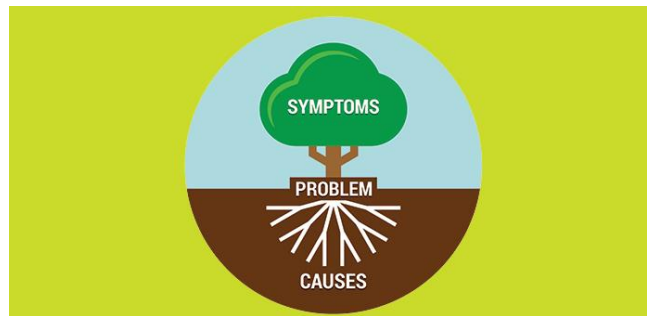


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Don't give up. There is hope for you! We have witnessed thousands of lives who have experienced transformation through the ministry of restoration. This Restoration Manual is for all of you who feel stuck and are desperate. You have tried everything: Counseling. Medication. Prayer. Bible study. Church services. Crying out to God for relief from the shame, the pain, the rejection, and the emptiness that dominate your life through unwanted emotions (*anger, fear, insecurity, depression, sadness, anxiety, worry, loneliness, jealousy, hatred, unforgiveness...*) and unwanted behaviors (*addictions, conflict, doubt, debt, lust, pornography, need to control, pride, deception, manipulation, profanity, gossip...*). Don't give up. **There is hope for you!**

This Restoration manual will help you identify the root causes of unwanted emotions and unwanted behaviors (*mentioned above*) that are keeping you from experiencing the full and abundant life that Jesus promised. Jesus wants to set you free, so that you can live a life of Overflow. Restoration is not about "behavioral modification" – you tried that and it failed. It is about the healing of the soul and deliverance from the enemy's strongholds in your life.



Everyone has been wounded from neglect, trauma, rejection, betrayal, loss, or from physical, sexual, or emotional abuse. Some have been humiliated or bullied since childhood. Some have experienced trauma through an accident, illness, or disease. Others have grown up in a highly dysfunctional home. Some have lost loved ones that have caused great pain. The truth is that everyone has been wounded. For some, the wounding has been minimal. For others, the hurt has left deep scars in their soul and in their body, making it difficult to overcome the mental and emotional pain caused by the wounds from their past.

Emotional and spiritual wounds will not just go away over time on their own. The saying "time heals all wounds" is a lie. The painful memories and losses become buried deep in the soul, and manifest through anger, anxiety, fear, insecurity, conflict, control, depression, lust, and other unwanted emotions and behaviors. People often look for relief from their pain through alcohol, drugs, sex, or through less obvious obsessions: social media, electronic games, food, work, dysfunctional relationships, etc. These behaviors only temporarily medicate the pain, shame, and regret - often destroying health, relationships, and finances. Jesus said that only through facing and accepting the truth will a person be set free (*John 8:32*). The end result is freedom, healing, and restoration, but the first step is about recognizing the wounds and resolving the past.

We started teaching the ministry of restoration, because God had set us free and restored us in such a radical and visible way, and so we wanted to share this freedom, healing, and restoration with others. These encounters with God's love and power resulted in a revelation of who God

REALLY is and who He made us to be – our true identity and inheritance. We had tried (*and failed*) to make intentional behavioral changes, only to return to our old mindsets and self-destructive lifestyle. No more. We encountered Jesus in a whole new way. He was more than our Savior. He was our Healer, Deliverer, and Restorer – making all things new.

After these encounters with God, the Bible came alive, painting a whole new picture of what Jesus actually came to do: to restore the broken hearted; heal the sick; and to set captives free. It was no longer just reading about what Jesus did. He was doing the same things today in us and through us. There was no way to ever go back to the way we used to live or “do ministry.” We had experienced transformation and would never be the same again!

We don’t want to imply that when people experience restoration, they have no more work to do. Transformation is a process. Everyone grows up learning both positive and negative coping skills, and develop deeply set wrong belief systems and agreements about ourselves, God, the world, other people and cultures. After you experience restoration, there are still new mindsets that need to be learned; old agreements that need to be broken; and new agreements that need to be made. A “new normal” needs to be learned – a new way of thinking, feeling, and living.

