Jesus' name.

I overcome by the blood of the Lamb, the word of my testimony and I love not life unto death.

I believe by faith that Jesus took my curses upon Him, and now I ask You, Holy Spirit,

to bring a release and freedom to me in my inner man.

Now, Satan, you no longer have access to me by these curses.

Thank you, Jesus. Amen.

Closing Thoughts

You have closed the first door, the first entry point the devil uses to enter and take legal ground in your life. In the next session, you will work to close several more doors on your journey to true freedom in Christ.

Session 9:

Open Doors

Let's Prepare

Additional study material for the Session 9 video can be found in the companion book:

- Chapter 5 – Generational Patterns
- Chapter 9 – Realm of Darkness

In the last session, you reviewed the first open door that gives legal ground to the enemy through the sins of your forefathers. At the end of this session, you will have a better understanding of other open doors that need to be shut related to life choices you may have made.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Are there one or more areas mentioned in the video that you feel are open doors in your life? Jot them down.

The video provides a broad overview of each open door. Now, read through the information below and pray the prayers and Scripture related to each open door, whether you jotted it down or not. Be open to Holy Spirit's leading as other open doors may come to mind.

Commanding the open door to close may happen immediately or it may be a process, requiring consistent repetition and meditation on your part.

Disobedience

Disobedience always gives legal ground to the enemy. All disobedience to God is sin and all sin is an open door to the devil and his demons. They will come through that open door if you allow them to. Therefore, it's imperative that you close all open doors to the enemy. Those who engage in these behaviors will not inherit the Kingdom of God.

Notes

¹⁸ *But if you are led by the Spirit, you are not under the law.*

¹⁹ *Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.*

Galatians 5:18-21

The word for sorcery in this passage is pharmakeia, which is the root word for pharmacy or prescription drugs. It also means witchcraft. Take care when taking any sort of prescription drug. Pray to cancel any addictive behavior associated with it.

If you open the door to these areas of the flesh, you will soon find a demon working to stimulate that particular area. The demon will then bring other spirits to try to bring you into even more bondage.

You will learn to address demonic oppression and take authority over Satan's realm. It is vital that you make sure all open doors are shut, that you are filled with the Spirit, and are clothed in the armor of God (Ephesians 6:11-17) to keep them from returning.

Dishonor and Rebellion

Dishonoring your parents and having rebellion in your life are two ways the devil can gain legal access to you and are often intertwined. The first commandment in the Bible that has a promise attached to it deals with honoring your parents.

¹ *Children, obey your parents in the Lord, for this is right. ² "Honor your father and mother," which is the first commandment with promise: ³ "that it may be well with you and you may live long on the earth."*

Ephesians 6:1-3

Scripture affirms that not honoring your parents will cause problems in your life. Despite what your parents did or didn't do, forgiving them frees you. Be sure to also forgive yourself for opening this door.

Honoring or not honoring your parents sets the stage for the rest of your life. If you have problems with your parents, you open the door to rebellion. This rebellion then opens the door for you to reject other forms of authority in your life.

The Bible is very clear about rebellion. In the case of King Saul not obeying God's authority, he was told by Samuel:

²³ For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because you have rejected the word of the Lord, He also has rejected you from being king.

1 Samuel 15:23

Rebellion is sin and it must be rooted out. If rebellion is allowed to work in you, you usually reject authority in your life.

Understanding Authority

An in-depth study of authority is available in the course, [Understanding Authority](http://AdvancedBiblicalFoundations.org), which can be found on our website at AdvancedBiblicalFoundations.org.

Your response to authority often reveals an attitude of the heart. God has ordained authority as a place of safety, success, provision, care, nurturing and love. He has established delegated authority in every sphere of life. It begins in the home with parents but also applies to church, work, school and government. If you do not respond correctly to God's delegated authority, you are in rebellion. This opens the door to the enemy and keeps you from having any authority over him.

All authority in Heaven and earth belongs to Jesus. Your authority is based on your relationship with Him who has all authority - Jesus. You must remain submitted to the Lord and His delegated authority.

Regarding bad authority, it is the position that is to be honored, even if you don't like the person in that position. It's important to maintain a heart attitude of submission toward authority.

*⁵ Now when Jesus had entered Capernaum, a centurion came to Him, pleading with Him, ⁶ saying,
"Lord, my servant is lying at home paralyzed, dreadfully
tormented." ⁷ And Jesus said to him,*

Notes

"I will come and heal him." ⁸ The centurion answered and said, "Lord I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed.

⁹ For I am also a man under authority, having soldiers under me. And I say to this one, 'Go' and he goes; and to another 'Come,' and he comes; and to my servant, 'Do this,' and he does it.

¹⁰ When Jesus heard it, He marveled, and said to those who followed, "Assuredly, I say to you, I have not found such great faith, not even in Israel!"

Matthew 8:5-10

The centurion understood the power of being under authority. He knew about it because he held a position of authority and had soldiers under him, submitted to his leadership. They obeyed him because he, as a military official, was under the authority of an even higher military official. It does not say whether the centurion knew whose authority Jesus was under, but he must have seen or heard how demons obeyed Jesus and sicknesses left when Jesus spoke the word.

The devil does not want you to understand authority, and he certainly does not want you to be under proper spiritual authority. Allow Holy Spirit to show you if you are properly submitted to authority, especially spiritual authority.

Please take a moment to reflect on what you've just studied and pray:

*Father, I repent for disobedience and any times of dishonoring my parents and I ask You to forgive me for not honoring them. That dishonor was and is rebellion, and I repent for it. I have sinned against You and ask You to forgive me and cancel, by the shed blood of Jesus, any ground that the enemy has gained through this rebellion. Lord, help me gain a heart of submission and please reveal all rebellion that is in my life.
In Jesus' name, Amen.*

Anger and Unforgiveness

Getting angry is not necessarily sin but can easily lead to sinful behavior. Anger is an emotion that needs to be handled properly. If not, it will lead to unforgiveness and give legal ground to the devil and his demons. Paul understood the importance of

dealing with anger quickly and appropriately to close any open doors to the devil.

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²⁶ *"Be angry, and do not sin": do not let the sun go down on your wrath, 27 nor give place to the devil.*
Ephesians 4:26-27

The Greek word for place used in the verse above is a legal term that means "to give legal ground." When you get angry and do not resolve your emotions properly, you open the door for the enemy to have legal access to you.

The problem with unresolved anger is that it is cumulative. Once a person allows anger to fester unresolved, the next experience with unresolved anger just adds to what was already there. Eventually, a person may explode by expressing their anger toward someone else. Or a person may implode and turn their anger inward, which causes depression.

Anger may be caused by unfulfilled expectations or a strong sense of injustice. You can be free by taking personal responsibility by calling your anger sin and repenting of each occurrence of anger and the sin associated with it. If needed, take a second look at Session 7's Keys to Freedom.

- What does a wrong response to anger look like? What does it sound like?

- How often do you respond in these ways?

Judgments and Vows

◆ Bitter Root Judgments

¹⁴ *Pursue peace with all people, and holiness, without which no one will see the Lord:* ¹⁵ *looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled ...*

Hebrews 12:14-15

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Bitter root judgments are **judgments you make against someone or some institution**. They begin with your family and can carry forward to other close relationships. You judge right and wrong behavior all the time and that's okay. **You are not to bitterly judge the heart or motivation of anyone else.** That falls to God alone.

¹ Judge not, that you be not judged. ² For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you.

Matthew 7:1-2

¹ Therefore you are inexcusable, O man, whoever you are who judge, for in whatever you judge another you condemn yourself; for you who judge practice the same things. ² But we know that the judgment of God is according to truth against those who practice such things. ³ And do you think this, O man, you who judge those practicing such things, and doing the same, that you will escape the judgment of God?

Romans 2:1-3

¹³ For judgment is without mercy to the one who has shown no mercy. Mercy triumphs over judgment.

James 2:13

- Are you aware that you determine the way God will judge you?

- Would you prefer Him to be harsh and critical toward you or loving and forgiving?

Bitter root judgments are contrary to the Word of God. Combined with unforgiveness, they can devastate your relationships. If you want God's mercy, you must extend it to others.

◆ Inner Vows

Inner vows differ from bitter root judgments in that they are **judgments you pronounce against yourself**. Many times, you say them out loud without realizing they can bind you into

patterns of behavior you hate. You may have said these vows when you were young. An inner vow often begins with the words, "I will never . . ." or "I will always . . ." or "I can never . . ." Though you may have forgotten about them, they may be active in your life today.

- Looking back over your life, do you ever recall saying something like this:
 - ◇ "I will never treat my children the way my parents treated me."
 - ◇ "I will never trust anyone again."
 - ◇ "No one will ever love me."
 - ◇ "I will always be slow."
 - ◇ "I will never smoke and drink like my parents did."
 - ◇ "I will never be successful."
 - ◇ "I can never be poor again."

If you have made inner vows, you might end up doing the exact thing you hate, thus repeating the curse you vowed would never happen. You might also do just the exact opposite, catapulting your life into performance and legalism to keep it from happening.

- Are you speaking inner vows over yourself today? Ask someone you trust if they have heard you speak negative, fatalistic, or judgmental things about yourself.

Now, ask God the Father to reveal any inner vows you could have made in your life, knowingly or unknowingly. Look at any patterns of behavior in your life (that you really hate) and see if any could be the result of an inner vow. Holy Spirit will faithfully lead you into all truth, bring conviction and minister His love, forgiveness and healing. Break the power of these judgments and vows in your life.

◆ About the Occult

⁹ "When you come into the land that the Lord your God is giving you, you shall not learn to follow the abominable practices of those nations. ¹⁰ There shall not be found among you anyone who burns his son or his daughter as an offering, anyone who practices divination or tells fortunes or interprets omens, or a sorcerer ¹¹ or a charmer or a medium or a necromancer or one who inquires of the dead, ¹² for whoever does these things is an abomination to the Lord. And because of these abominations

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the Lord your God is driving them out before you. ¹³ You shall be blameless before the Lord your God, ¹⁴ for these nations, which you are about to dispossess, listen to fortune-tellers and to diviners. But as for you, the Lord your God has not allowed you to do this.
Deuteronomy 18:9-14

⁸ But as for the cowardly, the faithless, the detestable, as for murderers, the sexually immoral, sorcerers, idolaters, and all liars, their portion will be in the lake that burns with fire and sulfur, which is the second death.”
Revelation 21:8

¹⁵ Outside are the dogs and sorcerers and the sexually immoral and murderers and idolaters, and everyone who loves and practices falsehood.
Revelation 22:15

Occultism is strictly forbidden in Scripture. Any time a person tries to gain entrance into the supernatural spiritual realm through illegitimate means, he or she is practicing occult activity. They attempt to access the spirit realm through the devil and his counterfeit means instead of going to God to seek knowledge, truth and the supernatural through His Holy Spirit.

- Have you ever been involved in seeking to know the future from any sources other source other than God?
Examples of occult activity include:

- ◇ Tarot cards
- ◇ Palm reading
- ◇ Ouija board
- ◇ Astrology
- ◇ Seances

If you have participated in any form of witchcraft (i.e., casting spells, blood pacts, black or white magic), you have been involved in the occult and have given the enemy legal access to your life.

Any involvement in a cult or false religion opens the door for the enemy to attack you and bring a curse into your life. These groups include Christian Science, Unitarianism, Buddhism, Islam,

The enemy is always trying to draw you deeper into the occult.

- Have you done or are you currently doing any of the following:
 - ◇ Participating in a counterfeit religion
 - ◇ Allowing yourself to be hypnotized
 - ◇ Consulting mediums, spiritual guides or channelers
 - ◇ Using mind-altering drugs
 - ◇ Being drawn to any occult phenomena
 - ◇ Obsessively wearing black or Gothic attire
 - ◇ Being overly intrigued by death
 - ◇ Thinking about suicide
 - ◇ Religiously listening to heavy metal rock music

Beware the devil is also subtly indoctrinating children to feel comfortable with witchcraft and sorcery. Many children's video games, movies, television shows and books romanticize occult activity by making it seem powerful or capturing their curiosity. They become desensitized to the demonic nature and are lulled into opening the door to the enemy's activity.

- What can you do to protect the children in your life from being desensitized to the occult?

You must repent and renounce all participation in the occult and ask God to forgive you for your involvement. Give Holy Spirit the liberty to convict you and show you all the areas in your life where you could be open to or actively involved in the occult. Feel free to use the following prayer:

Father, in the name of Jesus, I turn from and renounce all false religion and all occult activity I have ever participated in, and I choose to turn to You. Please forgive me for all involvement, deliberate or innocent, in false religion, the occult, witchcraft or

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any activity or belief that is contrary to your Word. I ask You, Holy Spirit, to cut off all past illegal activity by the blood of Jesus and to cut off all callings, interferences and harassment that have come from this involvement. I repent and ask Your forgiveness for being involved in these activities. Lord, I want to know You and be conformed to Your image. I acknowledge that I need You and I humble myself before Your mighty hand and ask You to release Your grace in my life. Thank you, Lord Jesus, Amen.

Spiritual Housecleaning

Unfortunately, many things in your home could have demonic origin: music, relics of false religions, books, magazines, videos, jewelry, seemingly innocent paintings, statues, sculptures, decorations or other works of art, objects of witchcraft (particularly from other countries), etc.

- Ask Holy Spirit to show you everything that is demonic in origin or that represents the demonic, occult or false religion.
- Then, remove those items from your home.

The Word gives biblical precedent for removing such objects from your possession or from your home. You have the authority in the name of Jesus to pray over your possessions and close the door to evil.

¹⁸ Also many of those who were now believers came, confessing and divulging their practices. ¹⁹ And a number of those who had practiced magic arts brought their books together and burned them in the sight of all. And they counted the value of them and found it came to fifty thousand pieces of silver. ²⁰ So the word of the Lord continued to increase and prevail mightily.

Acts 19:18-20

² You shall surely destroy all the places where the nations whom you shall dispossess served their gods, on the high mountains and on the hills and under every green tree. ³ You shall tear down their altars and dash in pieces their pillars and burn their Asherim with fire. You shall chop down the carved images of their gods and destroy their name out of that place. ⁴ You shall not worship the Lord your God in that way.

Deuteronomy 12:2-4

Other ways to spiritually houseclean include:

- When traveling, immediately pray over your borrowed space (hotel room, rental home, camping area). Ask any evil to leave and for God to fill the space.
- Pray over anything that gives the enemy direct access to you and your family from the outside world (i.e., computer, cell phone, video streaming services).
- Speak blessings over your neighborhood, city and local government.

