

Freedom from Your Past

Summarized By Linda Persinger

Many people today struggle to live a victorious, abundant life because they do not understand how to live in the present without ties and bondage to their past experiences. The Word of God and Holy Spirit reveals many truths that will set us free. (John 8:31-32, John 14:26) Jesus promised us we would have troubles in this world, but to take courage since He had overcome the world. (John 16:33) Jesus quoted Isaiah 61:1 in Luke 4:18 proclaiming that He came to declare the good news, to heal the brokenhearted, to proclaim liberty to the captives, and freedom to prisoners. Let's examine the Word to see how we all can be free from our past. The following areas are where we have often opened doors to the enemy to have a stronghold in our thoughts, our emotions or our will.

Distorted Views of God, the Father, the Son, and the Holy Spirit

Often we are in bondage because we have a distorted view of God. James 1:17 says "Every good and perfect gift comes down from the Father of lights, with whom there is no variation or shifting shadow." God is good and He doesn't ever change from that! My theology is simple- God is good and gives good gifts to His children, but Satan is bad and the bad things come from him. If we don't believe that God is always good, we interpret things that happen incorrectly.

Naturally, we commonly view our Heavenly Father according to how our earthly father was. For some, this is not a good perspective. For example, we may see God as distant, uncaring, harsh, or demanding because our earthly father had such weaknesses. If the enemy can successfully accuse God to us and we come into agreement with that lie, the enemy can create a distorted view of God in our thinking or in our emotions. Ask Holy Spirit to bring any distorted thoughts or wounds into His light so you can repent of transferring any bad characteristics of your own father to Father God. Watch for thoughts that God is abandoning, harsh, untrustworthy, unfaithful, harmful, unavailable, irrelevant, unreliable, angry, impersonal, always disappointed in you, weak, demanding, with conditional love, or such. Instead, Jesus said that if we see Him we see the Father (John 14:9). Study the gospels to see how Jesus acts in love, mercy and power in order to understand and believe how great the love of the Father is! (1 John 3:1)

After you wait on God to show you distortions, you may want to pray. Father, forgive me for seeing you as I see my earthly father. I forgive my father for _____. Instead, I choose to agree with the truth that sets me free that You are a good, loving, faithful, trustworthy, joyful, powerful, relevant, kind, and giving God that desires to have a great relationship with your children! Heal my relationship with my natural Father (and/or my Step-Father or Adopted Father).

You may also have a distorted view of Jesus or Holy Spirit also. The enemy often accused Jesus to the Pharisees that Jesus really wasn't who He said He was. They wanted to see more signs – they did not believe the miracles were from God. In fact, they even declared that Jesus' power came from the ruler of demons! How twisted is that! We are all in need of greater revelation of Jesus so it is amazing that the Jesus promises that Holy Spirit would teach us all things and remind us of what Jesus taught. (John 14:26) Ask Holy Spirit where you have a distorted view of Him or Jesus.

For example, you might need to pray, “Holy Spirit, forgive me for believing any lies about You such as Your gifts are not for today (1Cor. 12-14). I believe that You are here with me and have promised to never leave me. I certainly need Your gifts and guidance in my life. Thank you. Amen

Distorted Views of Ourselves and Word Curses

Death and life are in the power of the tongue. (Proverbs 18:21) Many people have believed the lies that the enemy has spoken to them personally or through people in their lives. Such examples are "You are so stupid. What is wrong with you?" "You will never amount to anything!" "You are so boring!" We need to come out of agreement with the father of lies and come into agreement with our true identity revealed in the Word of God. His Word declares that we are loved, chosen, accepted, valuable, righteous, cleansed, precious, wise, bold, beautiful, empowered, and victorious! See the “Who I Am in Christ” handouts for scripture to meditate on until your mind is renewed to your true identity in Christ.