Imagine coming home and finding that all of your furniture had been moved. It was your home, but it would feel different and you would have to navigate the new changes. The couch was replaced by two chairs. The dining room table moved to another room. In the same way, when restoration occurs in your life, you need to learn how to think and live in a new way: to react differently to conflict; to be quick to forgive; to reject previous judgments against others; to learn how to love yourself and others; and to develop appropriate boundaries in your physical, emotional, and spiritual life. The process of restoration takes time, but the outcome is beautiful!

We work out at the YMCA to restore our body. We lift weights for 45 minutes and cardio for 45 minutes on the elliptical machine. The machine allows us to set the resistance and incline as low or as high as we want. Since our goal is physical health and endurance, we set it to the highest level and then run for 5 miles. It is not easy. One of the things that helps to distract us from the intensity of the workout is watching shows on HGTV, where highly artistic people have a vision to purchase broken-down, dilapidated houses, and restore them. The “before and after” pictures are amazing. It is hard to imagine how they can take a home so badly neglected and abused, and restore it into something beautiful and functional, so that people want to live there again. God wants to do this in your life. Completely restore you!



The journey of restoration and the homework assignments at the end of each section will take time, but it will be worth it! Jesus said: **“Whom the Son sets free will be free indeed.”** Thank you for trusting us to help you get free. It is time to begin your journey to freedom, healing, and restoration. “May the Lord reveal to you all that has been hidden and has held you back. May He shine His glorious light upon all the wounded places in your soul. May He bring you freedom, healing, and restoration, and fill you with His love, joy and peace. Amen!”

4 Truths of Restoration:

Truth #1: “Everyone has been wounded.”

Often our unwanted emotions and behaviors are directly tied to past physical, emotional, and spiritual wounds. To make this connection, it is essential to complete the lists below.



a. Physical wounds (*list any physical wounds to your body*)

Surgeries? Your age?

Accidents? Your age?

Injuries? Your age?

Family background? (*inherited or genetic diseases, birth defects, deformities*)?

Have you experienced physical abuse or trauma? Your age?

Have you experienced sexual abuse, molestation, or trauma? Your age?

Neglect from not having your physical needs met (*food, shelter, safety*)? By who?

Unexplained pain? When did it start? What was going on in your life at the time?

List any other kinds of physical pain or wounding to your body:

b. Soul (emotional) wounds (*list any emotional or mental wounds to your soul*)

Have you experienced verbal abuse or emotional trauma? By who?

Have you experienced bullying or humiliation? By who?

Have you experienced rejection? By who?

Neglect from not being emotionally nurtured and cared for? By who?

Has a person of influence (*family, friend, boss*) attempted to control you?

What do you fear most? Any reoccurring dreams?

What do you worry about most?

Do you experience panic attacks or great anxiety? When does it usually occur?

List any other kinds of emotional pain or wounding to your soul:

c. **Spiritual wounds** (*list any spiritual wounds to your spirit*)

- Has a person of influence (*family, minister*) used religion to control you?
- Has a person of influence (*family, minister*) used religion to isolate you?
- Has a person of influence (*family, minister*) used religion to prevent you from having relationships with others, traveling, working, having access to money?
- Has a person of influence (*family, minister*) used religion to abuse you sexually, emotionally, or physically or to cause you harm or pain in any way?

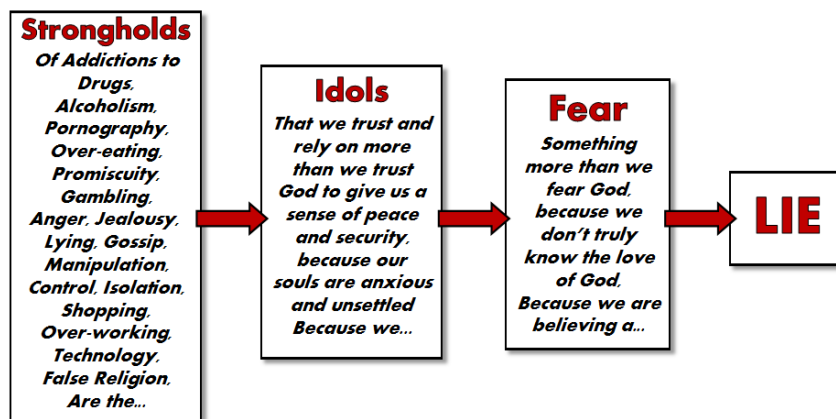
Please write below how they used religion to hurt or control you:

List the people you need to forgive and how they hurt you: (use separate paper if needed)

Truth #2: “Wounds often cause unwanted emotions and unwanted behaviors leading to strongholds.”

