

## Freedom Step 14 - Stronghold of Self-Image

Another area we must address in order to obtain lasting freedom in is our own self-image. In this step we are dealing with strongholds in your own self-image and the demonic wrong thinking behind it. The enemy wants to keep you under his control. We MUST break free for Freedom.

Here is a link to a 26-minute Video of Bruce praying for you and with you to get free of these evil spirits.

[Step 14 Video Here](#). **We recommend that you take time and watch it.**

Other videos you may want to consider are:

[Strongholds- Fear - Bitterness - Rejection](#)

[Spirit of Rejection Deliverance Training Series](#)

***How do you view yourself?***

***What do you see when you look in the mirror?***

***How does God view you?***

If there is one thing that I know people struggle with, and I am estimating women probably more so than men, is self-worth. Identity and self-esteem issues are huge. It is by far one of the most problem areas that we deal with in deliverance, so what does that tell you about the issues people are carrying with them every day?

Self-hatred and rejection issues often occur in childhood and remains with a person their entire life, unless they do something on purpose to deal with it. There can be many things and various life situations that leave a person dealing with emotional pain, anger, bitterness, regret, feelings of guilt, shame or remorse. All of these things, when left unhealed, can be internalized and turn into self-rejection. Not all are listed here, but know that our God is incredibly loving and merciful. He can forgive any sin we bring to him, and 1 John 1:9 tells us that He is faithful and just to forgive our sin and cleanse us from all unrighteousness.

**How it manifests physically:**

Self-rejection, self-hatred, shame, insecurity, and identity issues are at the heart of depression, weight issues, and many forms of physical disease.

Did you know that things such as diabetes, addictions, migraines, lupus, MS, and many forms of stomach and digestive system disorders such as Crohn's disease and other physical issues have been traced back to spiritually rooted issues? It's true.

Issues such as self-rejection, self-hatred, and inner emotional conflict all contribute to them. Every addiction is tied to a direct connection with a need to feel loved. Even homosexuality is directly related to a need to feel loved and accepted, but the need is filled with an illegitimate means.

The root of rejection comes most often from a lack of parental love, acceptance and validation. The good news is, even when that is lacking from a natural parent, we have a heavenly Father that can fill that emptiness and fulfill that deep longing. The void in our hearts is designed by our Creator to be filled with Himself. Without Him, we are lost.

When a person does not feel loved, they begin to reject themselves. Rejection of self and a failure to love oneself wreaks havoc on our bodies.

Many physical illnesses and disease have their roots in spirits of self-rejection, self-hatred, guilt, low self-esteem issues and other negative self-talk that comes from a spirit of rejection, abandonment and lack of fatherly/parental love.

When a person attacks themselves through self-hatred and self-rejection, the body eventually begins to come into agreement with what is going on spiritually and begins to attack itself. This is where a lot of autoimmune disease comes from. When a person doesn't love themselves, the body comes into agreement with a spirit of infirmity which then begins to manifest the poison of a person's words.

The person has spoken words of agreement with a spirit of death rather than life. They have rejected what God has said about them which brings them into agreement with unbelief rather than faith. The longer it continues, the more fear, anxiety, illness and other spirits grow stronger, eventually weakening a person so much they often cannot recover. Repentance and breaking agreement with those negative words are the only way to turn the situation around so that the body can begin to heal.

### **A common block to healing - unforgiveness:**

One thing that can hinder a person's ability to be healed (both emotionally and physically) is holding on to long term unforgiveness. When we judge others, we place ourselves in the place of God. Often people are so hurt that they are not done being angry about whatever caused that hurt and offense.

But the Bible is clear that when we do not forgive, our own sins are not forgiven either.

When we choose not to forgive, *we are turned over to demonic tormenters* as punishment. A spirit of fear brings tormenting thoughts. Torment causes condemnation which results in feelings of rejection.

Forgiveness is such a big deal with God that He cannot overlook it. Jesus gave his very life and forgave us before we even asked. He offered His grace before we changed our ways or made amends. We simply need to receive it.

If we choose to retain unforgiveness, it blocks our prayers, blocks our ability to be received into heaven, and torments our thought life. We continue to dwell on painful thoughts and memories and are chained to our past until we realize our faults, confess them to God and choose to forgive those that have hurt us. When we do, the prison door opens and our hearts and minds are free.

There is a great deal of injustice in this world, but nothing is worth the surrender of peace with ourselves and God. Nothing is worth sacrificing eternal life because we are too stubborn to let go of hurt and offense. You must forgive.

### **When conflicting beliefs withstand healing:**

Another thing that causes feelings of rejection is the inner conflict a person has in their belief system when it comes to feeling safe and secure in their relationship with God. This is a huge struggle for many, many people. Most people land in one of two camps. Either their beliefs about God are tied to a fear of rejection (not being good enough, struggling with sin issues, violating one's conscience in regards to sin, or feeling judged or disapproved because of it); or they embrace the joy of knowing they are loved and accepted by God and their approval rating has nothing to do with them, but all about what Jesus has done through His shed blood, cross and resurrection. Let me give you some good news! God does not reject the vessel whom His Spirit inhabits.