Inner vows

The Bible speaks that vows made to the Lord should be fulfilled. In contrast, we have probably often made vows (a self-orientated commitment) to ourselves as a result of difficult situations, unholy desires, wounds in our hearts and what people in our past have done. Some examples of inner or self vows are, "No one will hurt me again," "I am never going to trust anyone else in my life!" "I'm never going to yell at my children," "I will lose weight this year." Some of these vows seem positive, but Jesus says in Matthew 5:33-37 that we should not swear or vow at all, but *let our "yes" be "yes" and our "no" be "no" for anything else is of the evil one.* According to Colossians 2:20-23, these thoughts have the appearance of wisdom in self-made religion and self-abasement but are NO value against fleshly indulgence! Our focus is on our own ability which is the enemy's plan in order that we don't focus and depend on Christ in every part of our lives. However, apart from Jesus, we can do nothing! (John 15:5) We have no power to deliver ourselves from sin or hurts. Pray now “Holy Spirit, show many anywhere that I made inner vows because I was hurt, or I judged others and didn't want to be like them. I submit to You this vow that _____ and I trust You and Your power within me to live righteously, and not my inner vows.”

Iniquities (or Generational Assignments)

This topic may not be well known so it needs more careful explanation. Everyone on earth has suffered as a result of Adam and Eve's sin. Exodus 34:7 says that God will forgive iniquity and transgression and sin, but “by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and fourth generations.” (NKJV) Likewise, our parents and the environment in which we are raised also contribute to each individual's tendencies toward certain sins. This tendency toward certain sins is defined by the word “*iniquity*”. The iniquities of each individual are like the wind that blows on a tree as it grows causing it to grow crooked. It is meant to grow straight, but outward forces make it grow crooked. This word may be rendered *sin* in some places in our translations, but the original Hebrew word “*avon*” clearly gives us this meaning “to bend or twist” (Strong's Concordance). Some of the 200 scriptures that use this word are Exodus 20:5, Deuteronomy 5:9-10, Psalms 18:23, Acts 8:23, James 3:6, Daniel 9:4-5, and Psalms 32:5.

As we look at Exodus 34, the Hebrew word for *sin* is “*chattath*” which means “to err or miss the mark, speaking of an archer,” showing us that when we sin we may be aiming at the right goal or target, but the weakness of our flesh or our tendency toward specific sins (iniquities) prevents us from hitting the bull's eye. Our motive is right and we try to do the right thing, but we blow it. (Interestingly, one Hebrew word for prayer “*paga*” means “to hit the mark” so as we seek the Lord in prayer it is now possible by walking in the Spirit to have victory over sin!)

In contrast, the third word *transgression* “*pasha*” means “to revolt, knowingly to refuse subjection to rightful authority, or obedience to a law which we ought to observe.” In other words, it is to rebel; a deliberate, premeditated evil act or thought. The motive or heart here is definitely contrary to God! With transgression, we are not even trying to hit the mark but are headed in the opposite direction from God's will. We are in some sort of rebellion.

So you see that sin, transgression and iniquities are not the same thing at all. With transgressions, we must *repent and return* (Acts 3:19) which means to make a 180 degree change of direction and to change your thinking with action that follows! With sin, we simply are to confess them, and “He is faithful and just to forgive us our sins and cleanse us from all unrighteousness” (1 John 1:9) because of the redemptive work of the blood of Christ. However, with iniquities we must be on the alert for our adversary, the devil, prowls about like a roaring lion, seeking someone to devour (1 Peter 5:8). We may have some battling to do against such generational assignments because it is our learned tendency towards certain sins and the enemy has been given authority by our ancestors in these areas. The Good News in Isaiah 53:4-6 proclaims that Jesus paid the price to set us free from sin, transgression, and iniquities! All has been paid for, but how do we appropriate that redemption fully?

In reality, our family members may never have asked for forgiveness for their sins, transgressions and/or iniquities. That means that the blood of Christ has not been applied or appropriated in this dominion that God has told US to rule over (Gen 3:28). They gave Satan their “dominion and authority” through their sins, transgressions and iniquities. (See Luke 4:6) So can we legally get that dominion back?