The Anatomy of a Stronghold

Jesus said, “You shall know the truth and the truth shall make you free”



Circle what you struggle with: Anger. Abuse. Control. Conflict. Manipulation. Word twisting. Deception. Strife. Hatred. Jealousy. Envy. Unforgiveness. Resentment. Profanity. Self-hatred. Worry. Anxiety. Panic. Fear. Insecurity. Phobias. Terror. Torment. Nightmares. Insomnia. Emotional weakness. Debt. Fear of lack. Doubt. Unbelief. Addictions. Alcohol. Drugs. Pornography. Lust. Affairs. Flirting. Depression. Shame. Guilt. Despair. Grief. Sadness. Hopelessness. Isolation. Loneliness. Self-pity. Victim. Rejection. Legalism. Condemning others. Gossip. Lying. Relationship Conflicts. Perfectionism. Obsessive-Compulsive behaviors. Workaholism. Pride. Stubbornness. Rebellion. Blame. Suicide. Occult activity (*astrology, fortune telling, spirit guides*). Internet “escapism” (*gaming, social media, YouTube, etc.*).

There may be other manifestations of unwanted behaviors not listed above. Look for patterns of repeated behaviors in your life that bring guilt, shame, remorse, regret, defeat, discouragement, conflict, etc. You have tried to stop doing these behaviors, but you still do them, resulting in a stronghold. There is an underlying wound that God needs to heal, causing these unwanted emotions and behaviors (*which we will identify under Step 1 of the “4 Steps to Restoration”*).

Many strongholds are either avoidance behaviors or pent-up emotions from unresolved past wounds and hurts. Because you do not know how to deal with the wounding that has occurred in your past, you don’t face the source (cause) of your anger, depression, rejection, anxiety, pain, shame, guilt, insecurity, loneliness, etc. Instead, you cover it up with destructive behaviors – the need for control, addictions, abuse, deception, manipulation, jealousy, lust, etc. It is a way of consciously or unconsciously coping with and not dealing with the wounding of your soul.

List any other unwanted behaviors or emotions in your life not circled above. Be honest.

Truth #3: “God wants everyone healed!”

We see in the four gospels describing the life and ministry of Jesus that everyone who came to him was healed. No one left disappointed. Since the Bible says: "**Jesus is the same, yesterday, today, and forever**" (*Hebrews 13:8*), then we must conclude that God still wants everyone to experience his healing! **1 Peter 2:24 states that “Jesus himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed.”** God wants to heal you fully!

What physical, emotional, or spiritual healing are you wanting from God?

Truth #4: “Everyone needs someone to help them through the process of restoration.”



During the restoration process, you will not be judged for your failures or for what has happened to you. Healing occurs when you acknowledge what has happened to you to another person, who then guides you in a safe setting to the causes of the unwanted emotions and behaviors, so that God can heal you. Healing occurs when you replace the lies (wrong agreements) you have believed about the traumatic events that have happened to you (and the people involved), and accept the truth (new godly agreements). Healing is about trusting and believing that God wants to bless you and cause good from it (Romans 8:28). Healing is about accepting yourself, all your human frailties and weaknesses, knowing at a deep level that God still loves you despite all that has happened to you and all the regrets you have. Healing is about becoming free from all that has held you back - Forgiving others. Forgiving yourself. Forgiving God.

Who do you know that can help you through the healing and restoration process?



4 Steps to Restoration:

Step #1 Recognize: Identify the root causes of the unwanted emotions and unwanted behaviors. What is causing the unwanted emotions and destructive behaviors that you circled under **Truth #2 “Wounds often cause unwanted emotions and behaviors leading to strongholds”**? (Ex: anger, conflict, depression, rejection, fear, anxiety, shame, guilt, insecurity, doubt, loneliness, need for control, addictions, jealousy, lust, etc.) Let’s look at how the physical, emotional, and spiritual wounds in your life caused these unwanted emotions and behaviors.