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Unhealthy Soul Ties

A soul tie describes two souls having a physical, mental or emotional connection. They are formed when your soul (mind, will or emotions) becomes attached to someone and can be healthy or unhealthy. If you are attached to someone in a way that creates dependency, obsession or fear, it is an unhealthy soul tie. Soul ties occur as you relate to family, while dating or participating in a sports team or other hobby, religious settings, at work, etc. One of the primary ways unhealthy soul ties form is through ungodly sexual relations with someone who is not your spouse.

¹³ The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. ¹⁴ And God raised the Lord and will also raise us up by his power. ¹⁵ Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! ¹⁶ Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh."

¹⁷ But he who is joined to the Lord becomes one spirit with him.

¹⁸ Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?

You are not your own, ²⁰ for you were bought with a price. So glorify God in your body.

1 Corinthians 6:13b-20

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An unhealthy soul tie can be formed without sexual contact.

¹⁴ Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? ¹⁵ What accord has Christ with Belial? Or what portion does a believer share with an unbeliever? ¹⁶ What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people. ¹⁷ Therefore go out from their midst, and be separate from them, says the Lord, and touch no unclean thing; then I will welcome you, ¹⁸ and I will be a father to you, and you shall be sons and daughters to me, says the Lord Almighty."

¹ Since we have these promises, beloved, let us cleanse ourselves from every defilement of Body and spirit, bringing holiness to completion in the fear of God.

2 Corinthians 6:14-7:1

Let Holy Spirit show you if you have any unhealthy soul ties to anyone. Then repent of every way you have contributed to or participated in it. Feel free to use the following prayer:

Father, in the name of Jesus, please show me every unhealthy soul tie that I may have in my life. Holy Spirit, reveal any unhealthy soul tie that may have me bound to any person or any institution or anything that is not of You. I repent of all sexual relations outside of marriage, which have opened the door for the enemy to have access to me. Now, in the name of Jesus, please sever all unhealthy soul ties forever, canceling their power in my life. In Jesus' name, Amen.

If you have been violated in any way, forgive the person who violated you and ask God to break any unhealthy soul tie that may be a result of that violation.

Healing the Brokenhearted

You may have areas of brokenness and pain that have not been mentioned. Take some time to read through the chart in Appendix B titled Healing the Brokenhearted and invite Holy Spirit to reveal any additional areas of sin and weakness. Then, pray through each open door as you have seen modeled in this section to break the power of that curse and receive God's

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Your life experience is unique to you, and under the mighty hand of a loving Father, you can be released from any bondage and disobedience the enemy has kept you in. It requires that you take an honest, courageous look at the sins, curses and consequences to which you have given legal access to the enemy. There is an answer in Christ Jesus, and there are doors to freedom being offered to you today. He will make a way where there seems to be none. It's His promise.

In the next session, you will explore open doors related to how the enemy attacks your mind.

Session 10:

Ungodly Beliefs

Let's Prepare

Additional study material for the Session 10 video can be found in the companion book:

- Chapter 6 – Ungodly Beliefs and Strongholds

You have reviewed several open doors that give legal ground to the enemy, and you learned how to shut them. At the end of this session, you will have a better understanding of open doors related to how the enemy attacks your thoughts.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- As you can see, this week you will continue the deep dive into the open doors the enemy uses to gain legal ground in your life. Be encouraged and keep an open mind to allow Holy Spirit to speak to you about each topic.
- Deep down, do you truly believe that praying Scripture out loud and maintaining a close relationship with God (the Father, Son and Holy Spirit) can help you close these doors? Why or why not?

³¹ Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. ³² And you shall know the truth, and the truth shall make you free."

John 8:31-32

If the truth makes you free, then believing a lie will keep you in bondage. Most of the lies people believe are a result of unbelief. The enemy will reinforce this lie to keep you in unbelief and in bondage. Areas of unbelief are usually strongholds.

*³ For though we walk in the flesh, we do not war according to the flesh. ⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.
2 Corinthians 10:3-5*

Strongholds can be positive as in Psalm 27:1 where it says, “*The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?*” The negative strongholds we will cover are **thought patterns contrary to the Word of God** that bring you into defeat, often leading to hopelessness. Strongholds can be inherited or learned from your family and passed on through generations. They can also be formed through negative experiences or traumas in your life.

- Are there circumstances in your life that need to change?
-
-

Deep down, do you believe they cannot and will never change?

If you are caught in unbelief or if your past continues to define who you are and how you respond to life, then you have a stronghold. Remember Luke 1:37 which reads, “*For with God nothing will be impossible.*” Consider the example of Abraham in the Old Testament.

¹⁶ Therefore it is of faith that it might be according to grace, so that the promise might be sure to all the seed, not only to those who are of the law, but also to those who are of the faith of Abraham, who is the father of us all ¹⁷ (as it is written, “I have made you a father of many nations”) in the presence of Him whom he believed—God, who gives life to the dead and calls those things which do not exist as though they did; ¹⁸ who, contrary to hope, in hope believed, so that he became the father of many nations, according to what was spoken, “So shall your descendants be.” ¹⁹ And not being weak in faith, he did not consider his own body, already dead (since he was about a hundred years old), and the deadness of Sarah’s womb.

²⁰ He did not waver at the promise of God through unbelief, but was strengthened in faith, giving glory to God, ²¹ and being fully convinced that what He had promised He was also able to perform.

²² And therefore "it was accounted to him for righteousness."

Romans 4:16-22

Abraham was told by God he would be the father of many nations even though he and his wife Sarah were well past child-bearing age. They believed God and gave birth to a son, Isaac. There is no limit to what God can do.

- Are there circumstances in your life that are "dead" and hopeless?

Strongholds are supported by arguments and high things against God.

◆ Arguments

An argument is what the devil uses against you as evidence to support a stronghold. Think of a court of law. The prosecutor (Satan) presents evidence to support the claims against the defendant (you). He uses past experiences and your current situation as evidence that nothing can change. He constantly reminds you that you have prayed and tried your best to see things change, but they haven't. These arguments (so-called evidence) support the stronghold to keep you in bondage.

◆ High Things

High things are **accusations the devil makes against God**. Satan hates God and tries to get you to believe lies about God.

- Have you ever thought or said the following when life gets tough?
 - ◇ God doesn't love me.
 - ◇ If God really loved me, this wouldn't have happened.
 - ◇ God is angry with me because I'm weak and a failure.
 - ◇ God has favorites. He will help them, but not me.
 - ◇ God doesn't care or even hear my prayers.

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THESE ARE LIES FROM SATAN. Arguments and accusations (high things against God) support the stronghold the devil has planted in your mind. The enemy's attacks on your mind are continuous. You must bring every thought captive to the obedience of God.

How do I identify strongholds in my life?

Ask Holy Spirit for help. Pray for God to reveal things which may be hidden, and any thoughts that are destructive that you have accepted as normal.

- What are the negative thoughts, strongholds or ungodly beliefs that are impacting your life in a negative way? Are there lies you have believed about yourself, others or God?

- Use this list as a guide and check-mark any strongholds that pertain to you. Add others as they come to mind.

- ☐ "I will always be alone. Nobody really loves me."
- ☐ "I am unlovable."
- ☐ "My feelings don't count. No one cares what I think or feel."
- ☐ "I'm not worthy. God could never love me."
- ☐ "I'm a bad person. If people really knew me, they wouldn't like me."
- ☐ "I've made too many mistakes to really be forgiven."
- ☐ "Even when I give my best, it's never good enough."
- ☐ "I'm ugly and unattractive."
- ☐ "I can never change."
- ☐ "I will always be_____."
- ☐ _____
- ☐ _____

- Write down thoughts that God gives you related to each stronghold.

- Go to Scripture to see if that stronghold is true and describes your true identity in Christ.

The Stronghold of Shame

Restoring the Foundations (RTF) ministry estimates that over 50% of Christians deal with a stronghold of shame. Shame is a powerful stronghold that separates you from God and other people. It is a result of the Fall in the Garden of Eden described in Genesis Chapter 3. After Adam and Eve sinned, they felt shame.

⁸ And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden.

⁹ But the Lord God called to the man and said to him, "Where are you?" ¹⁰ And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." ¹¹ He said, "Who told you that you were naked?"

Genesis 3:8-11a

Shame is caused by an excessive focus on self. The enemy wants to take your focus off God and onto your own problems, weaknesses and “nakedness.”

- Do you hide from your problems and put up a facade so no one knows what's really happening in your life? Is this healthy?

- What is an alternative to putting up a facade when problems arise?

Notes

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Shame is often confused with guilt, condemnation and conviction. Let's take a look at these terms. In *Freedom from Your Past*, Ann Billington writes (pp. 141-143), "**Guilt is a response to something you have done**"; it's a reaction to your behavior. Perhaps you have sinned, committed an offense or violated a relationship and you deeply regret your actions. These situations can generate guilt and that is expected and normal. Guilt can lead to two responses: conviction or condemnation.

- ◇ **Conviction** refers to the work of the Holy Spirit making you aware of your sin and the need for repentance and forgiveness. This is a healthy response.
- ◇ **Condemnation** occurs when guilt becomes unhealthy. That's when shame enters the picture.

*¹ There is therefore now no condemnation to those who are in Christ Jesus, Who do not walk according to the flesh, but according to the Spirit.
Romans 8:1*

Shame is a response to who and what you perceive yourself to be. It occurs when you listen to what the enemy says about you instead of standing on who you are in Christ. Shame is the energy behind feelings of inferiority, which entice you to compare yourself to others. Shame is an inner sense of defectiveness that colors your emotions and relationships and drives you toward self-deprecating behavior (belittling or undervaluing yourself).

*¹⁷ Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.
2 Corinthians 5:17*

Even if your actions have hurt others or yourself, Jesus has completely forgiven you, if you will receive His forgiveness. His forgiveness is not just a covering of the sin, but complete removal and cleansing. Give Him all your shame and guilt and receive the forgiveness He paid for on the Cross.

◆ Root Causes of Shame

Breaking free from shame is almost always a process, but it begins with a breakthrough. Recognizing the root cause can help.

- Have you experienced any of the following in your life?

- ☐ Rejection
- ☐ Absence of real meaningful love
- ☐ Abandonment or neglect
- ☐ Any form of abuse (physical, verbal, sexual)
- ☐ Birth deformity, physical disability, speech or learning problems
- ☐ Constant criticism or threats from others to perform well
- ☐ Unjust discipline or favoritism
- ☐ Embarrassment over your physical appearance, parents, financial condition, etc.
- ☐ Being born a girl when parents wanted a boy, or vice versa
- ☐ Shame by association – When someone in the family had a shameful lifestyle (i.e., alcohol or drug abuse, mental problems, jailed)

Continuing the story of the Fall in Genesis 3, you saw that the first thing Adam and Eve did was hide. Then, what happened?

¹¹ Have you eaten of the tree of which I commanded you not to eat?" ¹² The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." ¹³ Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."

Genesis 3:11b-13

Adam blamed God, then Eve. Then Eve blamed the serpent.

- Is playing the blame game an issue in your life? Do you do it or is it often done to you? Is it healthy?

- What is an alternative to blaming when problems arise?

Notes

◆ Indications of a Stronghold of Shame

The effects of shame can lead to crippling and destructive patterns of behavior.

- Put a check-mark next to any of these lifestyle patterns currently present in your life? Have they been an issue in the past?

✓	Indication of a Stronghold of Shame	Description
<input type="checkbox"/>	Anger	Not taking responsibility for your actions and wanting to blame others
<input type="checkbox"/>	Condemnation and depression	Feeling bad about everything and fluctuating back and forth between feeling condemned and being depressed, often in despair
<input type="checkbox"/>	Apologetic	Always apologizing, taking blame or belittling yourself
<input type="checkbox"/>	Perfectionism	Always needing to have things right and perfect, being very controlling
<input type="checkbox"/>	Passivity	Incapable of functioning in life or taking responsibility, not caring
<input type="checkbox"/>	Striving and Driving	Trying to prove your worth, even possibly to overcome word curses spoken over you. May be an over-achiever in one area, but an utter failure in others.
<input type="checkbox"/>	Religious	Acting religious and trying to present yourself as a good person to counterbalance the shame of feeling flawed

The shame stronghold usually comes to you through ancestral curses, results in wrong thinking, is a source of much hurt and pain and is continually activated by demons that know exactly how to keep you in bondage. Many of these behaviors are focused on yourself and your performance. You must focus on your relationship with God the Father to live free with Holy Spirit teaching and guiding you.

How do I pull down strongholds and ungodly beliefs?

Notes

⁷ Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs.

Isaiah 61:7

The Bible says that, instead of shame, you have double honor. God knows everything about you and loves you regardless of how you see yourself. It's time to shatter every stronghold and ungodly belief! Take time to move through each step thoughtfully and follow through with prayer, thanking God for your healing and the new freedom that is yours.

◆ Identify the Stronghold and Ungodly Belief

Ask Holy Spirit to reveal any stronghold or ungodly belief. They will nearly always be characterized by a sense of hopelessness. One is probably a manifestation of shame. Review the work you did in this session so far to help you prepare the list. Write it down.

◆ Identify Negative Evidence

Next to each item, write down all the negative evidence the devil uses against you. What is going through your mind that brings the stronghold and ungodly belief to the surface for you to deal with again and again?

◆ Find Truth in the Word

Now, for each item, find all Scriptures in the Word that speak truth about the stronghold.

*¹³ When He, the Spirit of truth, has come,
He will guide you into all truth.
John 16:13a*

*¹² For the word of God is living and powerful,
and sharper than any two-edged sword.
Hebrews 4:12a*

*⁴ For the weapons of our warfare are not carnal
but mighty in God for pulling down strongholds,
2 Corinthians 10:4*

Notes

◆ Repent

Repent of believing the devil's lie and any actions that agree with the lie. Ask God to forgive you.

◆ Meditate on the Truth

Take time with the Lord to study and meditate on the Scriptures that speak truth for each item you listed. Replace the lies of the enemy with the truth.

A great biblical example is found in Luke 4:1-4 when Satan tempts Jesus. Jesus had just received the Holy Spirit and spent 40 days in the wilderness before beginning His ministry on earth. Satan challenged the Word of God by saying to Jesus in Verse 3, "*If you are the son of God ...*" Jesus did not respond directly to the devil's innuendo, but in Verse 4 said, "*It is written, 'Man shall not live by bread alone, but by every word of God.'*" Jesus took captive the thought the devil tried to plant in His mind and responded according to the Word of God. He did not discuss or argue with the devil. He simply said, "*It is written,*" and you must do the same when the enemy comes against you with negative thoughts and accusations.