The answer for victory comes from an amazing revelation in God's Word. Jesus said to His disciples in John 20:23 “Receive the Holy Spirit. If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained.” Jesus did not give more specific instruction to His disciples on this as I believe they had seen Him forgiving sins regularly. Wait. Don't we believe that we must personally confess and believe on the Lord Jesus to be saved as it says in Romans 10:9-10? Yes of course, but I want to explain how Jesus redeemed the way for us as priests unto God (Rev. 1:6) to address the authority given to the demonic by our sin (including transgression and iniquities) and the sins of others. Please note that from here on out I use the word “sin” to encompass the full Hebrew meanings of sin, transgression and iniquities unless otherwise specified.

I believe we are to apply the perfect redemptive blood of Christ to other's sins by the daily forgiveness of those sins. In the familiar Lord's Prayer in Matt. 6, we are instructed to pray “forgive us our debts as we also have forgiven our debtors”. We cannot forgive sins as God does because He alone knows their hearts, but with the Holy Spirit in us we are now His holy and royal priests and ambassadors of reconciliation (see 1 Pet. 2:5, 2:9, Heb. 5-13, 2 Cor. 5:20) on earth to release, to let go free and forgive those whose sin affects us and thus apply the blood of Christ in this realm. What an

amazing privilege to represent Him daily by walking in the grace of His divine nature of forgiveness!

In many Christian circles we have been taught that we can stand in the gap to repent for the sins of others. However, this is slightly incorrect. Because we are co-heirs with Christ we can stand in the gap to intercede for others. (Many books address this topic so I won't cover that here.) However, we cannot repent for others (to change their thinking which changes their course of direction). That is a choice they must make. However, we can forgive their sins as Jesus instructed his disciples to do in John 20:23. I believe that this is part of our job as a royal priesthood.

The Old Testament is a type for us to see the ways of the New Covenant in Christ. In the Old Covenant, the priests would offer propitiation sacrifice or a payment that would restore favor to God on behalf of themselves and the people. Therefore, the sinful people could then draw near to God, even for the purpose of intercession. Hebrews tells us that Jesus is now both the perfect sacrifice lamb and the Great High Priest of a better covenant. Jesus went to the heavenly realm to intercede for us as that Priest offering His own sinless blood. Therefore we boldly have access to God by that work.

However, Jesus was uniquely both God and Man. Jesus as the Son of Man declared that people's sins were forgiven. For example, Jesus forgave the sins of the paralytic in Mark 2 before healing him to show the Pharisees that He the Son of Man had the authority on earth to forgive sins. I believe that we are to do what Jesus did as the Son of Man (heal the sick, cast out demons, raise the dead, cleanse the lepers, proclaim the good news that your sins are forgiven), but not do what He did as the Son of God (i.e. offer up a sinless body to be the sacrifice for sin).

I believe that when we forgive our families iniquities or generational sins, we truly apply His blood to those sins and then we can legally use our authority in Christ to resist the enemy and to take back the authority that had been given away by that sin (James 4:6-7)! **Under Holy Spirit's guidance**, I encourage you to first verbally FORGIVE the iniquities, transgressions, and sins of your family before ever resisting the enemy. This is how we truly apply the blood of Jesus in the dominion that Christ has restored to man on earth. Once we have forgiven, submitted and resisted, then we choose to bless our family and declare the opposite of that sin we see. This way we walk in our inheritance in Christ.

Here is a sample prayer regarding generational judgment. "Father, I choose to forgive my mom and dad and all my family for all judgments they have made towards others. (You may be led to be more specific). Lord, Your Word says not to judge others lest we receive judgment. I also repent of all judgments I have made towards other. Forgive me and my family Lord. Thank you that the blood of Christ is now applied to me and my family. And now I take authority over the spirit of judgment and command it to go. I believe and receive Your Holy Spirit which walks in mercy instead. In Jesus Name, amen."

Please note that your family may continue to sin in this area and you may have to forgive them often and thus also continue to resist the devil in this area, but that is why we must also tell them the Good News so they will repent and the warfare over that area will end. This is where repentance is so key for long-term breakthrough.