What effects do you suffer from the Physical wounding? (*Pain, disease, reoccurring illness, headaches, inability to sleep, fear, insecurity, etc. See your list of physical pain or wounds under Truth #1 page 3*) How have you suffered because of the physical wounding? How does it affect your ability to serve God and others? What is God saying to you about this? What have the doctors said? When did it begin? Have you forgiven the person who physically hurt you? (*use separate paper if needed*)

What effects do you suffer from the Emotional & Mental wounding? (*Depression, despair, grief, fear, rejection, insecurity, phobias, suicide, stress, worry, anxiety, panic, inability to sleep, etc. See your soul / emotional wounds list under Truth #1 page 3*) How have you suffered because of the emotional / mental wounding? How does it affect your ability to serve God and others? What do you believe God is saying to you about this? What have the doctors said? When did it begin? Have you forgiven the person who hurt you? (*use separate paper if needed*)

What effects do you suffer from the Spiritual wounding? (*Inability to trust God, others, pastors, Church leaders, etc. Can’t focus while praying or reading the Bible. You avoid church. See your spiritual wounds list in Truth #1 page 4*) How have you suffered because of the spiritual wounding? How does it affect your ability to serve God and others? What do you believe God is saying to you about this? What have spiritual mentors said? Have you forgiven the person who hurt you? Do you blame God for the physical, emotional, and spiritual wounds?

Step #2 Renounce: Repent for any sin that “opened the door” for the enemy to torment you. Reject any wrong agreements or lies you have believed. Repudiate the enemy. Tell him he has no authority to “steal, kill, and destroy” any area of your life.



Pray: ***“Jesus, show me the wrong agreements that I have made about myself, others, and You; reveal the lies that I have believed regarding the physical, emotional, and spiritual wounding that has occurred in my life. Show me any area of my life where I have sinned and opened the door to allow the enemy ‘to steal, kill, and destroy.’ Set me free from the strongholds (unwanted emotions and unwanted behaviors) holding me back.”***

Wrong agreements are false beliefs that we have accepted as truth (*and often have spoken out loud*), that are not true, regardless of how you feel. False agreements open the door to your soul to the enemy (called soul ties), so that he can torment your thinking, emotions, and behavior. Wrong agreements are in direct contradiction to what God says about you (*your true identity and inheritance*). Where there is agreement with God, there is blessing from God. Whatever you focus on . . . you empower . . . you become . . . you do. Repent of wrong agreements and make new agreements based on what God says about you in His Word.

Reject whatever hold the enemy has on your life (*family, health, ministry, finances*). Tell the enemy to go! He has no legal authority or right to steal from you. You are an heir to God. You no longer want to participate in the lies and wrong agreements. **Renounce false agreements (curses you have spoken over yourself: “I’m stupid. I will always be in debt; I will always have health problems; I will always have conflicts; bad relationships; loser jobs;” etc.)*

List the wrong agreements that you have spoken over yourself or others have spoken over you and you believed them: (*use separate paper if needed*)

Repent of these wrong agreements. Change your mind; your beliefs; your agreements. Agree with what God says about you instead of your false agreements. **Verbalize a new truth. State the opposite of what you previously believed and speak the new agreement over yourself. “I am blessed; highly favored; loved by God; healed; delivered; set free!”* Search the Scriptures for God’s promises for you (see page 27 and 28). Post them on your mirror to see every day.

Warning: Most people skip Step 1 “Recognize” and Step 2 “Renounce.” Instead, they want to go straight to Step 3 “Remove” and then Step 4 “Restore.” You must first recognize the source of the stronghold and renounce it (Steps 1 & 2), before attempting to remove the enemy’s stronghold. Then you are able to ask God to restore you, bless you, heal you, etc.

Step #3 Remove: Command the enemy to get out of your life and to let go of the area under his control (the destructive unwanted emotions and behaviors, which resulted in the enemy’s stronghold). Declare it. Speak it out loud. **“Death and life are in the power of the tongue, and those who eat its fruit will bear the consequences of their words.” (Proverbs 18:21) “You desire light in my darkness. So, come into the hidden places of my heart and teach me wisdom.” (Psalm 51:6)** When confronted by the enemy, Jesus quoted the Bible: **“It is written!” (Matthew 4).** He didn’t reason with the enemy nor beg God for deliverance. He resisted the devil with the Word of God and told him to go!