Stop confessing the negative and speaking the lie out loud. Speak only blessings and the truth of Scripture.

*³⁷ For by your words you will be justified, and by your words you will be condemned."
Matthew 12:37*

*²¹ Death and life are in the power of the tongue.
Proverbs 18:21*

*¹⁷ So then faith comes by hearing, and hearing by the word of God.
Romans 10:17*

Closing Thoughts

*³ For though we walk in the flesh, we do not war according to the flesh. ⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.
2 Corinthians 10:3-5*

It's clear you are in a very real war. The weapons given to you are mighty in God to pull down EVERY stronghold, EVERY mindset, EVERY belief, EVERY wrong imagination, and EVERY thing that lifts itself up against and in opposition to the Truth. You can bring EVERY thing into captivity in obedience to Christ! You must simply choose to believe.

Father, reveal to me all strongholds and ungodly thoughts that are affecting my life in a negative way. Forgive me for agreeing with these thoughts and allowing them to direct my life.

I choose this day to break all agreements with these strongholds and ungodly thoughts and to start believing the truth so I can be free. In Jesus' name, Amen.

In the next session, you will focus on setting your mind on things above and having the right perspective as you walk in your true identity in Christ.

Session 11:

Setting Our Minds on the Right Things

Let's Prepare

Additional study material for the Session 11 video can be found in the companion book:

- Chapter 7 – Setting Our Minds on the Right Things

Even though you have pulled down a stronghold, you still must wage a battle in your thought life. At the end of this session, you will have a better understanding of how to take your thoughts captive and set your mind on the right things.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Have you ever been baptized? If so, when? Was it a sprinkling? Full immersion?

- In what way did your baptism experience change your life?

- What do you think about the description of immersion baptism as it relates to Jesus? As it relates to what happens to the person being baptized?

Notes

⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down stronghold, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.
2 Corinthians 10:4-5

Remember, if the truth makes you free, then believing a lie will keep you in bondage. The enemy wants to keep you in bondage and does it by attacking your thoughts. This battle wages in your mind.

⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. ⁶ For to be carnally minded is death, but to be spiritually minded is life and peace. ⁷ Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. ⁸ So then, those who are in the flesh cannot please God.
Romans 8:5-8

Paul is describing the spiritual condition of unbelievers when he refers to those living “*according to the flesh*,” and are characterized by death. Though believers may at times yield to the flesh, their spiritual condition when living “*according to the Spirit*” is characterized by life and peace. To live “*according to the Spirit*” is to be “ruled and determined by God’s awakening, regenerating, illuminating presence; characterized by the fact that He dwells in [you]” (H.C.G. Moule, 1903).

The devil will do everything possible to get your mind set on the flesh. The passage in Romans makes it abundantly clear that the way you think is intimately related to the way you live, whether in Christ, in the Spirit and by faith, or in the flesh, in sin and in spiritual death.

When you concentrate your mind on your ever-changing circumstances and problems, your outlook on life is mostly negative. When you focus on God and the truth of His Word, your outlook on life is filled with joy and peace regardless of your circumstance.

- Would you describe your outlook on life as a glass half-full or half-empty? Why?

- Has your outlook changed over the course of your life?

God is love and He never changes. You must intentionally and actively set your mind on the Spirit and things above. Your circumstances may not change immediately, but you will. God does not promise a problem-free life, but to be with you as you pass through the storms of life.

¹ If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. ² Set your mind on things above, not on things on the earth. ³ For you died, and your life is hidden with Christ in God. ⁴ When Christ who is our life appears, then you also will appear with Him in glory.

Colossians 3:1-4

This is a command for all who are born again in Christ. You are to lift up your eyes and get God's perspective on your situation. You can take charge of your thought life. You can immediately act against the negative traffic of random thoughts that may in fact be of the enemy.

- Taking your thoughts captive takes effort. As you make sense of what comes to mind, ask yourself:
 - ◇ "Where did that thought come from?"
 - ◇ "Does that sound like something my loving Heavenly Father would say to me?"

As you practice right-thinking, you will receive tremendous blessings. Isaiah 26:3 says, *"You will keep him in perfect peace, whose mind is stayed on You."*

Notes

- To make a serious effort toward a biblical lifestyle and mindset, take an honest look at your calendar. Knowing that every person has responsibilities and needs down time, take a moment to look at what you are filling your mind and time with.
 - ◊ How do you spend your spare time?
 - ◊ What media do you watch or listen to (television, movies, music, social media, video games)?
 - ◊ How do those activities compare to the time you spend in the Word, serving the Body of Christ (church family), serving those not yet saved with the intent of bringing them one step closer to Christ, praying, or fellowshiping with believers?
 - ◊ Which of these things provide lasting results, pleasure and happiness?

Embrace the Disciplines of a Christian Life

Colossians 3:2 above says, *“Set your mind on things above.”* The word “set” can be translated as seek or focus. It doesn’t happen by accident. It requires rigorous discipline. The most difficult problem you may face is not finding the time but convincing yourself that it is time well spent. If you aren’t actively seeking things above and purposely setting aside time to seek, then you won’t be thinking in a Heavenly manner.

For further study, feel free to read Pastor Richard J. Foster’s book, Celebration of Discipline, which examines the following disciplines in the Christ Life:

- **Inward disciplines** – prayer, fasting, meditation, and study
- **Outward disciplines** – simplicity, solitude, submission, and service
- **Corporate disciplines** – confession, worship, guidance, celebration

Foster notes that the primary requirement is a longing after God. *“As the deer pants [longingly] for the water brooks, so my soul pants [longingly] for You, O God”* (Psalm 42:1-2, AMP).

- Have you heard the call to a deeper, fuller life?

Notes

- What is your daily focus? Does it need to change?

- What are the areas you worry about and stress over the most? Do you want them to go away?

Prayerfully take time to ask Holy Spirit to speak to you about these things. Ask Him which disciplines you should incorporate into your life. Embrace the disciplines of a God-centered life knowing He will be there for you every step of the way in your path to spiritual growth. Matthew 11:30 says, *"For My yoke is easy and My burden is light."* In 1 Chronicles 28:9b, it says, *"If you seek Him, He will be found by you."* He will answer. He leans in to hear your earnest cries for change and transformation. The promise is that Holy Spirit will empower you to succeed in these endeavors, building into your life the practices of a deeper inward walk during normal everyday activities.

⁴ Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.

Romans 6:4

In immersion baptism, the *"old man"* goes into the water and the *"new man"* comes out. It represents the burial of Christ and resurrection to new life. You die to your old nature and you are risen to walk in the Spirit in your new nature. See the world as God sees it, not in the natural, but in the Spirit.

What am I supposed to think about?

*8 Finally, brethren, whatever things are **true**, whatever things are **noble**, whatever things are just, whatever things are **pure**, whatever things are **lovely**, whatever things are of **good report**, if there is any **virtue** and if there is anything **praiseworthy** - meditate on these things.*

Philippians 4:8 (emphasis added)

Sometimes it is easier to look at the root definition of a word, a synonym (similar word), or the antonym (opposite) to grasp what it is saying. You may even do a search in various Bible versions to see how the word is used throughout the Bible.

- For each highlighted word above, do a word study, then list a thought that may come to mind that is associated with that word, similar or opposite.
- ◊ For example, what is a thought that may come to mind that is true? Untrue? Pure? Impure? Of good report? Not of good report?
- True _____
- Noble _____
- Pure _____
- Lovely _____
- Good report _____
- Virtue _____
- Praiseworthy _____

¹ I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, Ephesians 4:1

As Paul sat in a Roman prison, he continued living in a way that reflected the specific call God had on his life. No matter what happens in your life, there's a verse or passage for it and you can walk out your faith in any situation. The spiritual battle is over the Word. The enemy doesn't want you to know it and use it against him. You fight from a position of victory so don't live in agony and defeat.

- Pick a topic of interest to you. It may not be a stronghold, but perhaps something you just need some advice on. Many Bibles and phone apps have keyword searches and charts already filled with verses on all sorts of issues you may face daily. Check them out.

◇ What does the Bible say about the topic you selected?

² *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

Romans 12:2

If you are not transformed by the will of God, you are conformed to this world. How are you transformed? How do you know the thoughts you have are from God or the enemy? You walk it out by spending time in God's Word and with Jesus, the living Word. It works something like this:

- ◆ **Hear** the Word – from others or from your own mouth
- ◆ **Read** the Word
- ◆ **Study** and **meditate** (ponder repeatedly) on the Word
- ◆ **Memorize** the Word
- ◆ **Know** the Word
- ◆ **Know** the enemy is lying to you!

¹⁷ *So then faith comes by hearing, and hearing by the word of God.*
Romans 10:17

Notes

¹² For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

Hebrews 4:12

You have been given the Spirit of God in you to communicate to you through the Word. For over 2000 years, God's Word has been speaking to His creation. It's as relevant today as it was when it was written.

¹³ However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.

John 16:13

You must pull down strongholds in your mind or you will never experience the freedom and victory that Jesus paid for you to have. Your thinking must be transformed and literally re-programmed by and through the Word of God. Your freedom and victory will be directly proportional to the truth you receive and walk in.

Closing Thoughts

As you saw in Sessions 2 through 4 of this series, the battle in the mind is usually waged over:

- The **love** and acceptance of God the Father.
- Your **identity** as a beloved child of God.
- Your **purpose** and destiny in joining Jesus in His ministry.

If you continue to struggle with your true identity as a believer, please refer to [Appendix C](#) titled Your True Identity As a Believer, for a list of verses stating who you are in Christ. God wants you to be free so you can free others. Remember, **free people free people**.

God has given you a remedy for joylessness, lack, poverty, brokenness, and the void within the human heart. He says to set your mind on things above, to be renewed in your thinking. This enables you to focus on what is good, right and pure, while

keeping your mind and heart stayed on Him. In this, you will find lasting peace and joy.

Notes

Embrace the disciplines of your inner spiritual life. They will bring you into harmony (peace) with the Spirit of God, others and yourself. It's a place of wholeness and well worth the effort.

*Dear God, I realize that, in some areas, my heart has been focused on things of this world and the flesh – not on those things that bring true significance, joy, or what You desire. My reality has been tainted by the culture and society in which I live and, in many ways, does not reflect Your Kingdom. I ask You to forgive me for putting other things first and over You and not setting my mind on things above. I ask that You would reveal those areas where I need to change. Search my heart and lead me in Your Truth.
Place in me a hunger for your Truth.
In Jesus' name, Amen.*

In the next session, we will complete our look at the open doors the enemy uses to gain legal ground in your life.

Session 12:

Trauma

Let's Prepare

Additional study material for the Session 12 video can be found in the companion book:

- Chapter 8 – Trauma and Inner Healing

At the end of this session, you will have a better understanding of how the enemy uses fear and rejection to open the door of trauma in your life.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- What is the difference between the fear you feel when you ride on a big roller coaster and the fear associated with trauma?

- People experience some form of rejection all the time (i.e., work, school, relationships). List a few milder forms of rejection.

- How do you typically handle them? Is it a biblical and healthy response?

Trauma is a wound inflicted by sudden physical injury or emotional shock that causes long-term damage to your spirit, soul and/or body. The enemy is always trying to take advantage of you, and trauma is an open door through which he gains access to you. Jesus recognized that, in a world full of sin, there is hurt and pain. He was sent by His Father to free you.

Notes

¹⁸ *"The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed.
Luke 4:18*

The Enemy's Tactic - Fear

One of the devil's tactics is fear, which is always associated with trauma. He uses trauma in your life to open a door to a spirit of fear. Satan tries to make you afraid of him and other people, and the spirit of fear brings all sorts of other spirits with it to afflict you.

Fear is the opposite of faith, which is what connects you to God and His promises. Faith is the "currency" of the Kingdom of God. "Fear is the "currency" of the kingdom of darkness. The enemy wants to keep you afraid and frightened, which opens the door for him to attack you.

- Do you experience excessive fear, anxiety, worry or stress?
- Are you a controlling person?
- Do you fear poverty or are you extremely driven?

⁷ *For God has not given us a spirit of fear, but of power and of love and of a sound mind.
2 Timothy 1:7*

¹⁸ *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.
1 John 4:18*

Jesus is perfect love. Remember, receiving the love of the Father is a foundation of freedom. **Fear has no foothold when you are in the love of God the Father.** God has told us in His Word over 100 times to not be afraid!

◆ What causes fear-based trauma?

Notes

All negative emotions are rooted in fear. It's a spirit, a mindset, that is trapping your mind in that emotion. By inflicting wounds and causing fear, the enemy tries to gain access to your life. Healing these wounds is a process. Some of the conditions that cause these wounds and traumas are listed below.

- Place a check next to each item that you have experienced in your life.

- ☐ Abuse (physical, mental or verbal)
- ☐ Accidents
- ☐ Violence
- ☐ Physical attack
- ☐ Rape
- ☐ Being dominated through control
- ☐ Excess fear
- ☐ Divorce
- ☐ Loss of a loved one
- ☐ Near-death experience
- ☐ Problems with your birth at conception or delivery
- ☐ Trauma to your mother while you were in the womb
- ☐ Surgery or medical procedures of any kind
- ☐ Financial loss
- ☐ Other: _____

- Ask Holy Spirit to unblock your mind and help you recall major events going back to childhood that caused extreme fear resulting in trauma. Add this information to the list above.

- ◆ Have you experienced the same trauma more than once? Do you see a pattern?

- ◆ Are these wounds currently unhealed and possibly overwhelming?

Notes

Keep in mind that what is traumatic to one may not be traumatic to another person. Every individual is different and has unique life experiences leading up to a trauma event.

When the trauma is unexpected, as in the case of a car accident or sudden fall, it can cause overwhelming and immediate fear. Immediately, take authority over the fear in the name of Jesus. Break fear's power over the situation and cancel any assignment from the enemy. Speak words of life, health and healing.

The Enemy's Tactic - Rejection

Trauma is caused by rejection, which is the absence of real meaningful love. Rejection is a spirit and mindset that makes it hard to love yourself and others. It makes it very difficult to truly receive the love of God the Father. It can cause you to live out the rejection, perhaps rejecting others before they have a chance to reject you and creating a self-imposed trauma cycle in your life.

◆ What causes rejection-based trauma?

There may have been (or continues to be) very real circumstances in your life that cause rejection leading to trauma.