Unforgiveness

Take a minute to read the amazing Parable Jesus taught in Matthew 18:21-35 on forgiveness. The King represents God who readily forgives the huge debt of His servant, but later that servant was handed over to the tormentors when he did not forgive his fellow servant. Psalms 86:5 says that God is good and ready to forgive! Forgiveness in fact is the very foundation of the Gospel and the main character trait of God that we must see and then emulate. Forgiveness is so important that if we do not forgive *others*, Matthew 6:9-15 tells us that *our prayers are hindered* and God will not forgive *our* sins. Unforgiveness in our hearts towards others actually puts *us* in our own prison of pain, self-pity, isolation, and torment, separating us from God. Additionally, those around you do not want to enter your prison with you, so healthy relationships with others, past and future, are hindered. Unforgiveness is the fuel that energizes bitterness and resentment (Hebrews 12:14-15) and leads to many judgments that we make.

Unforgiveness also leads to a power failure in our lives, as we no longer walk in love so faith doesn't work. (I John 2:9-11, Mark 11:23-25) Unforgiveness has invisible ties to the past, preventing the work of God to be accomplished in our present and future life. Our personal growth is stifled. Of course, forgiveness is not a natural part of our human nature. We need the power of the Holy Spirit in our lives in order to forgive, but by faith we can walk in that power.

Stop right now and ask Father God who you need to forgive, and for Him to help you forgive those who have hurt you. Listen to Holy Spirit- He will tell you if you have not forgiven from the heart. Now by faith declare "I choose to forgive _____ for _____." This may need to be done with multiple people and situations. Just wait on God. He will bring to your mind pictures of people or situations where you have unforgiveness. Make sure you also give Jesus the wounds and the lies and the pain that came from those sins that you may be healed. Our assurance of peace will follow genuine repentance, but also make sure that you take every thought of accusation captive. Resist the spirit of unforgiveness and tell it to go now in Jesus Name! Then bless and pray for those who have hurt you (Luke 6). Ask the Father to help you see that person as He sees them in love if you are struggling to pray for them.

Oh, and don't forget to forgive YOURSELF! If God can forgive you, who are you to not forgive yourself? If we don't forgive ourselves, we are actually rejecting and blocking the free gift of grace and love we so desperately need and were made for walking in. If you struggled with judging yourself, or have thoughts that say "I hate you when you do that!" you have unforgiveness against yourself. "FATHER, I choose to forgive myself for _____. I receive the love and forgiveness you have promised us if we believe in Your Son, Jesus. I repent for judging myself or hating myself for _____. Teach me to love myself rightly in order that Your love will flow freely through me to others. (Mark 12:31) Amen"

Judgments

In John 5:22, Jesus said that the Father judges no one, but has given all judgment to the Son. John 12:47 says that Jesus did not come to judge the world, but save it. Jesus took the judgment on the cross of all those who hear him and believe! Thank you Lord! However, Jesus said in Luke 6:37 and Matthew 7:1-5 that we are not to judge, so that we will not be judged. Judgment is a spiritual law just

like the law of unity (Genesis 11:1-9) or sowing and reaping (Galatians 6:7-9). Jesus came into the world to bring salvation, not judgment (John 3:17). If we sow seeds of judgment, we will reap judgment back in the same measure. I sure don't like to be judged - do you?

God is not saying that we are not supposed to assess sin, but rather that we are not to put a value on that person for that sin. To put a value on someone for their sin sounds like "You are an evil liar!" verses "You lied to me." We are not to even think we know why they did what they did, for only God knows their heart. God hates the sin, but loves the sinner. We are to do the same by His grace. Condemnation is the work of the enemy that counterfeits the conviction of the Holy Spirit. Conviction tells us to look for sin in our lives and leads us to repentance, but condemnation simply passes judgment that the person is bad. (John 16:7-11, Romans 8:1, 1 Timothy. 3:6)

"Father, search our hearts for judgments motivated by pride, prejudices, self-righteous opinions, criticism, or self-serving superiority. You are the one who examines us (1 Cor. 4:3-5). Holy Spirit show us when our judgmental words reveal the judgment that is in our hearts. (Matthew 12:34-37) Show us any self-judgment, also, so we can be free from all condemnation." Now again, forgive, repent and then bless those whom you have judged. Watch over your heart for from it flow the issues of life (Proverbs 4:23)