It is also completely impossible to both love and reject simultaneously. Beloved, God is not schizophrenic. His love and acceptance are not based on our performance rating. His love and acceptance are based on the fact that the Spirit of His Son lives in us (if we have received Jesus Christ as our Savior). And, since He has told us that nothing created can separate us from the love of God, and He has promised that He will never leave us or forsake us, our confidence should remain steadfast towards Him.

Settle it in your heart and discard those uncertain, double minded thoughts! Sometimes the very things we struggle with are there because God is shaking our belief system to weed out the lies and misconceptions about what He has said in His word.

*A person will feel very unstable and perhaps struggle with self-worth issues until they finally make the decision that the enemy is a liar and God's word is truth.*

When the matter is settled, so is your faith, and your feelings of self-doubt and rejection will leave. Hallelujah! Take heart. Even the Apostle Paul lamented that the thing he willed to do, he found himself struggling to continuously live the life he wanted to do; and the sin he didn't want to do, he found himself struggling with.

We can all take comfort in the fact that BECAUSE God's Spirit dwells in us, we are 'in Christ.' And if we are in Christ, we are 'in the Spirit' because His Spirit is in us; therefore, there is therefore no condemnation - even when we wrestle to keep doing the right thing and fail.(Read Romans again with new eyes!).

*If our approval or our righteousness can be attained through our own efforts, then we do not need Christ.*

Friend do not let the enemy, well-meaning ministers or even your own thoughts accuse you to yourself. Don't be led you astray when it comes to the gospel. It is called the gospel of grace for a reason.

But if our thoughts condemn us, then ask yourself where is it coming from? Because it is not coming from God. It is either from the enemy, yourself, or a human spirit - all of which will try to produce self-rejection, self-loathing and more because you have focused on not measuring up rather than focusing on how good God is and what He has made available to you! Get out of that trap!

*"You have not received the bondage again to fear, but you received the Spirit of adoption..." Rom. 8:13.*

All rejection is tied to fear which is not from God! The wonderful encouragement for us all is found in Hebrew 10:17-23.

*"Their sins and lawless deeds I will remember no more."*

What good news! God does not remember our sins and therefore does not hold them against us. And, if you keep reading, you will discover that the blood of Jesus is powerful enough to cleanse our conscience of guilt, regret, shame, and many other unprofitable thoughts that lead to self-rejection, condemnation and other negative feelings. When you search the scriptures for yourself it becomes YOUR truth, and nothing can take it from you.

These things follow people around unless they decide to take authority over the spiritual root issues. You can choose to stop it!

I hope I have clarified that rejection always comes from fear, and fear is not of God. (Read 2 Tim. 1:7) Life is short and we need to take care of ourselves. Whatever occurred in our life that caused us to be wounded, abused, neglected, or turn feelings of rejection inward upon ourselves can stop, and we can come back into agreement with God so that He can heal us - inside and out.

**Here is a prayer written specifically for these issues.** But remember, if there is some specific issue that is troubling your conscience, or perhaps someone you need to forgive (including yourself), talk to God about that first, confess it, then take this prayer to Him as an act of faith towards your healing. Pray it out loud, don't just read or meditate on it. Be blessed today, and know that God is FOR YOU. He is waiting to answer your prayer!

Dear Heavenly Father,

Today I come to you to acknowledge that I have sinned against myself by believing lies instead of what Your word says about me.

I renounce unbelief! I have let the pain of disappointment or feeling like a disappointment to others influence my thoughts and feelings.

Your word tells me I am fearfully and wonderfully made. (Ps. 139).

Your word tells me I am not rejected, but I am accepted in the beloved. (Eph. 1:6).

Your word says I am blessed and not cursed.  
I am the apple of Your eye. I have worth. I have value.  
For a long time I have had a hard time believing that.

Today I break any and all agreements with myself and Satan that have allowed spirits of rejection, self-hatred, a spirit of abandonment, fear,

insecurity, inferiority, shame, bitterness, self-pity and unforgiveness to manifest.

*I renounce all of them and I command them to leave me at once.*

Help me to shut my ears to the enemy's unloving thoughts. They are not my own thoughts but his.

Father, I repent for allowing these things a place in my life. I thank You for forgiveness.

I thank You, Lord Jesus, for taking my pain, my sin and shame upon Yourself so that I don't have to bear these things.

I thank You that Your blood and Your word cleanse my conscience from unprofitable thoughts and renew my mind.

Holy Spirit, forgive me for grieving You and not allowing Your Spirit to influence my thought life and actions.

Please come heal my mind, my emotions, my spirit and my physical body. Heal my disappointments, my hope and my faith. Heal my ability to love myself and others.

Help me see myself through Your eyes and to walk in my true identity.