- Place a check next to each item that you have experienced in your life.
 - ☐ Unwanted at conception
 - ☐ Rejected as a child during early development
 - ☐ Abandoned at birth
 - ☐ Orphaned
 - ☐ Hurtful situations throughout childhood
 - ☐ Physical limitations that cause you to be rejected
 - ☐ Experiences in your teens and young adulthood that caused great pain
 - ☐ Experiences in adulthood that caused great pain
 - ☐ Rejection by your spouse
 - ☐ Being single when you want to be married
 - ☐ Other: _____

- Ask Holy Spirit to unblock your mind and help you recall major events going back to childhood that caused rejection resulting in trauma. Add this information to the list above.
 - ◇ Have you experienced the same trauma more than once? Do you see a pattern?

 - ◇ Are these wounds currently unhealed and possibly overwhelming?

- Generational issues can also cause rejection. Review the charts in Session 8, "Sins of our Forefathers", to identify additional rejection-based trauma.

When the message of rejection is driven into your heart and allowed to infect your core beliefs, you can suffer for many years with inner torment. Healing the wounds of rejection can seem far away or impossible, as the lies are driven deeper. Even Jesus lamented the loss of relationship and rejection from His people. In Luke 13:34, Jesus expressed how He yearned to *"gather your children together, as a hen gathers her brood under her wings."*

Closing Thoughts

There is HOPE. God has made a way for the wounds of fear and rejection to be healed.

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, ⁴ just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, ⁵ having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, ⁶ to the praise of the glory of His grace, by which He made us accepted in the Beloved.

Ephesians 1:3-6

In the next session, you will explore the provision God made through His Son Jesus for your inner healing.

Session 13:

Inner Healing

Let's Prepare

Additional study material for the Session 13 video can be found in the companion book:

- Chapter 8 – Trauma and Inner Healing

At the end of this session, you will have a better understanding of how Jesus' sacrifice on the Cross can heal you of any brokenness in your life!

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- It's time to make the Exchange of the Cross as described in Appendix A. Review it and then pray that Holy Spirit would prepare your heart to receive the road-map to healing.

Even though the enemy deals many blows to God's people, Jesus has made provision for our healing by taking our pain and hurt upon Himself at the Cross. The enemy causes great emotional and mental pain and wants you to blame God. Many of these attacks come through people who are, or should be, very close to you. God has provided physical, emotional and spiritual healing for you through Jesus and His ministry, by the power of Holy Spirit and the work of the Cross.

³ *He was despised and rejected by men, a Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him.*

⁴ *Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted.* ⁵ *But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.*

Isaiah 53:3-5

What a remarkable passage! Jesus knows the hurt and pain in this world and chose to suffer an excruciating death for you at the Cross. It was for you. He was "*despised and rejected*" so you could be "*accepted in the Beloved*" (Ephesians 3:6). Verse 4 of the passage above says, "*He has borne our griefs and carried our sorrows.*" The word "*sorrow*"

Notes

can be translated as “pain.” God provided complete healing for your hurts and pain through Jesus’ sacrifice on the Cross and His resurrection. You must make the exchange by giving Him your hurts and pain and receiving His healing.

You have read Luke 4:18-19 several times over the course of this study. An Old Testament reference to that verse follows below.

² To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all who mourn, ³ to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified.”

Isaiah 61:2-3

No matter what you’ve been through in your life, God can heal you. As you saw in Session 7, one of the ‘Keys to Freedom’ is forgiveness. Even when all that is left is a smoldering pile of ashes, choose to forgive, release the other person, and bless them. Only then can God work in you through Holy Spirit to bring about complete healing. He can bring life to something you think may be completely dead in your life.

- God is waiting to offer the gifts of beauty, the oil of joy, and the garment of praise in exchange for those hurts. Are you ready to receive them?

Disappointment With God

² And when John had heard in prison about the works of Christ, he sent two of his disciples ³ and said to Him, “Are You the Coming One, or do we look for another?” ⁴ Jesus answered and said to them, “Go and tell John the things which you hear and see:

⁵ The blind see and the lame walk; the lepers are cleansed and the deaf hear; the dead are raised up and the poor have the gospel preached to them. ⁶ And blessed is he who is not offended because of Me.”

Matthew 11:2-6

Jesus did not free John the Baptist, His cousin, from prison. Jesus did not step in before John was martyred for his faith.

- Have you ever been offended by God?

Notes

- Have you been upset or disappointed that He did not answer your prayers the way you wanted Him to?

- Have you ever felt like God did not help you in your time of need?

- Do you ever feel like God doesn't help you because He doesn't love you?

The devil is always trying to make you angry and disappointed with God. The devil causes pain and then tries to get you to blame God for it. In the Garden of Eden, Adam blamed God for the woman He had given him, who caused him to sin. If you blame God for your problems, where will you go when you need help?

God is not causing your problems. God is not the author of sin. Sin is a result of the Fall in the Garden. It is sin in you and in other people that causes your problems. God is perfect and perfectly loves you. The **expectations** you place on God are your problem. Jesus came to take your sin and bring you back to a loving relationship with God the Father *“while we were still sinners”* (Romans 5:8). Until Jesus returns to earth, there will be sickness, sin and death.

²⁴ Then comes the end, when He delivers the kingdom to God the Father, when He puts an end to all rule and all authority and power. ²⁵ For He must reign till He has put all enemies under His feet. ²⁶ The last enemy that will be destroyed is death.

1 Corinthians 15:24-26

How do I remove the pain of the past?

The key is to **forgive** God, yourself and others. Forgiveness releases the love of God and His healing grace into your life.

When you think of bodily pain, it can be healthy. It tells you there is a problem. It alerts you to take action to prevent further damage. Don't waste your emotional pain even one more day by holding onto it. Remove the root cause of it and don't be a victim of it. As strange as it sounds, it pleased God to put all your pain on His Son so you could be healed. God gladly gave His Holy Begotten Son for you!

*¹⁹ For it pleased the Father that in Him all the fullness should dwell,
²⁰ and by Him to reconcile all things to Himself, by Him,
whether things on earth or things in heaven, having made peace
through the blood of His cross.
Colossians 1:19-20*

Only Holy Spirit can heal the pain and trauma of the past. Your part is to repent of all judgments you have made and all unforgiveness you continue to carry. Release it all and step into the healing God has promised.

You will be asking Holy Spirit to bring anything out of the darkness into His light. Holy Spirit is always with you and will lovingly, compassionately, and tenderly guide you through prayer, repentance and forgiveness and into His presence for your ultimate healing and freedom.

◆ Identify the Pain and Its Origin

Look back on the work you have done so far in this series. The process of inner healing begins with acknowledging the events and areas of pain in your life. You are looking for the root cause of the stronghold, not the fruit of pain. Gardeners know that to get rid of dandelions - you must pull them out by the root. Simply cutting them off at the surface spreads the seeds, and even more weeds pop up. God loves you and already knows what's going on. He wants you to unpack it and be healed.

- Ask Holy Spirit to reveal the memory or hurt that contains the starting point of your hurt. Quiet your heart, clear distractions from your mind and listen. Write down whatever impressions come to mind.

◆ Share your Feelings With the Lord

You may have received several areas of hurt and pain. Select one and complete the rest of the process. Then, repeat it for the others.

Express your frustration with the Lord. He is not surprised by it. He already knows how you feel, what you're thinking and what you did. It's important for you to release the emotions associated with the pain. The Old Testament book of Psalms is filled with King David's heartfelt cries to God.

⁴⁵ A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.
Luke 6:45

It's time for some emotional housecleaning. What you are speaking out of your mouth could be pointing to a hurt, wound or open door that is deep within you. Get it out!

◆ Invite Jesus into Your Memory

Quietly and prayerfully, watch for His presence and listen to what He says or does. Ask Him to remove the hurt associated with the memory, not the memory itself.

◆ Release and give Jesus Your Pain and Hurt

This is a choice. You can release it for good or continue living with it. Forgive, forgive, forgive! Go back to Session 7 and review the 'Keys to Freedom', if needed.

God can remove your hurt. He is not restrained by time and space because He is Spirit. By His power He can truly heal your wounds. Trust in His power to bring healing to the past and remove all your hurts and pain.

Dear God, I ask you to reveal all trauma in my life that has opened a door for the enemy. By the power of the Holy Spirit, please heal the hurt and pain inflicted upon me through (list the occurrence of trauma). Lord, I ask you to bind up my broken heart and bring true healing to my soul. Set me free from the hurt and pain of the past disappointments and redeem it for good. Bring beauty from ashes, joy instead of mourning, praise in exchange for heaviness.
Thank you, Lord, for forgiveness.

Notes

*May I now experience and live a grace-filled and fruitful life,
to Your glory and the delight of my soul, as a beloved child of God.
In Jesus' name, Amen.*

◆ Receive His Healing

Make the exchange; receive His healing and breathe in new life and freedom! What the enemy meant for evil, God will use it for your good (Genesis 50:20). Your ultimate victory over that evil makes you stronger in your faith and gives you a powerful weapon against the enemy. By not wasting the pain, you are free to free others struggling with the same pain. Free people free people!

Closing Thoughts

The process of walking through inner healing is a lifelong process. God will reveal something different to you each time you go through the process, like peeling back the various layers of an onion.

The Good News is you have a loving Father and a Savior who came to heal the broken, the wounded, the prisoner, the sorrowful, the downcast, and the poor in spirit. They offer complete freedom and forgiveness from every place of pain. No trauma is bigger than God!

If you have been a victim of abuse and would like to receive more extensive ministry for trauma or inner healing, please seek out the **Restoring the Foundations Ministry**. Information can be found at www.RestoringTheFoundations.org.

For an in-depth study of how to anchor your heart in God's unshakable truth and walk confidently even when the world around you feels out of control, please complete the series titled, Finding Peace in a Chaotic World, which can be found on our website at AdvancedBiblicalFoundations.org.

In the next session, you will examine how to identify demonic oppression.

Session 14:

Resisting the Devil

Let's Prepare

Additional study material for the Session 14 video can be found in the companion book:

- Chapter 9 – Realm of Darkness

Before you move onto the Purpose of Freedom, you need to dig deeper into the final Open Door to Freedom, demonic oppression. At the end of this session, you will have a better understanding of how to identify it in your life and the lives of those around you.

Video Reflections

Watch the video and jot down notes on the opposite blank page. Then, reflect on the following:

- Looking back on your life, how and when were you first introduced to the existence and work of demons?

- How has your perception of demons changed over time?

In the New Testament, Jesus dealt with demons and never really explains their origin, except that we know they are part of the kingdom of darkness. For further study, feel free to study the Old Testament accounts about when Lucifer fell, was cast out of Heaven, and took one-third of all the angels with him. It is our belief that these are the demons Jesus addresses and can be found in Isaiah 14 and Ezekiel 28.

*¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.
Ephesians 6:12*

Approximately one-third of Jesus' ministry dealt with demonic activity. A more correct translation of the word "demon-possessed" below is to be "harassed, afflicted, or tormented." We do not believe the devil can possess an individual, but that he can

Notes

assign demons to attack and harass a believer. You need to close any open door of access to this assignment. Below are some examples of how Jesus dealt with demons and why.

²³ And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people. ²⁴ Then His fame went throughout all Syria; and They brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them.

Matthew 4:23-24

¹⁴ Now when Jesus had come into Peter's house, He saw his wife's mother lying sick with a fever. ¹⁵ So He touched her hand, and the fever left her. And she arose and served them.

¹⁶ When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, ¹⁷ that it might be fulfilled which was spoken by Isaiah the prophet, saying:

"He Himself took our infirmities and bore our sicknesses."

Matthew 8:14-17

³⁵ Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom and healing every sickness and every disease among the people.

³⁶ But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.

Matthew 9:35-36

YOU are Commissioned by Jesus to Resist the Devil

Jesus gave His disciples authority to do what He did on earth. You looked at spiritual warfare and the total victory of Christ in Session 6. Jesus has all authority and has commissioned you to represent Him on earth to do the same things He did.

¹ And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease.

Matthew 10:1

⁷ And as you go, preach, saying, 'The kingdom of heaven is at hand.' ⁸ Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.

Matthew 10:7-8

Jesus dealt with the demonic realm, and it is real. You need to be aware of the assignment from the enemy to cause conflict and problems to keep you from being who God created you to be. Remember the words of Jesus in John 10:10 which says, "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

²² Then one was brought to Him who was demon-possessed, blind and mute; and He healed him, so that the blind and mute man both spoke and saw. ²³ And all the multitudes were amazed and said, "Could this be the Son of David?" ²⁴ Now when the Pharisees heard it they said, "This fellow does not cast out demons except by Beelzebub, the ruler of the demons." ²⁵ But Jesus knew their thoughts, and said to them: "Every kingdom divided against itself is brought to desolation, and every city or house divided against itself will not stand. ²⁶ If Satan casts out Satan, he is divided against himself. How then will his kingdom stand? ²⁷ And if I cast out demons by Beelzebub, by whom do your sons cast them out? Therefore, they shall be your judges. ²⁸ But if I cast out demons by the Spirit of God, surely the kingdom of God has come upon you.

Matthew 12:22-28

Jesus demonstrated His superiority over the spiritual realm by healing the sick and casting out demons. After His resurrection from the dead, He commissioned all believers with the authority to do the same.

¹⁵ And He said to them, "Go into all the world and preach the gospel to every creature. ¹⁶ He who believes and is baptized will be saved; but he who does not believe will be condemned. ¹⁷ And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; ¹⁸ they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."

Mark 16:15-18

Notes

You are not to be demon-focused, but rather Spirit-focused, God-focused. God has already won the war. Jesus demonstrated His authority and superiority when He walked on earth.

*¹⁸ I am He who lives, and was dead, and behold, I am alive forevermore. Amen. And I have the keys of Hades and of Death.
Revelation 1:18*

*¹⁵ Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it.
Colossians 2:15*

Jesus made a mockery of the devil and his demons by His death on the Cross and resurrection.

*²⁰ which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, ²¹ far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. ²² And He put all things under His feet, and gave Him to be head over all things to the church, ²³ which is His body, the fullness of Him who fills all in all.
Ephesians 1:20-23*

Jesus is the head of His church, which is His body. He is referring to all believers. Since you are His body, all things are under your feet too. You have the same Spirit that raised Jesus from the dead in YOU.

*¹¹ But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.
Romans 8:11*

How do I know I'm dealing with a demonic spirit?

One of the gifts of Holy Spirit in 1 Corinthians Chapter 12 is the "distinguishing between spirits" (verse 10). Ask Holy Spirit for this gift. It is available to all believers. Holy Spirit may give you a feeling of unease when you enter a space or approach someone or something. You have a sense that something is not normal, that something is just not right.