Wounded and Scarred Hearts

Psalms 147:3 says that God heals the brokenhearted and binds up their wounds and sorrows. Psalms 34:18 says that the Lord is near to the brokenhearted and saves those who are crushed in spirit. Some things in our hearts simply need the touch of the Great Physician's healing hand. Jesus had compassion on many who had deep wounds in their heart. He always spoke the truth in love, such as when He met the woman at the well who had been through so many broken relationships. (John 4)

Whenever we experience a personal trauma or loss, we should progress through the stages of grief - from denial to anger to grief to acceptance. If we stay in the denial stage, our hearts become hard. If we remain at the anger stage too long it turns inward or outward and leads to bitterness. If we stay in the grief stage too long, it leads to excess guilt, condemnation, shame, and depression. We must accept the trial and give it to the Lord in a surrendering acceptance, trusting that He is working all things for good. (Romans 8:28)

Focus and meditate on the love of God and His healing provision. I like to put on soft music that worships the Lord and then wait on Him. Just let Him speak the words of truth or show you pictures that mend our hearts. Isaiah 42:3 says that a bruised reed He will not break, and a smoldering wick He will not put out. Cast your cares on Him for He cares for you! (1 Peter 5:7) "Jesus, I am asking you to show me the wounds in my heart. I need your promised healing. As I seek you, I know that you will bring healing into fullness in my life. Thank You!"

Soul Ties

Soul ties, or alliances, describe what happens when covenant agreements or actions take place. They are formed when two or more people are bonded together. Some are good and others are evil. Good ones take place when relationships are bonded in godly ways – marriage, parents and children, good friendships, our covenant with God. In marriage, two are joined together as one flesh (Ephesians 5:31, Matthew 19:6). In 1 Samuel 18:2, God describes that Jonathan's soul was knit with David. God

wants us to be "fitly joined together" as the body of Christ (see Ephesians 5:16).

Alternately, ungodly soul ties are established thru ungodly transgressions with others. The most obvious is sexual sin including fornication, homosexuality, bestiality, and pornography. (1 Corinthians.6:16) If Holy Spirit shows you an unhealthy soul tie in this area, you will want to submit it to the Lord. Here is an example prayer "Father, I ask for forgiveness for my sin of immorality that tied me to _(insert names)_ in an ungodly way. I also forgive their sins of immorality and any generational sins connected to this soul tie. By the blood of Jesus Christ I break the unhealthy tie to __ (name) _ now in Jesus' Holy Name. I take authority over the enemy and command the spirit of lust to leave and never come back. I give you my body, Jesus, and ask you to fully cleanse me of all defilement and fill me afresh with the purity of Your Holy Spirit. I desire to live a pure & holy life."

Other areas ungodly soul ties exist are in controlling relationships and between evil companions. (1 Corinthians 15:33, Proverbs 22:5, 24, 25) We are actually tied to demons thru idolatry, Masonic, cultic and witchcraft covenants, or necromancy (talking to the dead, ancestor worship, native Spiritism). Psalm 115:4-8 says that those who worship idols became like them, resulting in a blind, deaf and dumb spirit which must be cast out. See Numbers 25:3, 1 Corinthians 10:14- 21, Deuteronomy 34:8 Ungodly covenants and alliances must be renounced and broken before deliverance can take place. For example: "Father, I forgive my grandfather for his involvement with occult activity such as _____ (going to fortune tellers, using Ouija boards or tarot cards, using drugs, etc). I forgive all ungodly vows, curses, and covenants made with people and demons by these activities. I repent for any area of the occult that I dabbled in such as _____ reading horoscopes or playing computer games with cultic symbols. I now break the covenants, vows, soul ties and curses made with demons or any people connected to these transgressions over me and my family. I take authority over the powers of darkness that have brought bondage, sickness and pain that are related to these sins and I command those strongholds to go now in Jesus Name. I forgive any generational idolatry and repent of any personal idolatry such as _____ (computers, food, selfish activities, drugs etc.) I command all deaf, dumb and blind spirits to go now in Jesus Name. No weapon formed against me will prosper and all those that rise up against me will fall (Is. 54:17). You must go completely now and never come back. I receive by faith the grace of God to walk in true worship of the Lord instead of idolatry and I bless my family with the love and revelation of God. Amen."