Verbalize the rejection of the false agreement, and the acceptance of the true. Write your wrong agreements on paper, break them in Jesus’ Name, then tear it up. Write the true agreement on paper and place it as a reminder on your mirror. Declare the blessings of God over your life. ***“I am who God says I am. I have what God says I have. I can do what God says I can do.”***

This is where deliverance occurs. Deliverance is the act of being rescued. You are being rescued from the consequences of your previous false beliefs and agreements (*which caused the destructive unwanted emotions and behaviors*); and rescued from the enemy’s stronghold in your life. Satan wants to keep you in bondage, so that you don’t live the full and abundant life Jesus promised. Abundant life in the overflow is in contrast to feelings of fear, anxiety, insecurity rejection, depression, anger, emptiness, guilt, and shame. Jesus said: ***“The thief (Satan) has only one thing in mind, to steal, kill, and destroy. But I have come to give you everything in abundance – life in the overflow” (John 10:10).*** Your own repentance, renouncements, and confessions break the chains that have kept you in bondage, resulting in your freedom.

Step #4 Restore: After the lies are dismantled and the enemy is forced to leave, the room of your soul must be restored to its God-given purpose and design. As a Royal Priest, command the blessing of God over your life; otherwise, the enemy will return (**Luke 11:24-26**). Command anger and anxiety to go - love and peace to come! Command depression to go - joy to come! Fear to go - faith to come! Remember the example of the house being rearranged? You must learn to walk in a new normal. This is restoration! Post Bible promises everywhere you go: your mirror, car, bedroom, etc.

Emotions are given to us as a tool to evaluate our environment. If you are feeling a particular emotion, evaluate it. Our feelings are real, but they may or may not be telling us the truth. When you feel anger, ask yourself: “What am I believing about myself?” When you feel anxiety, ask yourself: “What am I believing about the future?” When you feel depression, ask yourself: “What am I believing about the past?” Explore what you are believing that is influencing your emotions. Sometimes you must trust your emotions. Fear may lead you out of danger. A trained counselor will help you discern false fear from true fear. Restoration cannot be done alone but must be accomplished in a mentor relationship and in a community group, which will help reinforce the truth in your life and help you to walk out your freedom.

How Restoration Happens in your life:

Luke 11:17-22 Jesus said: “Any kingdom divided against itself will be ruined, and a house divided against itself will fall... If I drive out demons by the finger of God, then the kingdom of God has come to you. When a strong man, fully armed, guards his own house, his possessions are safe. But when someone stronger attacks and overpowers him, he takes away the armor in which the man trusted and divides up the spoils.”

Restoring Your Gifts, Talents, Personality, Possessions, and Calling

As we consider the context of *Luke 11*, it points to the strong man being Satan, who is guarding his “house,” a euphemism for “a person.” The strong man (*Satan*) is guarding the house (*a person*) to keep his possessions safe, what are those possessions that he desires so much to protect and control, and “to keep safe and secure”?

The possessions and spoils mentioned in *Luke 11* are a person’s gifts, talents, personality, material possessions, and calling from God. These are your gifts to the world. In other words, the possessions that the enemy desires so much to protect and control are the person’s blessings to the world. It’s what we bring to the human experience. Remember, each of us is created in the image of God for a purpose to positively impact the world around us. The enemy will try to take this away from you by making you forget who you are (*your identity and inheritance*), or keep you from understanding the core of who you are - your uniqueness to the whole of humanity, including your gifts, talents, personality, material possessions, anointing, blessing, and calling.