Another indication lies in your emotions. Are you prone to react with **extreme emotions and behaviors**? It is perfectly normal to experience emotions, but you should be able to break free from them. Look for **patterns of behavior and happenings**.

Notes

◆ Behaviors that Could Indicate Demonic Oppression

- Check mark any behaviors or situations that are active in your life today.
 - ☐ Abnormal or extreme emotions (i.e., fear, anger, jealousy, lust, grief, shame)
 - ☐ Breakdown of marriages and families
 - ☐ Accident prone, tragic happenings
 - ☐ Financial problems
 - ☐ Inner anguish – turmoil, depression, mental lapses, etc.
 - ☐ Restlessness and insomnia
 - ☐ Abnormal sex life – homosexuality, no sex or too much focus on sex, perverted sex
 - ☐ Trances and weird spiritual experiences
 - ☐ Superhuman strength
 - ☐ Demonic torment, dreams, experiences that cause torment
 - ☐ Self-inflicted injury – suicide, mutilation
 - ☐ Incurable or undiagnosed diseases
- Ask Holy Spirit to reveal any spirit of demonic activity affecting your life. Write it down. Jot down any impressions you receive about each one. Indicate if there is a family history or significant events associated with it.

Notes

Closing Thoughts

In previous sessions, you have covered the open doors, behaviors, ungodly beliefs, generational patterns and strongholds which could have brought demonic activity and oppression into your life. If you have not walked through prayers and dealt with this realm of darkness, please do so now.

Dear God, please show me every open door in my life that has allowed the enemy to have access to me. Help me to turn to You in humility and repentance and close those doors so I can be free.

In Jesus' name, Amen.

In the next session, you will learn how to cancel demonic assignments you've identified.

Session 15:

Declaration of Faith and Root Spirits

Let's Prepare

Additional study material for the Session 15 video can be found in the companion book:

- Chapter 9 – Realm of Darkness

It's been quite a journey! So far, you have explored the truth that Jesus came to set you free and paid in full for that freedom through the Cross. You also looked at:

- **Foundation of Freedom**
 - ◇ Knowing the love of the Father
 - ◇ Knowing your identity as a son or daughter of God
- **Power of Freedom which is Holy Spirit**
- **Keys to Freedoms**
 - ◇ Taking personal responsibility
 - ◇ Forgiving
- **Doors to Freedom which give the devil legal access to your life**
 - ◇ Sins of your forefathers
 - ◇ Ungodly beliefs and strongholds
 - ◇ Trauma, fear, rejection
 - ◇ Inner healing
 - ◇ Demonic oppression

At the end of this session, you will take action to resist the enemy and cancel all demonic assignments.

Video Reflections

By this time, you should have most, if not all, open doors (legal ground) closed to the enemy. Working to close the open doors is like peeling an onion. You'll probably need to do it more than once as Holy Spirit brings new memories to mind. We highly recommend that you take this course whenever it is offered or on a regular basis if you are doing this on your own.

Notes

Taking a deep dive into the root causes of what is holding you back from all God has for you is a difficult, emotional task. At this time, you probably can't imagine doing all this work again any time soon. Rest assured that, while many open doors have been closed, there may be others open that need to be closed. It is highly recommended that you work through this coursework as often as needed to give Holy Spirit the opportunity to bring new memories and open doors to mind. There is no doubt that, every time you go through this process, you will close another open door.

There are many ways to do it:

- On your own, using this video series and Study Guide as your road-map
- With a group whenever the course is offered
- You can address specific individual issues through **The Restoring Foundations Ministry** (RestoringTheFoundations.org.)

You should be more prepared to fight spiritual warfare than you were when you began this series. Now it's time to resist the enemy and cancel all demonic assignments affecting you and your family.

- Deep down, do you believe there is a spiritual battle to be waged and you're a part of it?

- Are you ready to exercise the authority Jesus gave you to represent Him and do what He did?

- Are you ready to take authority over spirits so they leave you?

Let's begin by reading **aloud** the Declaration of Faith in Appendix D of this manual. The enemy can't read your mind, so this is one way you can set the record straight. Think about each statement. It is truth and will set you free so you can set others free. This is not a one-time declaration but is particularly important as you are commanding demonic activity to cease in your life.

Resisting Root Spirits

The following chart lists root spirits and associated effects of these spirits, either operating in your life or as something you've seen as a generational pattern.

- Read through the list and check-mark any of the areas that are patterns you see in your generational line. **Identify** the root spirit.
- As you go through each section, **repent** for your participation, or your family's participation, in that behavior.
- In the name of Jesus, **close the doors** to the demonic spirit, commanding and declaring every demonic spirit assigned to carry out a generational pattern as powerless, rendering it to the power of Jesus Christ.
- After you close the door, **pray the Godly replacement** for that area using Scripture. Speak the truth of your identity in Christ referencing Appendix C titled Your True Identity As a Believer or do a keyword search in your Bible or on a Bible app.
- Repeat this with each root spirit until you have denounced them all.

Spirit/Bondage Chart

INFIRMITY LUKE 13:11	DIVINATION ACTS 16:16-17	PERVERSENESS ISAIAH 19:14	ANTICHRIST 1JOHN 2:18; 4:3
<input type="checkbox"/> allergies <input type="checkbox"/> arthritis <input type="checkbox"/> asthma <input type="checkbox"/> cancer <input type="checkbox"/> diabetes <input type="checkbox"/> heart disease <input type="checkbox"/> stroke <input type="checkbox"/> viruses <input type="checkbox"/> sinus trouble <input type="checkbox"/> undiagnosed illness <input type="checkbox"/> high blood pressure <input type="checkbox"/> weakness/feebleness <input type="checkbox"/> female problems <input type="checkbox"/> male problems <input type="checkbox"/> lingering disorders	<input type="checkbox"/> astrology <input type="checkbox"/> séances <input type="checkbox"/> channeling <input type="checkbox"/> Satanism <input type="checkbox"/> fortunetelling <input type="checkbox"/> demonic games <input type="checkbox"/> horoscopes <input type="checkbox"/> witchcraft <input type="checkbox"/> illegal drugs <input type="checkbox"/> independence <input type="checkbox"/> Ouija boards <input type="checkbox"/> rebellion <input type="checkbox"/> crystal balls/8 balls <input type="checkbox"/> palm reading/tarot cards <input type="checkbox"/> hypnosis/TM <input type="checkbox"/> manipulation <input type="checkbox"/> Freemasonry	<input type="checkbox"/> homosexuality <input type="checkbox"/> multi-partner orgies <input type="checkbox"/> sadomasochism <input type="checkbox"/> sexual deviation <input type="checkbox"/> error (esp. religious) <input type="checkbox"/> teaching false doctrine <input type="checkbox"/> following false teachers <input type="checkbox"/> lovers of self <input type="checkbox"/> polygamy <input type="checkbox"/> abnormal crankiness <input type="checkbox"/> stubbornness <input type="checkbox"/> twisted thinking <input type="checkbox"/> unreasonableness	<input type="checkbox"/> opposes the Bible <input type="checkbox"/> martyrs the saints <input type="checkbox"/> gives up on Christianity <input type="checkbox"/> suppresses ministries <input type="checkbox"/> takes God's place <input type="checkbox"/> blasphemes the Holy Spirit & His gifts <input type="checkbox"/> harasses & persecutes the believers <input type="checkbox"/> opposes Christ's deity & humanity <input type="checkbox"/> rationalizes power of God
REPLACE WITH: LIFE, PHYSICAL HEALING	REPLACE WITH: TONGUES, PROPHECY GIFTS OF THE HOLY SPIRIT, OBEDIENCE	REPLACE WITH: HOLINESS	REPLACE WITH: ANOINTING OF THE HOLY SPIRIT
FEAR 2 TIMOTHY 1:7	BONDAGE ROMANS 8:15	DEAFNESS & DUMBNESS MARK 9:25 - 27	HEAVINESS ISAIAH 61:3
<input type="checkbox"/> abandonment <input type="checkbox"/> performance <input type="checkbox"/> anxiety <input type="checkbox"/> phobias <input type="checkbox"/> worry <input type="checkbox"/> rejection <input type="checkbox"/> faithlessness <input type="checkbox"/> viruses <input type="checkbox"/> fright <input type="checkbox"/> idleness <input type="checkbox"/> inferiority <input type="checkbox"/> shyness <input type="checkbox"/> insanity <input type="checkbox"/> tension/stress <input type="checkbox"/> nightmares <input type="checkbox"/> timidity <input type="checkbox"/> self-rejection <input type="checkbox"/> torment <input type="checkbox"/> inadequacy Fear of (check any that apply): <input type="checkbox"/> Death, <input type="checkbox"/> Failure, <input type="checkbox"/> Poverty, <input type="checkbox"/> Success, <input type="checkbox"/> Authority, <input type="checkbox"/> the Opposite Sex	ADDICTION TO: <input type="checkbox"/> possessions <input type="checkbox"/> work <input type="checkbox"/> cigarettes <input type="checkbox"/> computers <input type="checkbox"/> bulimia <input type="checkbox"/> anorexia <input type="checkbox"/> sex <input type="checkbox"/> soul ties <input type="checkbox"/> co-dependency <input type="checkbox"/> alcohol or drugs <input type="checkbox"/> TV or video games <u>List other addictions:</u>	<input type="checkbox"/> convulsions <input type="checkbox"/> insanity <input type="checkbox"/> epilepsy <input type="checkbox"/> seizures <input type="checkbox"/> stupor <input type="checkbox"/> diseases of eyes/ears <input type="checkbox"/> grinding of teeth <input type="checkbox"/> schizophrenia <input type="checkbox"/> accidents with water/fire <input type="checkbox"/> suicidal thoughts/attempts	<input type="checkbox"/> abnormal grief or sorrow <input type="checkbox"/> sadness <input type="checkbox"/> depression <input type="checkbox"/> discouragement/despair <input type="checkbox"/> broken-heartedness <input type="checkbox"/> hopelessness <input type="checkbox"/> loneliness <input type="checkbox"/> defilement <input type="checkbox"/> wounded spirit <input type="checkbox"/> self-pity <input type="checkbox"/> unjustified guilt <input type="checkbox"/> rejection
REPLACE WITH: PERFECT LOVE 1 JOHN 1:4; 2 TIMOTHY 1:7; POWER LOVE & SOUND MIND	REPLACE WITH: SPIRIT OF ADOPTION, SONSHIP, LIBERTY	REPLACE WITH: HEARING, PEACE & RIGHT THINKING	REPLACE WITH: JOY, GARMENTS OF PRAISE
WHOREDOM HOSEA 4:2	HAUGHTINESS PROVERBS 16:18-19	LYING 2 CHRONICLES 18:22	JEALOUSY NUMBERS 5:14
<input type="checkbox"/> adultery <input type="checkbox"/> rape <input type="checkbox"/> incest <input type="checkbox"/> lust <input type="checkbox"/> exhibitionism <input type="checkbox"/> bestiality <input type="checkbox"/> illegitimacy <input type="checkbox"/> molestation <input type="checkbox"/> seduction <input type="checkbox"/> voyeurism <input type="checkbox"/> pornography <input type="checkbox"/> masturbation <input type="checkbox"/> multi-partner orgies <input type="checkbox"/> child molestation Worshiping anything above God (CHECK ANY THAT APPLY) Idolatry OF: <input type="checkbox"/> Money, <input type="checkbox"/> Possessions, <input type="checkbox"/> Position, <input type="checkbox"/> Power	<input type="checkbox"/> arrogant <input type="checkbox"/> boastful <input type="checkbox"/> contentious <input type="checkbox"/> controlling <input type="checkbox"/> critical <input type="checkbox"/> dictatorial <input type="checkbox"/> domineering <input type="checkbox"/> mocking <input type="checkbox"/> rude <input type="checkbox"/> given to vanity <input type="checkbox"/> judgmental <input type="checkbox"/> prejudiced <input type="checkbox"/> self-righteous <input type="checkbox"/> proud/egotistical <input type="checkbox"/> prone to gossip <input type="checkbox"/> feelings of superiority	<input type="checkbox"/> telling lies <input type="checkbox"/> deception <input type="checkbox"/> exaggeration <input type="checkbox"/> profanity <input type="checkbox"/> emotionalism <input type="checkbox"/> feeling like hypocrite <input type="checkbox"/> poor self-image <input type="checkbox"/> strong delusions <input type="checkbox"/> vain imaginations <input type="checkbox"/> condemnation Thoughts that you are (CHECK ANY THAT APPLY): <input type="checkbox"/> ugly, <input type="checkbox"/> worthless, <input type="checkbox"/> stupid, <input type="checkbox"/> you will never get married; <input type="checkbox"/> you will never change	<input type="checkbox"/> anger or rage <input type="checkbox"/> jealousy <input type="checkbox"/> hatred <input type="checkbox"/> divisive <input type="checkbox"/> insecurity <input type="checkbox"/> cruelty <input type="checkbox"/> murder <input type="checkbox"/> divorce <input type="checkbox"/> hardheartedness <input type="checkbox"/> unnatural competition <input type="checkbox"/> self-centeredness <input type="checkbox"/> covetousness <input type="checkbox"/> suspicion/distrust <input type="checkbox"/> wanting revenge <input type="checkbox"/> feeling of being less loved by God than others
REPLACE WITH: PURITY, HOLINESS	REPLACE WITH: HUMILITY	REPLACE WITH: HONESTY	REPLACE WITH: LOVE OF GOD, BLESSING AND FORGIVING OTHERS
ERROR 1 JOHN 4:6		SLUMBER/STUPOR ROMANS 11:8	
<input type="checkbox"/> anorexia or bulimia <input type="checkbox"/> immaturity <input type="checkbox"/> making wrong decisions <input type="checkbox"/> compromising	<input type="checkbox"/> intellectualism <input type="checkbox"/> doubt/unbelief <input type="checkbox"/> confusion/deception <input type="checkbox"/> irresponsibility	<input type="checkbox"/> constant fatigue <input type="checkbox"/> self-pity <input type="checkbox"/> passivity <input type="checkbox"/> blocked success	<input type="checkbox"/> procrastination <input type="checkbox"/> wishing you had never been born <input type="checkbox"/> withdrawing from life
REPLACE WITH: TRUTH, RENEWED MIND		REPLACE WITH: LIFE, SOUL & SPIRIT AWAKEN TO LIFE	

From Shadow Boxing, by Dr. Henry Malone, © 1999, Trophy Publishing.

You are not praying to God to remove the spirit. You are
commanding the spirit to leave you.

