

Freedom Step 1- Forgiveness

Congratulations in taking the First Step to your personal Freedom!!

Introduction - Steps To Freedom Series

Our experiences in dealing with healing and deliverance indicates that most people have areas in their life that need to be addressed in order for them to obtain complete freedom. If you have been through deliverance before and are not experiencing freedom, it is very possible that something was missed.

Our process, in order to make sure that we have closed all open doors the enemy may have in your life, we will take up each of these areas specifically and address each thoroughly. We do ask that you go through the first three steps BEFORE our first Freedom Session which will be scheduled on Zoom. If you have not filled out our Prayer Survey form, now is the time to do so. The link to the survey is here: [Multiplying Freedom Prayer Survey](#) This will also be needed to schedule your first session.

If you are using these units for self-deliverance, we welcome you and pray for anyone using these materials to find personal freedom in Christ Jesus. We would still love to hear from you with any questions or suggestions.

We recommend that you reflect on each of these **Steps To Freedom** for a *minimum* of three to four days as it will address any legal grounds the enemy could hold on to. Although these steps are basic, they are extremely important.

Do not rush your preparation. Allow the Holy Spirit to prepare your heart. These units are basic steps to help you to be ready to obtain freedom by closing any open doors that have allowed demonic intrusions. Work at your own pace as the Holy Spirit leads you. It will take as long as it takes. I have known people that have taken over a year to get through the first step. Do not be discouraged. We are praying for you.

Please email us any questions, difficulties, or hinderances you are feeling along with testimony of any freedom you are receiving. Your testimony can help encourage others.

If you would like to add yourself to our prayer list, email us and we will pray for you. Add any details that would help us cover your needs.

Please notify us asap if you are unable to complete any unit.

Deliverance is the Children's Bread. We must give up our old ways and do it God's Way.

Here is a link to our short 15 minute video on this lesson.

<https://youtu.be/ZcpLTdMmJnk>

God wants you well. These steps to freedom have healed hundreds of people. **IF** you take it and do it like your life depends on it (it does, you know) then you will find freedom. The steps go to the root of any of your mental illness, torments, and Satan's strongholds in your life. This method of guided self-deliverance and similar ones are used by many deliverance ministries around the world with great success, because it removes any rights the demons have on your life.

Our ministry, along with others, have seen evidence that Autism, Downs, developmental disabilities (DD), MR, MS, ALS, Huntington's, MD etc. are usually caused by spirits that come down thru the family tree and attack the child in the womb or in early childhood. These spirits are very difficult to get out and the parents usually must go thru deliverance and then help with the child's deliverance for it to be successful. Jesus dealt with the father of the boy (his unbelief) before He delivered his son (Mk. 9).

We also see that schizophrenia, BPD, psychosis, DID, Bi-Polar, etc. are usually caused by childhood trauma that allows two spirits to get into the child's brain during periods of abuse or extreme disappointment: Rejection & Rebellion. The mental illness usually does not take a strong hold until the person is in their late teens or early 20s.

Later in life, other spirits get into the person in layers, so to speak. You must remove the layers. When all the layers are removed you will be cured and heading into a new destiny in Christ. We have seen many mentally ill patients completely cured & they are joyous over their new lives. Those who did not follow this program were not cured. Here are a few vital truths that will speed up the process for you. Follow them with everything you have. Take it slowly & **only one step at a time**. Don't let the demons distract you. Don't do your own program. It will not work.

The area we must start in is **Forgiveness** – We **MUST** address any issues completely.

First, make a literal numbered list of all the people in your life that have hurt you significantly.

But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them that despitefully use you; that ye may be the children of your Father which is in heaven. Mt. 5:44

Pray over EACH of them and release them out of your soul to God. Pray over them exactly as the verse tell you to. Forgiveness is not enough. You must release the ought (negative emotions) you have for them. Pray for them hard. It will break their curses over your life and remove their wounds and spirits from your soul.