Just as God is triune (*made up of three parts*) – Father, Son, and Holy Spirit, so you are made up of three parts - body, soul and spirit. You have been made in God’s image. At the creation of man and woman, God said; “**It was VERY good.**” Everything else - the universe, the stars, the sun and moon, the oceans, dry land, plants, and animals were called “Good!” But you and I, we were called “Very Good!” by God - Body. Soul. Spirit. (*See: 1 Thess. 5:23-24, Psalm 103*)



Let’s consider the entirety of our humanness. The body is the outer part of us, like a glove, within which is the soul and spirit. The body is temporal and physical. When we die, we no longer will need it. But it is a part of us, our identity. When we look in the mirror and see ourselves, it is the body we see. It can be injured and wounded. The body is also sensory. We see, touch, taste, smell and hear with it. Yet it is so intricate, it can work on its own; like our heart beating, our eyes blinking, or our intestines digesting food. The body also responds to what our mind is thinking and processing. For instance, if a stranger were to walk in your front door,

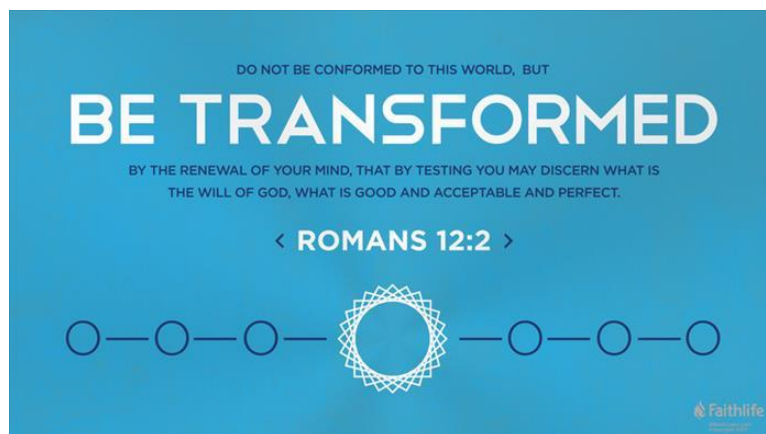
besides the fact that you might run, yell, and call the police, your body would respond immediately with an increased heart rate, increased respirations, and sweating.

The soul consists of the will, the mind and the emotions. The will is the ability to choose, to act. In the beginning, God created us with a free will, with the ability to make choices in our lives every day. We may choose which job to take, which school to attend, where to live, who to marry, or whether to marry at all. We have the ability to choose how we react to events that happen to us. We can choose to love or to hate, trust or mistrust, hold resentment or forgive.

We also have the ability to choose good or to choose evil, to follow God or not. **Deuteronomy 30:19-20** shows us the importance of our choices and how they impact others. **“Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him. For the Lord is your life, and he will give you many years in the land he swore to give to your fathers...”** Having the freedom to choose is a gift. Choosing to follow God is a blessing (**Luke 22:42**).

The mind is the second aspect of the soul. This is where our thinking, analyzing, figuring and problem solving takes place. The mind is the place where an idea is not only hatched but developed and grown. The mind influences both the will and the emotions. Human beings have come up with some astonishing inventions that have made our lives so much easier and more exciting. As individuals we may think of ideas that make our relationships stronger or that keep our children healthier, safer. There is no behavior without first making a decision. To change our behavior, we must begin with the mind. This is where the first attack of the enemy takes place.

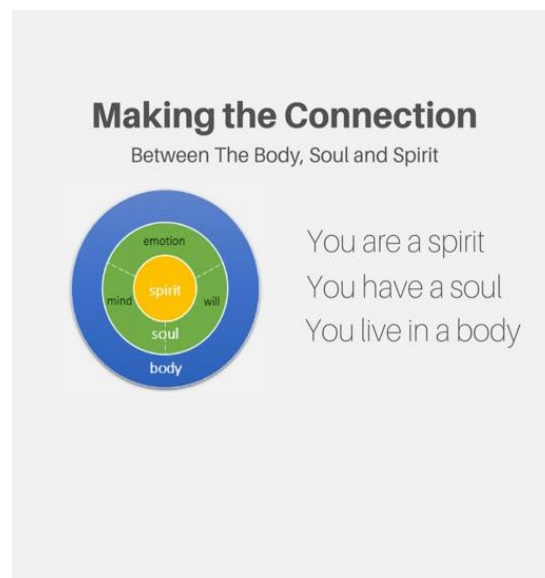
Therefore, we must be careful what we think about. What we think about could become either a wonderful or a frightening reality. **James 1:15** warns us that the desires in our minds may give birth to sinful actions that ultimately result in death. It may be actual death, or it may be the death of a relationship, the death of an opportunity, or the death of a dream. As we read the Word of God and connect with God in prayer, our mind and will are influenced. We must decide to set our mind on God and the amazing love and peace we experience when we do. The Apostle Paul often spoke of the importance of the mind. He told us to renew our mind according to the will of God rather than the pattern of the world (**Romans 12:2**) and to take captive every thought making it obedient to Christ (**2 Corinthians 10:4-5**).