Notes

Spirits respond to authority. As you've seen, Jesus has all authority in Heaven and on earth. Jesus commissioned you with the same authority as you live "in Christ" by the power of Holy Spirit who lives in you. You resist from a position of victory! You've already won this spiritual war!

To fill the area vacated by the demonic spirit, you declare the Godly replacement based on what God's Word says. You must fill the void so the unclean spirit cannot return with a vengeance.

²⁴ "When an unclean spirit goes out of a man, he goes through dry places, seeking rest; and finding none, he says, 'I will return to my house from which I came.' ²⁵ And when he comes, he finds it swept and put in order. ²⁶ Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first."

Luke 11:24-26

Find someone with whom you can pray these prayers in agreement who has a heart to see you walk in freedom. It is scripturally based and very beneficial. Occasionally, some of the root spirits do not want to be evicted, so it may take some warfare. Continue speaking the truth of Scripture and commanding the spirit to go. Don't grow weary, for in the end you will reap a reward. Freedom is worth every step you take.

Below is a **sample for praying against the spirit of fear**. Use this guide as you pray through all the sections on the chart. Replace the underlined text as needed to correspond to the section you are working on.

*In the name of Jesus, I rebuke the spirit of fear and every manifestation of fear including fear of abandonment, anxiety, worry, fright. (name all the manifestations that apply to you).
I command that every demonic spirit assigned to carry out a spirit of fear is now assigned to dry places.
You have no place in me.
I am covered with the blood of the lamb, Jesus Christ, and every door opened to you is now closed in Jesus' name.
In its place, I declare God's perfect love.*

Notes

"There is no fear in love; but perfect love casts out fear, because fear involves torment. Be he who fears has not been made perfect in love" (1 John 4:18).

"For God hasn't given me a spirit of fear, but of power and love and a sound mind (2 Timothy 1:7).

Amen.

Closing Thoughts

*⁷ Therefore submit to God
Resist the devil and he will flee from you.
James 4:7*

*⁸ For this purpose the Son of God was manifested, that He might
destroy the works of the devil.
1 John 3:8b*

You now know what you need to do to break the power of the enemy and stand against his intrusion and tactics. By confessing and repenting, and then resisting and standing, you take personal responsibility for your spiritual walk. You will find yourself in a place of true freedom and empowerment – having all the keys you need to remain free.

In the final session, you will explore how to use those keys to walk out your newfound freedom in Christ!

Session 16:

Walking in Freedom

Let's Prepare

Additional study material for the Session 16 video can be found in the companion book:

- Chapter 10 – Daily Walking it Out

The final stepping stone is the Purpose of Freedom, walking it out and helping others get free. At the end of this session, you will have a better understanding of how to continue the lifelong process of living and growing in freedom.

Video Reflections

Watch the video and take notes. Then, reflect on the following:

- What does it feel like to walk across a stage at graduation? To walk a red carpet at a movie premiere? What is the general mood? What is the purpose of all the hoopla?

- Share a significant accomplishment or milestone you hit in life. How did you celebrate it? With others? In a big group? With a meaningful experience?

*³² And you shall know the truth, and the truth shall make you free.”
John 8:32*

Throughout this series, you’ve had the opportunity to invite Holy Spirit to transform your heart and life. Reflect on the journey and speak the following truths over yourself.

- ◇ I am delivered, rescued, set apart, released, no longer a slave, and no longer a captive.
- ◇ I am free of guilt and condemnation
- ◇ I am free from the lies of the enemy.
- ◇ I am free from the fear of evil or failure.
- ◇ I am free from judgments and inner vows.

Notes

- ◇ I am free from the debt of sin that was owed.
- ◇ I am free to love and free to live.
- ◇ I've had a renewal of my worth and value.
- ◇ I have a place in the family of God.
- ◇ I have a Godly purpose and an identity in Christ.
- ◇ I qualify for the inheritance that God the Father has reserved for me.
- ◇ I am highly favored.
- ◇ I am blessed to be a blessing to others!
- ◇ I am totally free – INDEED!

Steps to Walking in Freedom

Walking in freedom is a choice you make daily to maintain your freedom. Holy Spirit will lead and guide you in these very practical and important steps.

1. Know God through His Word
2. Set your mind on things above
3. Embrace Holy Spirit
4. Remove things of darkness from your life
5. Treat all sin and disobedience as poison
6. Be quick to repent and forgive
7. Recognize the real enemy
8. Connect to a local church
9. Thank God for the victory!

1. Know God Through His Word

*¹⁷ So then faith comes by hearing, and hearing by the word of God.
Romans 10:17*

All truth begins with the Word of God. Let the Word “become flesh”. This means to become living and real in your heart.

*¹⁴ And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.
John 1:14*

Continue discovering the awesome love of God the Father and who you are in Christ. It's an amazing journey as you continue to grow in who you are in Christ and who He is in you.

2. Set Your Mind on Things Above

Notes

*² Set your mind on things above, not on things on the earth.
Colossians 3:2*

Your mindset must change and be renewed. Stop all negative thought traffic immediately. Take your thoughts captive and identify condemnation and accusations against you or God that come from the enemy.

*⁵ ... casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ
2 Corinthians 10:5*

3. Embrace Holy Spirit

Trust Holy Spirit to speak to you. He will never say anything to contradict God's Word. He will never condemn you, though He will convict you of sin.

*⁷ Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.
John 16:7*

*³ However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.
John 16:13*

4. Remove Things of Darkness From Your Life

Get rid of any possession that represents the demonic, the occult, or a false religion in response to Holy Spirit's guidance.

*² You shall utterly destroy all the places where the nations which you shall dispossess served their gods, on the high mountains and on the hills and under every green tree. ³ And you shall destroy their altars, break their sacred pillars, and burn their wooden images with fire; you shall cut down the carved images of their gods and destroy their names from that place. ⁴ You shall not worship the Lord your God with such things.
Deuteronomy 12:2-4*

5. Treat all Sin and Disobedience As Poison

Treat sin and disobedience as something evil, to be cast out of your life immediately. Ask Holy Spirit to reveal all areas of sin and become aware of things that would grieve Him.

6. Be Quick to Repent and Forgive

⁹ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

⁴⁴ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,

Matthew 5:44

7. Recognize the Real Enemy

The real enemy is NOT a person. A spiritual war is being waged all around you, and you are called as a believer to fight from a position of victory. Beware, if the devil can't defeat you, he may afflict someone close to you to fight his battle.

¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

Ephesians 6:12

*⁷ Therefore submit to God.
Resist the devil and he will flee from you.*

James 4:7

¹¹ Put on the whole armor of God, that you may be able to stand against the wiles of the devil.

Ephesians 6:10

(Read through verse 18 to get a full description of what you are to wear to wage spiritual warfare.)

³ For though we walk in the flesh, we do not war according to the flesh. ⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ ...

2 Corinthians 10:3-5

With the authority of Jesus and in His name, stand against and resist any demonic spirit that is harassing or afflicting you.

Notes

¹⁸ And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. ¹⁹ Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.
Matthew 28:18-20

¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.
Galatians 5:16-17

Additional information on Freedom from the Flesh is found in Appendix E.

8. Connect to a Local Church

Get involved with, and don't just casually attend, a local church that understands and preaches the full counsel of God (salvation and the Kingdom of God). You need to be:

- Submitted to the leadership so you can be properly under authority
- Attending the local functions on a regular basis
- Reading and studying the Bible
- Learning to pray and grow in your prayer life
- Accountable to someone or in a small group who can help you in time of need
- You may need a mature believer to love you and "father" you back to life

For an in-depth study of what Jesus meant by the Kingdom of God, please complete the series titled Kingdom of God which can be found on our website at AdvancedBiblicalFoundations.org.

9. Thank God for the Victory

¹ Oh, give thanks to the Lord, for He is good! For His mercy endures forever.
Psalms 136:1

Notes

¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you. ¹⁹ Do not quench the Spirit. ²⁰ Do not despise prophecies. ²¹ Test all things; hold fast what is good. ²² Abstain from every form of evil.
1 Thessalonians 5:16-22

¹⁵ Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.
Hebrews 13:15

For an in-depth study of how praise and worship, not only strengthens your connection with God, but also serves as a power means of coming under His divine protection, please complete the series titled Praise & Worship which can be found on our website at AdvancedBiblicalFoundations.org.

The Importance of Confessing - Saying What God Says

When you discover what the Word of God says, and then believe it and repeat it, you are confessing the Word. You must begin to do this. Knowing, believing, and confessing the truth of God's Word will help you immensely. It is especially important to confess out loud what God says about you. This will help you understand and reinforce your identity in Him. Listen to the words coming out of your mouth and choose to speak only life and blessings.

³⁴ For out of the abundance of the heart the mouth speaks.
Matthew 12:34b

⁹ ... that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. ¹⁰ For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.
Romans 10:9-10

²¹ Death and life are in the power of the tongue, and those who love it will eat its fruit.
Proverbs 18:21

CHOOSE LIFE

An extraordinary life has been offered to you, but it's a choice. If you do not choose life, you automatically choose death.

¹⁰ The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

John 10:10

¹⁵ "See, I have set before you today life and good, death and evil, ¹⁶ in that I command you today to love the Lord your God, to walk in His ways, and to keep His commandments, His statutes, and His judgments, that you may live and multiply; and the Lord your God will bless you in the land which you go to possess. ¹⁷ But if your heart turns away so that you do not hear, and are drawn away, and worship other gods and serve them, ¹⁸ I announce to you today that you shall surely perish; you shall not prolong your days in the land which you cross over the Jordan to go in and possess. ¹⁹ I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live; ²⁰ that you may love the Lord your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days; and that you may dwell in the land which the Lord swore to your fathers, to Abraham, Isaac, and Jacob, to give them."

Deuteronomy 30:15-20

Closing Thoughts

Remember, there are no instant cures for the things that are difficult in this fallen world. You are promised God's steady process of maturity. This is a process that will continue as you grow in Christ.

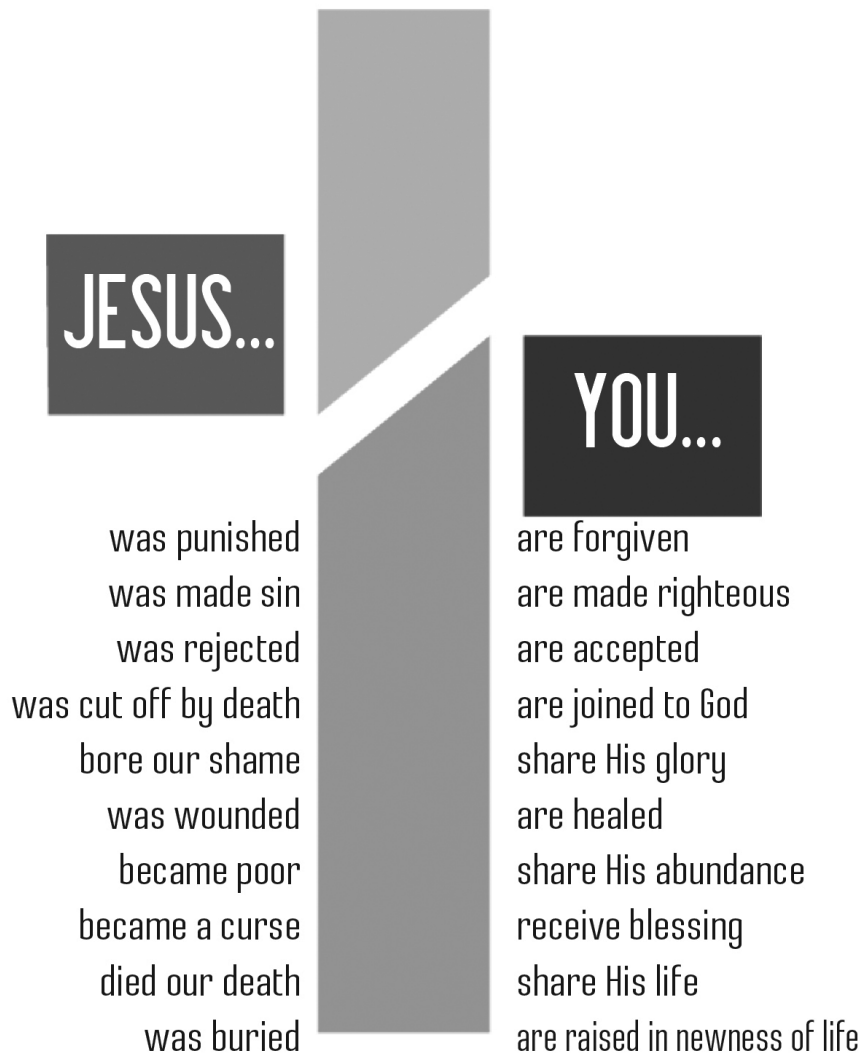
God has called you to LIFE, to freedom, to hope, to purpose, to joy, and to love. You have heard His voice and received freedom. Choose to daily continue to choose LIFE! Below is a prayer of decision.

Dear God, in this solemn moment, I make the choice to follow You and choose LIFE. I thank you for the blessings and favor that await me, according to Your Word. May the reality and awareness of Your presence grow in my heart and in my soul as we journey together. I choose to fight the good fight, to finish the race, and keep the faith.

I know that You'll see me through every storm and always bring me to a place of peace. I rest in the knowledge of Your never-failing love for me. With a grateful heart . . . I pray. In Jesus' name, Amen.

Appendix A

THE EXCHANGE OF THE CROSS



LIFE FROM DEATH

4041 Marsh Lane | Carrollton, TX 75007 | p 972.307.3033 |
f 972.307.3034 | SojournChurch.org

THE CROSS

THE POWER OF GOD

For the message of the cross is foolishness to those who are perishing, but to us who are being saved, it is the power of God. 1Corinthians 1:18

The cross represents the greatest victory in all of world history. There, Jesus gave up His life for you and for me in an exchange that impacts every area of our lives. It is time for us to know the truth of the power of the cross so that we can experience everything Jesus died to provide for us.

THE CROSS PROMISES...

FORGIVENESS: Jesus was punished [by the Father] so that we could be forgiven. *See Isaiah 53:3-5; Colossians 1:14*

RIGHT STANDING WITH GOD: Jesus was made sin with our sinfulness so that we could be made the righteousness of God.

See Isaiah 53:10; 2Corinthians 5:21

COMPLETE ACCEPTANCE: Jesus was rejected so we could be accepted in the beloved, and we are no longer rejected.

See Isaiah 53:3-4; Ephesians 1:3-6

BEING JOINED TO GOD: Jesus was cut off by death so that we could be joined to God. *See Hebrews 2:9; Romans 5:8; Ephesians 2:4-6*

SHARING HIS GLORY: Jesus bore our shame so that we could be free from guilt and share in His glory.