Strongholds of the Enemy

If we continue in certain sin to the point that it becomes a habit or a compulsion, the enemy has established a stronghold in our life in that area. We can have strongholds in our minds if we have believed lies, strongholds in our emotions where we have been hurt, and strongholds in our will if we have been in rebellion. Satan is the jailer of our prison and will not easily let us go free. Our minds are set in this pattern, but are strengthened by the work of the enemy. Often when people give their lives to Christ these strongholds are torn down immediately by faith. But if the enemy thinks he can get away with staying because of the lack of knowledge of the new believer, he will. I am not saying that the person is possessed by the enemy, but rather oppressed. Acts 10:38 says that Jesus went about doing good and healing all who were oppressed by the devil. The gift of discerning of spirits in 1 Corinthians 12:10 is given to help us see if the problems in our lives are the result of the enemy, or of our own flesh. Using our authority in Christ, the blood of the Lamb, the word of our testimony, and

loving not our life even unto death can tear down these demonic strongholds. (Revelations 12:11) Ephesians 6:10-18 teaches us how to stand against the enemy we have been freed from by the blood of Christ. If you sense you are still in bondage, please ask Holy Spirit to set you free and see if you are to pray with others about what is holding you back from the fullness we are promised in Christ.

Steps to Lasting Freedom

1. **HONESTY** -We all need to sincerely ask Holy Spirit to search our hearts to see where iniquities, inner vows, judgments, and unforgiveness have fruit in our everyday lives through sin, habits, emotional hurts, evil thoughts, etc. Without honesty, demons remain in the hidden, dark areas of your life. Write down each area on assessment sheet.
2. **CONFESSION**- James 5:16 says "Confess your sins to one another and pray for each other so you may be healed. The effective prayer of a righteous man can accomplish much." If you have not experienced freedom in certain areas, you may need to confess your sins and seek godly counsel with someone you trust and who understands inner healing and deliverance. (Proverbs 11:14, 12:15, 19:20-21 and 24:6)
3. **HUMILITY** - Genuinely submit to God. (James 4:6) One by one, repent of and forgive specifically each iniquity, inner vow, judgment, and unforgiveness. (Acts 3:19). Repentance means to change direction and includes turning 180 degrees and walking the other direction. Pray for and bless (Luke 6:28) all those who you had unforgiveness towards.
4. **DECLARATION** -Renounce all agreement with the lies and covenants of the enemy and recommit these areas to Christ as you agree and declare His word over the areas. Scriptures about the blood and the redemption are important as we overcome by the blood of the Lamb, the word of our testimony and loving not our life unto death. (Revelations 12:11)
5. **"RESIST THE DEVIL AND HE WILL FLEE!"** (James 4:7) Seek God and His deliverance as "God is to us a God of deliverances" (Ps. 68:20) Jesus and the disciples were taught to cast out demons. They go much easier if the previous steps have been taken. Sometimes manifestations will take place as you are casting them out such as coughing, sneezing, yawning, screaming, etc, but have no fear because greater is He who is in you than he who is in the world! (1 John 4:4)

Here is a sample prayer over the area of unbelief:

Father, forgive me for my sin of unbelief as I choose to forgive myself and I choose to forgive my family members who have also sinned with unbelief. I forgive all the generational sins of unbelief in order that any unrepentant sin would be put under the blood provision of the Cross of Christ. I now take authority over unbelief; I break every covenant made with this evil spirit generationally, and command that the assignment of unbelief would go now from me and my family in Jesus Name. I bless my family that they would all be saved, healed and delivered. I declare faith and trust to be released by the authority given to me in Jesus Name. I give all thanks, praise, glory and honor to You.