Father, give me Your love for others but also to help me love myself and to appreciate myself in a healthy way.

I come into agreement with God. I declare that I AM fearfully and wonderfully made.

I am loved, accepted, and I am blessed by the Lord.

I am surrounded with favor and grace. I can do all things through Christ who gives me strength.

Blessings are chasing me down to put themselves into my hands.

I am a confident person because you have made me whole and complete.

I lack nothing because the Lord is my shepherd and I do not lack. Therefore, I am in want of nothing.

Everything that is available to Christ is available to me, because I am a child of God.

I have nothing to fear! Fear no longer has permission to bring torment. I embrace the grace You have provided through Your sacrifice, Lord Jesus, and Your love and acceptance for me.

Holy Spirit, I thank You for giving me the fruit of self-control in my thought life and I ask You to empower me to live for God.

Fill me with Your fullness. I ask You for supernatural assistance to overcome negative self-talk, and I give YOU authority over my mouth and my actions.

Help me overcome the areas of struggle in my life. You know what they are. I thank You for victory. In Jesus name, amen.

**Other things to consider**, if this is a stronghold in your life, are these steps to help you change your thinking about yourself. After deliverance from these demons we **MUST** renew our minds (or they could come back 7-fold) so if you have low self-esteem, **please** deal with this issue completely once and for all. The Lord needs a people that He can use. Stop letting the enemy block your gifts and anointings. Be all He created you to be!

**BREAKING THE CURSE OF LOW SELF-ESTEEM** due to our nationality, ethnicity, or family.

1. **Thank God for choosing the time and place of our birth** | *Acts 17:25-26 ESV ... he himself gives to all mankind life and breath and everything. And he made from one man every nation of mankind to live on all the face of the earth, having determined allotted periods and the boundaries of their dwelling place,*
2. **Forgive those who have despised us and pray for their souls** | *Matthew 5:43-47 ESV "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.*
3. **Repent of our hatred, resentments, judgments or condemnations of those who have looked down on us** | *Luke 6:37 ESV "Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven;*
4. **Repent of defending our culture or family above following God and loving others** | *1 John 2:15 ESV Do not love the world or the*

*things in the world. If anyone loves the world, the love of the Father is not in him.*

5. **Renounce any oaths or cultural doctrinal teachings** | *Matthew 5:34 ESV But I say to you, Do not take an oath at all ... Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil.*
6. **Repent of judging God and submit to His will** | *Romans 13:1-2 ESV Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. Therefore whoever resists the authorities resists what God has appointed, and those who resist will incur judgment.*
7. **Invite God to lead us into the works He has prepared for us** | *Ephesians 2:10 ESV For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

**BREAKING THE CURSE OF LOW SELF-ESTEEM** as a result of negative social experiences.

1. **Thank God for giving us life and our experiences** | *Acts 17:25-26 ESV ... he himself gives to all mankind life and breath and everything. And he made from one man every nation of mankind to live on all the face of the earth, having determined allotted periods and the boundaries of their dwelling place,*
2. **Invite God to use our experiences for greater good** | *Genesis 50:20 ESV As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.*
3. **Forgive those who have hurt or abused us** | *Mark 11:25 ESV And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."*
4. **Bless them in Jesus' name** | *Romans 12:14 ESV Bless those who persecute you; bless and do not curse them.*
5. **Repent of our hatred, resentments, judgments or condemnations towards those who have hurt us** | *Luke 6:37 ESV "Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven;*
6. **Renounce any condemnations or death wishes we have spoken over ourselves** | *Deuteronomy 30:19 NLT "Today I have given you the choice between life and death, between blessings and curses.*
7. **Repent of any inner vows we have made** e.g. I will never be like them, I will prove myself etc. | *Leviticus 5:4-5 NLT "Or suppose you make a foolish vow of any kind, whether its purpose is for good or for bad. When you realize its foolishness, you must admit your guilt.*



*"When you become aware of your guilt in any of these ways, you must confess your sin.*

8. **Repent of judging God for not loving us or abandoning us** | *Deuteronomy 31:6 English Standard Version (ESV) 6 Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."*
9. **Forgive ourselves for our mistakes** | *Mark 11:25 ESV And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."*
10. **Invite God to lead us into the works He has prepared for us** | *Ephesians 2:10 ESV For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

**BREAKING THE CURSE OF LOW SELF-ESTEEM** as a result of parental wounds.

1. **Thank God for our parents** | *1 Thessalonians 5:18 NLT Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*
2. **Invite God to use our experiences for greater good** | *Genesis 50:20 ESV As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.*
3. **Forgive our parents because they did not know the harm they would have caused us** | *Luke 23:34 ESV And Jesus said, "Father, forgive them, for they know not what they do." ...*
4. **Bless them in Jesus' name** | *Romans 12:14 ESV Bless those who persecute you; bless and do not curse them.*
5. **Repent of our hatred, resentments, judgements or condemnations** | *Luke 6:37 ESV "Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven;*
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