See Isaiah 53:3; Matthew 27:26-31; Hebrews 2:10

HEALING: Jesus was wounded, taking our pain and sickness so that we could be healed. *See Isaiah 53:3-5; Matthew 8:16-17; 1Peter 2:24*

FINANCIAL ABUNDANCE: Jesus became poor so that we could share in His abundance. *See 2Corinthians 8:9; 2Corinthians 9:8*

BLESSING: Jesus was made a curse so that we could receive the blessing of Abraham, the promise of the Holy Spirit.

See Galatians 3:13-14

LIFE: Jesus died our death so that we could share in His life.

See John 10:11; John 17:21; John 11:25-26

A NEW CREATION: Jesus was buried, but raised from the grave so that we could be raised in newness of life.

See 2Corinthians 5:17; Galatians 6:15

HEALING THE BROKEN HEARTED

Causes	Produce	Wrong Responses and Open Doors	Results
<ul style="list-style-type: none"> • Lack of love • Rejection • Abuse - verbal and Physical • Neglect • Betrayal • Trauma <p>Original causes cannot be changed, but they can be healed.</p>	<ul style="list-style-type: none"> • Longing to be loved • Hurt and Pain • Shame • Insecurity • Fear <p>Unhealed hurts and unmet needs fuel our pain. Pain is an indication that we have not fully forgiven from the heart, or haven't received healing from the Holy Spirit.</p>	<ul style="list-style-type: none"> • Dishonoring parents • Anger / Unforgiveness • Judgments / Inner Vows • Curses • Occult / False Religion • Trauma • Soul Ties <p>Regardless of what was done to us, it is our wrong responses that open doors leading to bondage.</p>	<ul style="list-style-type: none"> • Wrong Behaviors • Addictions • Controlling Fears • Critical and Angry • Unable to submit to authority • Sexual Sins • Legalism <p>These are all results of wrong responses. We must take personal responsibility for our actions.</p>
<ul style="list-style-type: none"> • Broken heart 	<ul style="list-style-type: none"> • Pain 	<ul style="list-style-type: none"> • Sin 	<ul style="list-style-type: none"> • Medicating the pain • Trying to find love
HOW TO RECEIVE HEALING			
<ul style="list-style-type: none"> • Receive the Love of the Father and His affirmations of our true identity as a son of God and join His purposes of advancing His Kingdom. • Romans 8:15-17 • Romans 5:8 	<ul style="list-style-type: none"> • Receive the healing ministry of the Holy Spirit. • Luke 4:18 • Isaiah 53:3-5 	<ul style="list-style-type: none"> • Take personal responsibility for wrong responses, call them sin and receive forgiveness. • 1 John 1:9 	<ul style="list-style-type: none"> • Reckon yourself dead to sin and alive to God. • Present your members as slaves of righteousness. • Romans 6:11-13
<p>• Dismantle strongholds through the thorough of God's Word.</p> <p>• John 8:32</p> <p>• 2 Corinthians 10:3-5</p>			
<p>FOCUS ON THE LOVE OF THE FATHER LET FAITH ARISE BY ABIDING IN HIS WORD</p>			

Appendix C

Your True Identity as a Believer

The following statements summarize your scriptural identity and position in Christ and form the foundation for your freedom in Christ. The statements below are the truth; what we have believed in the past are lies.

Read these statements aloud often. If you are presently involved in a spiritual conflict, read these statements aloud at least once each day for a month. Let them get into your spirit. Meditate upon them until this is the “way you think.” Remember, the truth will set you free!

Who Am I?

- By the grace of God, I am what I am (1 Corinthians 15:10).
- I am the salt of the earth (Matthew 5:13).
- I am the light of the world (Matthew 5:14).
- I am a child of God (John 1:12).
- I am a branch of the true vine (John 15:1-5).
- I am Jesus’s friend (John 15:15).
- I am chosen and appointed by Christ to bear His fruit (John 15:16).
- I am a slave of righteousness (Romans 6:18).
- I am a slave of God (Romans 6:22).
- I am a child of God; He is my spiritual Father (Romans 8:14-15; Galatians 3:26; 4:6).
- I am a joint heir with Christ, sharing His inheritance with Him (Romans 8:17).
- I am a saint (1 Corinthians 1:2).
- I am a temple, a dwelling place, of God. My body is the temple of the Holy Spirit (1 Corinthians 3:16; 6:19).
- I am a member of Christ’s body (1 Corinthians 12:27; Ephesians 5:30).
- I am a new creation in Christ (2 Corinthians 5:17).
- I am reconciled to God and have been given the ministry of reconciliation (2 Corinthians 5:18-19).
- I am a child of God and one with others in Christ (Galatians 3:26, 28).
- I am an heir of God through Christ because I am a child of God (Galatians 4:6-7).
- I am God’s workmanship, created in Christ for good works (Ephesians 2:10).

- I am a fellow citizen with the saints and members of God's family (Ephesians 2:19).
- I am a citizen of heaven, seated in heavenly places in Christ Jesus (Philippians 3:20; Ephesians 2:6).
- I am hidden with Christ in God (Colossians 3:3).
- I am chosen of God, holy and beloved (Colossians 3:12; 1 Thessalonians 1:4).
- I am a son or daughter of light and not of darkness (1 Thessalonians 5:5).
- I am a holy partaker of a heavenly calling (Hebrews 3:1).
- I am one of God's living stones, being built up in Christ as a spiritual house (1 Peter 2:5).
- I am a member of a chosen generation, a royal priesthood, a holy nation, His own special people (1 Peter 2:9).
- I am a child of God and I will be like Jesus when He is revealed (1 John 3:1-2).

Because I Am in Christ, by the Grace of God . . .

- I have been justified by faith and have peace with God (Romans 5:1).
- I am free from condemnation (Romans 8:1).
- I have received the Spirit of God, that I might know the things freely given to me by God (1 Corinthians 2:12).
- I have been bought with a price, I am not my own, I belong to God (1 Corinthians 6:19-20).
- I have been established, anointed and sealed by God in Christ; and I have been given the Holy Spirit as a guarantee of God's promises (2 Corinthians 1:21-22).
- Since I have died, I no longer live for myself, but for Christ (2 Corinthians 5:14-15).
- I have been made the righteousness of God in Christ (2 Corinthians 5:21).
- I have been crucified with Christ, and it is no longer I who live, but Christ lives in me; and the life I now live is in Christ (Galatians 2:20).
- I have been blessed with every spiritual blessing (Ephesians 1:3).
- I was predestined, determined by God, to be adopted as God's child (Ephesians 1:5).
- I am accepted in the Beloved (Ephesians 1:6).
- I have been redeemed and forgiven, according to the riches of His grace (Ephesians 1:7-8).
- I have been made alive together with Christ (Ephesians 2:5).
- I have been raised up and seated in heavenly places in Christ (Ephesians 2:6).

- I have direct access to God by the Spirit (Ephesians 2:18).
- I may approach God with boldness and confidence through faith (Ephesians 3:12).
- I have been delivered from the power of darkness and transferred to the kingdom of Christ (Colossians 1:13).
- I have redemption and forgiveness through the blood of Jesus (Colossians 1:14).
- I am made complete in Christ (Colossians 2:10).
- I have been buried, raised and made alive with Christ (Colossians 2:12-13).
- I died with Christ and I have been raised up with Christ. My life is now hidden with Christ in God. Christ is now my life (Colossians 3:1-4).
- I have been given a spirit of power, love and of a sound mind (2 Timothy 1:7).
- I have been saved and called with a holy calling, according to God's purpose and grace (2 Timothy 1:9).
- I can come boldly before the throne of God to receive mercy and find grace to help in time of need (Hebrews 4:16).
- I have been given exceedingly great and precious promises by God, by which I am a partaker of God's divine nature (2 Peter 1:4).

Adapted from Neil Anderson's Victory Over the Darkness © 2000 by Neil T. Anderson, published by Regal Books, Ventura, CA.

Appendix D

Declaration of Faith

In the name of Jesus, this is my confession. I believe that:

- Jesus Christ is the virgin-born Son of God.
- He died on the Cross for my sins.
- He arose from death on the third day with victory over death, hell and the grave.
- He ascended later into heaven and is seated at the right hand of God, the Father.
- From His glorified position He sent His Holy Spirit to earth.
- At this moment He is interceding for me and for all the redeemed of the earth.

I now testify that:

- I have trusted Jesus Christ as my own personal Lord and Savior.
- He now resides in me by the Holy Spirit.
- He has fully forgiven me, completely justified me and is continually sanctifying me daily.
- He has paid the penalty for all my sins, past, present and future.
- He has won not only my forgiveness and justification through His death and resurrection, but my freedom as well.
- I am free in Him. I have a responsibility to be free and believe, think, pray and act in freedom.
- I renounce the devil and all of his works in my life and I declare that I am now a slave of righteousness.

I now affirm that:

- My body is the Temple of the Holy Spirit and exists for His indwelling, control and manifestations.
- I agree now to take back, in Jesus's name, all ground formerly given to Satan and his evil spirits. I confess that they now have no legal place in me or power over me.
- He who is in me is greater than he who is in the world.
- Jesus was manifested to destroy the works of the evil one.

- Jesus spoiled principalities and powers and made an open show of them on the Cross.
- I overcome by the blood of the Lamb, the word of my testimony and I love not my life unto death.
- Father, I submit to Your Lordship over my life. I thank You for loving me and I thank you for the victory of the cross and the blood that was shed for me.

Appendix E

Freedom from the Flesh

If we allow the deeds of the flesh to work in our lives we will continue to open the door to the enemy. Therefore, we must put to death the deeds of the flesh and choose to put on the new—the image of Jesus.

Therefore, put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience, in which you yourselves once walked when you lived in them. But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him
Colossians 3:5-10

At the Cross, the power of sin was canceled in our lives. God causes us to “live and reign” in Him as we appropriate the truth of the Cross and the resurrection in our lives (Romans 5:17, 21).

What shall we say then? Shall we continue in sin that grace may abound? Certainly not! How shall we who died to sin live any longer in it? Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore, we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. For he who has died has been freed from sin. Now if we died with Christ, we believe that we shall also live with Him, knowing that Christ, having been raised from the dead, dies no more. Death no longer has dominion over Him. For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Romans 6:1-10

Romans 6:1-10 helps us understand that we were baptized into Christ's death. Since Jesus is no longer dead, but risen in victory, we are also risen from death into life with Him. Since we were united (joined together) with Him in His death, we are united with Him in His life. Therefore, we should live like we are joined to Him and walking in victory with Him. The devil does not want us to know this truth or to walk in it.

...knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. Romans 6:6

Our body of sin (the old man, our carnal nature, the flesh) was literally rendered inoperative. Why do we continue to yield to it?

Likewise, you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord. Therefore, do not let sin reign in your mortal body, that you should obey it in its lusts. Romans 6:11-12

And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God. Romans 6:13

We must present ourselves (our members) to God as alive from the dead (sin) and our members (tongue, mind, body, eyes, ears, etc.) as instruments (weapons) of righteousness.

You may be saying, "I don't know if I can really do this." Sure you can. It has nothing to do with your power or ability. We have failed in the past for two reasons:

1. We did not reckon ourselves dead to sin because we did not understand that we had died to it in Christ.
2. We tried in our own power and ability to resist sin, but still found ourselves consumed by it (Romans 7:14-24).

After reckoning ourselves dead to sin and alive to God, we now present ourselves to God as slaves of righteousness.

And having been set free from sin, you became slaves of righteousness. Romans 6:18

After understanding that we were buried with Christ, the key to being "slaves of righteousness" is the understanding that the Holy Spirit raised Jesus from the dead and that the same Holy Spirit who raised Jesus from the dead lives in us.

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. Romans 8:11

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Galatians 2:20

...and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power... Ephesians 1:19

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us... Ephesians 3:20

The “exceeding greatness of His power toward us,” is in us—the Holy Spirit!

Do you not know that you are the temple of God and that the Spirit of God dwells in you? 1 Corinthians 3:16

Our weapons are not in the flesh (in our natural ability or power), but are mighty in God (2 Corinthians 10:3-5). They are mighty because they are empowered by God and administered by the Holy Spirit, who lives in us.

As You Pray

- Ask the Holy Spirit to bring to death the power of canceled sin, hurt and/or fleshly practice(s) in your life, identifying those areas with the death of Jesus. List those areas out loud.
- Then ask the Holy Spirit to release the power of God to overcome the sin and the fleshly practice(s) in your life, identifying those areas with the power of the resurrection.
- Then present your members to God as instruments of righteousness.
- Now ask the Holy Spirit to help you overcome the evil one, his lies and condemnation (Romans 8:1-2).
- Ask the Holy Spirit to release the fruit of the Spirit in you.

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Galatians 5:22-25

APPENDIX F

Free Indeed – Leader Guide

Insights from Terry

If you are interested in using the Free Indeed Study Guide to lead a study group, additional materials are included in this Appendix. Prompts are included throughout the study guide to fuel group discussion.

Planning Your Time Together

This guide can be used to minister to small groups in churches and homes as well as large groups. A 90-minute session could include:

- 20 minutes – Welcome and intro to the day's session
- 20 minutes – Video – using the Free Indeed Study Guide make notes and insights
- 30 minutes – Group reflection and discussion; a series of book readings and prompts are offered in the study guide (choose as many as you see fit)
- 10-minutes – Prayer for the group (reflecting on the day's topic, personal requests)

Group Guidelines

If you are beginning your journey as a study leader, we recommend sharing guidelines to create an environment where all feel safe to share and ask questions as they absorb the teaching. There are many resources online for this type of information. Feel free to use this as a starting point.

- We will gather to grow in our relationship with Jesus.
- We will seek biblical truths.
- We will pray for one another at each meeting.

Whether you are an experienced teacher or just stepping out in faith in this area of gifting, consider teaming up with another believer to conduct this teaching. Each person lends a different insight into the scripture and each person's life experience may stimulate growth and discussion and offer encouragement to the group. These truths have been a blessing in my life.

You may also find it useful to share personal stories, if you feel comfortable doing so. This creates an atmosphere of authenticity, a feeling that the topics discussed pertain

to real life. It also makes you more approachable to the members of the group who may be led to share their own stories or request more information and discussion outside the group setting.

Reading scripture aloud with “I” and “me” or inserting your own name brings the scripture to life in a more personal way. Inserting the names of friends and family members is a great way to pray scripture over others.

Thank you for sharing your gifts with the Body of Christ, His precious church, and to those who have yet to hear and understand the true message of the Cross.