The main ones we see that most people need to forgive are your Father, Mother, Grandparents and all those that lived with you when growing up (aunts, cousins, siblings) yourself and anyone that abused you (emotionally, sexually or physically,) and anyone that dominated and/or bullied you. The Holy Spirit will bring people to mind that you need to forgive, both now and in the days to come. As He brings them to mind, be sure to go through the same process, forgiving and releasing each one. This is the first step in letting go and letting God have control.

For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. Mt. 6:14-15

A sample prayer would be:

Lord, I thank You for the power of forgiveness, and I repent for holding things against others. Forgive me Lord, as I forgive them.

Lord, I now choose to forgive _____ who has hurt me.

Lord Help me to set _____ free and release them to You.

Lord help me bless those who have hurt me.

Help me walk in righteousness, peace, and joy, demonstrating Your life here on earth.

I bless _____ and release them to You Lord, for You to deal with as You see fit.

_____ no longer owes me anything. I look only to You Lord.

I now ask you Jesus to come and heal every area in which I feel pain from this person or incident. Free me from any anger, angst, sorrow, pain or any other negative emotion that this person or event caused me. I thank you Jesus for restoring my soul.

In Jesus' name, amen.

Go through your list slowly. If you are having trouble completely forgiving anyone, think about the times that you were hurt by them, then forgive each *incident* that you remember that causes you pain. Release each person to the Lord for Him to deal with. Go through your list of people daily. Repeat the prayer, forgiving them, and allow yourself to feel freedom from holding things against them. Continue until prayer over each person so that you no longer feel any pain.

Don't forget to pray and forgive yourself.

This is so important to your freedom. When you are starting to feel confident that you have forgiven everyone, now you must address yourself. Make a literal numbered list of all the things you do not like about yourself. Repent over each of them and forgive yourself for not seeing you the way the Lord sees you. Pray hard. Don't stop until all the emotions (ought) of self disgust, self hate and self condemnation are gone. This is as crucial as the first part of this. It is as big of sin to hate yourself as it is to hate others. You must address this carefully.

Father, today I ask forgiveness of all the negative and harmful words I have spoken about myself. I do not want to abuse myself in such a way again. Transform my thoughts and let me understand how marvelously you made me. Change my habits so I use my tongue to speak hope and favor upon my life. In Jesus' name.

Now Pray aggressively for the Gift of Godly Sorrow. Of all the people you may have hurt over the years and all the pain you caused yourself, you actually hurt your Heavenly Father the most. He was wounded by your behavior. Sorrow for hurting Him is healing and life changing.

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 2 Cor:10

Your tears will heal you.....

Record my misery;

list my tears on your scroll^[a]— are they not in your record? Ps. 56:8

For the Lamb at the center of the throne will be their shepherd;

'he will lead them to springs of living water.

'And God will wipe away every tear from their eyes.' Rev. 7:17

He will wipe every tear from their eyes. There will be no more death^[a] or mourning or crying or pain, for the old order of things has passed away Rev 21:4

Soul Ties: Although we will address soul ties more completely in a later unit, now is a good time to break any demonic soul ties you have with any of these people that the Lord has brought to mind that need your forgiveness. Pray something like this:

"I now break and sever the ungodly soul tie between (name) and myself, and myself and (name) in the name and blood of Jesus Christ and I declare that every spirit of

disappointment, sadness, and loss associated with the soul tie must go now in the name of Jesus Christ”.

Verses About Forgiveness. Read Out Loud Daily

[Matthew 6:14-15](#) - For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

[1 John 1:9](#) - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

[Isaiah 1:18](#) - “Come now, let us settle the matter,” says the LORD. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.

[Micah 7:18-19](#) - Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.

[Mark 11:25](#) - And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.”

[Colossians 3:13](#) - Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. [Ephesians 4:31-32](#) - Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. [Luke 17:3-4](#) - So watch yourselves. “If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying, ‘I repent,’ you must forgive them.