6. **REGULARLY FORGIVE, PRAY FOR AND BLESS** those who have hurt you, instead of dwelling on the past. (Luke 6:28) Be continually thankful for your freedom and resist temptation. (Philippians 4:6, Luke 22:40, Matthew 22:40) Let the Lord use your mouth for good and not evil. (Proverbs 16:23-24, Philippians 2:3, Colossians 4:6, Ephesians 4:29, Romans 12:21)
7. **WALK IN THE SPIRIT** because where the Spirit of the Lord is there is freedom! (2 Corinthians 3:17, Romans 8:5-7)
8. **WORSHIP AND REJOICE** for the joy of the Lord is our strength and the enemy flees when we worship God! Philippians 4:4, Nehemiah 8:10, 2 Chronicles 2:22
9. **STAND FIRM NO MATTER WHAT THE ENEMY SAYS OR DOES!** "It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery." Galatians 5:1
10. **STUDY THE WORD OF GOD** strategically in the area you were struggling in order to increase your understanding of God so that His truth will set you free. For example if you struggle with fear, meditate on scriptures about faith and do not fear. These are easy to search online at www.crosswalk.com (2 Timothy 2:5, John 8:31-32, John 17:17, Romans 10:17)
11. **RENEW YOUR MIND, TAKING EVERY THOUGHT CAPTIVE TO THE OBEDIENCE OF CHRIST** (Romans. 12:1-2, 2 Corinthians 10:3-5, 1 Corinthians 2:16 and 14:20, Isaiah 26:3, Colossians 3:2-5, Psalms 1, 17:4, 18:8, 19:7-14, and 119:9-11 plus 97-100, Joshua 1:8, Philippians 4:8-9, Ephesians 4:17-24,) The strongholds that are strong in our thinking will take time to tear down, so don't give up. Meditate on truth and pray and stand against the enemy's lies.
12. **FIGHT FOR YOUR FREEDOM!** When Jesus was tempted in the wilderness, He fought the devil with "It is written ... "(Luke 4). We must fight the battle by the Spirit and not in the fleshly realm. "This is the victory that has overcome the world- even our faith." 1 John 5:4b Make sure all your armor is on before ever engaging the enemy! (Ephesians 6) Discern the Lord's strategy, making sure you let Him fight His battles (2 Chronicles 20:17).
13. **REMAIN IN CHRISTIAN FELLOWSHIP** with other Christians to break down the bondage of isolation. (Acts 2:42, Hebrews 10:22-25)
14. **"PUT ON THE LORD JESUS CHRIST AND MAKE NO PROVISION FOR THE FLESH OR THE LUSTS THEREOF"** (Romans 13:14). Step out in faith taking real action to do right in these areas of previous sins. (1 John 3:16-18, Hebrews 12:1-3) You may have to go to certain people who you have problems with and work on the relationship to restore unity. (Matthew 18:15-20) Romans 21:21 says that we are to overcome evil with good. Cloth yourself with God's promises and blessings that are opposite of Satan's lies concerning the area of struggle.

Here is a checklist to ask the Lord if you are struggling with something:

1. Have I submitted to God every area of my life? Any disobedience to God and His Word?
2. Have I forgiven myself? Have I forgiven those who have recently sinned against me?
3. Have I forgiven my family of their sins lately so the iniquity can be put under the Blood?
4. Do I have something that is being triggered that has a root from a past wound?
5. Am I taking authority until there is breakthrough after doing the above?
6. Am I renewing my mind or am I agreeing with old lies?
7. Do I just need to worship and get my focus on Jesus and off the problems?
8. Is there another strategy that the Lord wants to show me in order to get breakthrough?
9. Do I just need to trust God and enter into His rest?
10. Am I declaring by faith the opposite of what the problem is?
11. Do I need to find someone to agree with me to increase our authority?
12. Could I be discerning someone else's issue? Do I need to do intercession for someone else?

Much of this information was learned directly from Ann Billington who co-authored

Freedom from Your Past by Jimmy Evans and Ann Billington – highly recommended

Other Recommended books:

The Supernatural Ways of Royalty by Kris Valletin

They Shall Expel Demons by Derek Prince

Pigs in the Parlor by Frank Hammond

How to Stop the Pain by Dr. James Richard

¹ Tregelles, Samuel Prieaux, Gesenius Hebrew and Chaldee Lexicon of the Old Testament Scriptures,