A Prayer for You

Heavenly Father, I lift up your faithful servant. Strengthen and inspire them as they walk alongside those who may be hurting. Bless all who will hear the message of true freedom in Christ through this teaching. We pray now for hearts to be prepared to hear and accept what Holy Spirit will reveal. Comfort and strengthen them with Your Word. We proceed expecting lives will be refreshed and transformed in Jesus' mighty name.

Let my teaching drop as the rain, my speech distill as the dew, as raindrops on the tender herb, and as showers on the grass. Deuteronomy 32:2

Blessings to you,

Terry Moore

Session 1 for Group Leaders:

Introduction

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time to fully review and discuss today's topic. The amount of time you spend doing the following may vary:

- ☐ Welcoming the group and helping them get to know one another

The first session should end with a feeling of being in a safe environment where all can share confidentially and with a sense of expectation at the upcoming journey to wholeness and healing.

Welcoming the Group

- ☐ Thanks for coming and introduce yourself
- ☐ Location logistics – location of bathrooms, refreshments (if any), time commitment
- ☐ Have each person introduce themselves and answer an Ice Breaker question. There are many resources online for these questions. Feel free to choose from the following:
 - ◇ Where was your favorite place to go exploring as a child? As an adult? What do you look for or collect? Why is it you enjoy about that?
 - ◇ What led you to join this study today? Who invited you to come?
 - ◇ When I <fill in the blank>, I feel completely free.
- ☐ Share the Group Guidelines in the previous section.
- ☐ Overview of this course and the series
 - ◇ This study is the third in a series offered by Terry Moore intended to transform your life as you journey to discover the obstacles that have held you back from living a fulfilled, abundant life. You will learn how to use Holy Spirit power and the Word to change your life and discover what it means to be FREE INDEED!

Video Group Reflections

Getting the conversation started:

These can be used each session to begin the video discussion:

- ☐ What part of the video impacted you the most?
- ☐ Is there something new you'd never heard about which stood out?

Session 2 for Group Leaders:

Love, Identity and Purpose

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time to welcome anyone who has just joined the group.

The next 3 sessions will give an overview of Series 2 – Love, Identity and Purpose which can be found on our website at AdvancedBiblicalFoundations.org.

While it is highly recommended that all series be completed in the order provided, this allows Series 3 – Free Indeed to be used as a standalone Bible study.

Welcoming the Group

- ☐ Name tags may be helpful to help grow relationships and avoid the awkward, “What is your name again?”
- ☐ Welcome new group members. Have each person state their name and answer an Ice Breaker question. Feel free to choose from the following:
 - ◇ Where did you grow up as a child, as a young adult? In what city do you live now?
 - ◇ At what age were you first introduced to Jesus?
- ☐ Now, bring it back to the main group and ask:
- ☐ Reflecting on last session’s teaching, is there anything you’d like to share?

Session 3 for Group Leaders:

Receiving the Love of the Father

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing how to receive and fully experience God's love. Roadblocks to accepting God's love may involve:

- ❑ Needing to forgive an earthly father to fully accept God the Father's love. For some people, this can be a very emotional topic.

As your students continue working through this series, they will have opportunities to address this roadblock to faith in more detail.

This is the second of 3 sessions which give an overview of [Series 2 – Love, Identity and Purpose](#) which can be found on our website at AdvancedBiblicalFoundations.org.

Welcoming the Group

Begin the discussion with a personal reflection on the stages discussed in the last session. Feel free to choose from the following:

- ❑ Reflecting on last session's teaching, is there anything you'd like to share?
- ❑ This week, we'll discuss "Receiving the Love of the Father." We'll talk about how you see God and how God sees you.
 - ◇ What 3 words would you use to describe God as Father?
 - ◇ What 3 words would you use to describe how God sees you?

Session 4 for Group Leaders:

Identity and Purpose

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the concepts of being “in Christ”, “born again”, and why it is necessary to be “water baptized” as an adult (versus infant baptism).

This is the third of 3 sessions which give an overview of Series 2 – Love, Identity and Purpose which can be found on our website at AdvancedBiblicalFoundations.org.

Welcoming the Group

Begin the discussion with a personal reflection on receiving the love of God the Father discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session’s teaching, is there anything you’d like to share?
- ☐ This week, we’ll discuss “Identity and Purpose.”
 - ◇ When you meet someone new, how do you typically introduce yourself? What do you like to talk about to keep the conversation going?
 - ◇ What positions do you hold in your home, work, community or extended family? How are they tied to something you do to serve those around you?

Session 5 for Group Leaders:

Receiving and Embracing the Holy Spirit

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the concepts of Holy Spirit. Many people who have been in church all their lives find they know very little about the Holy Spirit's role in their lives.

Welcoming the Group

Begin the discussion with a personal reflection on our identity in Christ and God's purpose for our lives discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ Do you have a role model you look up to for advice? It could be someone living or deceased. It's someone who continues to have a significant impact on your life.
- ☐ When faced with a problem, big or small, who is the person you turn to for answers. Fill in the blank. "What would < insert name > do?" Who is that familiar voice in your head?

Session 6 for Group Leaders:

We Are at War

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the concepts of:

- ☐ Spiritual warfare – Many people who have been in church all their lives may find they know very little about it or how to fight it using God's Word.
- ☐ Authority Jesus has given believers to fight spiritual warfare.
- ☐ Devil's tactics to take your mind of Christ so you cannot live in fullness of all God has for you.

Welcoming the Group

Begin the discussion with a personal reflection on receiving and embracing Holy Spirit discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ Were you or do you know someone who was in the military? How does a soldier prepare for battle?
- ☐ You've heard the term "seeing is believing." Do you believe there is an spiritual unseen world coexisting all around us?
- ☐ What are some of the things you believe without even thinking? For example, the existence of gravity, the airplane I'm traveling on isn't going to fall out of the sky, etc.

Session 7 for Group Leaders:

Keys to Freedom

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the concepts of:

- ☐ Humility - accepting responsibility for your actions
- ☐ Forgiveness – addressing the need to forgive everyone, regardless of what they may have done or neglected to do

They are huge roadblocks to truly experiencing freedom. Oftentimes, they can bring to mind past instances of abuse or being treated unfairly.

As your students continue working through this series, they will have opportunities to address these roadblocks to freedom in more detail.

Welcoming the Group

Begin the discussion with a personal reflection on the spiritual realm and spiritual warfare happening all around you discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ Over time, the key as an object has changed. At one time, they only came in the form of a physical metal item that fit in your pocket. What keys do you use in your life on a daily basis? What are they used for? To keep something in or to keep something out?

Session 8 for Group Leaders:

Sins of Our Fathers

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the concepts of:

- ☐ Family curses and generational sin
- ☐ Taking actions to close these doors to the enemy

They are huge roadblocks to truly experiencing freedom. Oftentimes, they can bring to mind past instances of abuse or being treated unfairly.

As your students continue working through this series, they will have opportunities to address these roadblocks to freedom in more detail.

This is the first of several sessions that may bring deep-seeded issues to mind that need to be further discussed individually outside the group. **We highly recommend the The Restoring Foundations Ministry for individualized personal healing and restoration. Please refer your students to their website for more information: RestoringTheFoundations.org.**

Welcoming the Group

Begin the discussion with a personal reflection on the Keys to Freedom (humility, forgiveness) discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ This week we'll be talking about family. Look back over your life, what did family get-togethers look and sound like when you were a child? How close were you to your extended family back then? What are they like today?

Session 9 for Group Leaders:

Open Doors

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing each individual open door in this session.

- ☐ The open doors in this session are a result of choices people make to respond incorrectly to a situation (disobedience, rebellion, anger, unforgiveness, judgment, inner vows, soul ties) or participate in something that doesn't honor God (occult).
- ☐ The idea that these open doors may be affecting their lives may be new to your students.
- ☐ The video gives an overview, but this user guide provides a prayerful process for closing the open door. Be sure your students grasp the process.

REMINDER: This is the second of several sessions that may bring deep-seeded issues to mind that need to be further discussed individually outside the group. **We highly recommend the The Restoring Foundations Ministry for individualized personal healing and restoration. Please refer your students to their website for more information: RestoringTheFoundations.org.**

Welcoming the Group

Begin the discussion with a personal reflection on the sins of your forefathers discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ Do you prefer running a marathon or a sprint?

Session 10 for Group Leaders:

Ungodly Beliefs and Strongholds

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the concepts in this session which:

- ☐ Can evoke or confirm the source behind a deep emotion (i.e., hopelessness, defeat)
- ☐ Need additional explanation if the concept is unfamiliar.

REMINDER: This is the third of several sessions that may bring deep-seated issues to mind that need to be further discussed individually outside the group. **We highly recommend The Restoring Foundations Ministry for individualized personal healing and restoration. Please refer your students to their website for more information: RestoringTheFoundations.org.**

Welcoming the Group

Begin the discussion with a personal reflection on open doors allowing the enemy access to your life, discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ Today, we will continue taking a deep dive to identify open doors. When in your life have you taken a deep dive or swam in deep water for recreation? Is it invigorating? Frightening? Challenging? Fun?

Session 11 for Group Leaders:

Setting Our Minds on the Right Things

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the concepts of:

- ❑ Immersion baptism – Many of your students may have been baptized as babies. They may question why they benefit from full immersion now.

To support what your students have learned about the tactics the enemy uses to attacks their minds, in this session they'll cover how to fight back and take their thoughts captive to Christ.

Welcoming the Group

Begin the discussion with a personal reflection on the open doors of ungodly beliefs and strongholds discussed in the last session. Feel free to choose from the following:

- ❑ Reflecting on last session's teaching, is there anything you'd like to share?
- ❑ Looking at your daily or weekly routine, do you find "me" time to rest, refresh, rejuvenate and reset?
 - ◇ Is this difficult to fit into your schedule? How do you make it a priority?
 - ◇ What is the biggest benefit you receive from this activity? Why do you need it?

Session 12 for Group Leaders:

Trauma

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing:

- ☐ Various examples of trauma one may experience – What is trauma for one person may not be for another. This can be a very emotional topic.
- ☐ Forgiveness – addressing the need to forgive everyone, regardless of what they may have done or neglected to do

REMINDER: This is the fourth and final session that may bring deep-seated issues to mind that need to be further discussed individually outside the group. **We highly recommend The Restoring Foundations Ministry for individualized personal healing and restoration. Please refer your students to their website for more information: RestoringTheFoundations.org.**

Welcoming the Group

Begin the discussion with a personal reflection on setting our minds on the right things discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ What sorts of activities does a thrill-seeker do?
 - ◇ You may have heard of people who have a "need for speed" or enjoy pushing the limits of their bodies to push their physical boundaries. Think of a few examples.
 - ◇ Is there an element of fear associated with it?
- ☐ Are you a risk-taker? What is the most daring thing you've ever done? At any point, were you afraid to tackle it? Did you succeed on the first try?

Session 13 for Group Leaders:

Inner Healing

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the roadmap to healing that will be represented today.

REMINDER: For anyone needing additional time to work out the information provided today, **we highly recommend The Restoring Foundations Ministry for individualized personal healing and restoration. Please refer your students to their website for more information: RestoringTheFoundations.org.**

Welcoming the Group

Begin the discussion with a personal reflection on traumas discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ It's time to make the Exchange of the Cross as described in Appendix A. Read it out loud as a group and then pray that Holy Spirit would prepare hearts to receive the road-map to healing that will be presented in today's session.
- ☐ Briefly discuss how Verse 18 describes the Cross of Christ.

¹⁴ For this reason I bow my knees to the Father of our Lord Jesus Christ, ¹⁵ from whom the whole family in heaven and earth is named, ¹⁶ that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, ¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what is the **width and length and depth and height**— ¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. ²⁰ Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, ²¹ to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.
Ephesians 3:14-21 (emphasis added)

Session 14 for Group Leaders:

Resisting the Devil

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time sharing and discussing the concepts of:

- ☐ Existence of demons
- ☐ Their possible manifestations in your life (i.e., “I get angry a lot, but is it a demon?”)

This is the final open door which will be discussed. It is probably the one most unfamiliar to most people as it is not often discussed in church.

Welcoming the Group

Begin the discussion with a personal reflection on the process of inner healing discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session’s teaching, is there anything you’d like to share?
- ☐ When you think of demons in TV and movies, what image comes to mind?
- ☐ Do you recall seeing cartoonish depictions of the angel and devil on each shoulder telling you what to do and say?
 - ◇ Do you believe demons have been dispatched by Satan to impact your life?
 - ◇ Do you believe you have guardian angels by your side as well?

Session 15 for Group Leaders:

Declaration of Faith/Root Spirits

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time for:

- ☐ Declaration of Faith – reading it aloud is important
- ☐ Identifying the roots of a spirit or bondage that must be broken and then praying to do so
 - ◇ A sample fill-in-the-blank prayer is offered.
 - ◇ Time is needed to look up the associated verses.
 - ◇ Quiet time to firmly pray and meditate on the Scripture will be necessary.

It is highly beneficial for your students to take this course more than once. It could be an annual devotional to reset for the new year or a study done during a difficult time of life. They could walk alongside a loved one completing the study for the first time. Additional open doors will always be revealed and can be closed in Jesus' name. Achieving true freedom in Christ is a lifelong process, and it is a gift to be shared.

Welcoming the Group

Begin the discussion with a personal reflection on the demonic realm discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ In society today, give examples of someone who issues commands? How is the person issuing the command to respond?

Session 16 for Group Leaders:

Walking in Freedom

Foundation of Freedom	Power of Freedom	Keys to Freedom	Doors to Freedom	Purpose of Freedom
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Things to Consider

You may need additional time if you choose to:

- ☐ Celebrate the completion of this course with a time of fellowship
- ☐ Take additional time for personal and corporate prayer

Begin the discussion with a personal reflection on the declaration of faith and root spirits discussed in the last session. Feel free to choose from the following:

- ☐ Reflecting on last session's teaching, is there anything you'd like to share?
- ☐ Reflecting on the entire course in general, what would you say was your biggest takeaway?
- ☐ In what areas do you feel you need to spend a little more time to grasp all the freedom God has for you?
- ☐ Have you incorporated new disciplines or habits into your life that reflect your desire to get closer to God?

Closing the Course

You may choose to share Communion with the group on your final day of this course. It reminds us of all that Jesus did at the Cross on our behalf. Feel free to refer to chapter 14 titled, "The Cross and Communion", beginning on page 187 of the [Cross is the Key](#) companion book (Series 1). It will help to create a memorable experience for the group.