Our emotions are involuntary responses to an event, person, place, or thing. They are influenced by what happens in our mind. The list of emotions is long and includes anger, joy, fear, jealousy, and rejection. Some emotions feel good and some are uncomfortable. Is anger wrong because it is an uncomfortable emotion? Not necessarily. Anger can motivate you to stand up for what is right and just. Is joy right because it is an emotion that makes us feel good? Not necessarily. You may find joy in an affair. Emotions are neither right nor wrong - they just are. What you do with your emotions is what makes them right or wrong. Anger is okay, punching someone is not.

Our spirit is who we really are; who we were designed to be. Our spirit is our true identity. It is with our spirit that we communicate with God. It is our spirit that gives life to our soul and body. It is through our spirit that we desire to know God. Our spirit energizes our soul and brings life to the body. It is the spirit in us that says there is more to this life than what we can see, feel, hear, and touch. Our spirit is constantly seeking God and the peace that only comes from God. People search to fill that void with other things they hope will bring them peace and are disappointed.

When God communicates to us through our spirit, what we “hear” influences both our soul and body, and we respond accordingly. When one part of our being is affected, all parts are affected. For example, if the body is diseased, both the soul and the spirit become weakened. If the soul is traumatized, it will be apparent in both the body and the spirit. And in the same way, if our spirit is wounded, both the body and the soul will be negatively affected.



Just as our body grows from food, rest and exercise, our soul grows through intellectual challenge, reading, and relationships. Our spirit grows and matures through hearing God, believing God, and obeying God by spending time with God, trusting God, following God’s plan for our life through serving others, using the gifts given to us, reading the Bible (**Romans 10:17**) and other inspirational writings. Our spirit grows strong over time. It is a process - the journey of a lifetime. Each of us grows and matures at different rates. The more our spirit acts on what we hear the Spirit of God saying to us, the more our faith grows. These three elements (*body, soul, and spirit*) are the possessions that the enemy wants to control, and to “steal, kill, and destroy.”

Luke 11:24-26 “When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. Then it says, ‘I will return to the house I left.’ When it arrives, it finds the house swept clean and put in order. Then it goes and takes seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than before.”



Anyone can be influenced by demons, even believers. The evil spirit (the strong man) believes it owns the house (*i.e. the man*) and views the person as its dwelling place. The enemy cannot possess the believer, but the enemy will surely oppress the believer until the person gives in to his desires. We need to be sober and alert to this fact in order to prevent this from happening.

Jesus begins ***Luke 11*** by saying that any kingdom divided against itself will be split and will eventually come to ruin. When we try to live in two worlds that contradict each other, the result will be chaos and failure. When our soul is divided between following God and the world, the enemy will torment us in our thinking, emotions, and behavior, resulting in the death of relationships; loss of identity; great pain and disappointment; physical, mental, and emotional illness sometimes leading to death.

In **Luke 11:17-22**, Jesus says there is armor (strongholds) in which the strong man trusts to keep you in bondage. Armor is any covering that acts as a defense against weapons and protects what is inside the armor. The context of Luke 11 identifies the strong man as the enemy, Satan. Let's look at how to remove the armor (strongholds) that the enemy uses to keep your gifts, talents, personality, material possessions, and calling from God, under his control and in his camp.

How to Remove the Armor (stronghold) of the enemy:

By Forgiving Those Who Have Hurt You

Unforgiveness is a major part of the enemy's armor that he uses to keep us in bondage. Often forgiveness is the most difficult concern that we must deal with, because offenses penetrate deep into our spirit, especially when they come from someone we know and trust. If the offense resulted in great trauma to the soul or body, or to someone that we love, forgiving those involved, including ourselves and God (“who allowed it to happen”), is extremely difficult. The Bible teaches us to forgive fully and completely from the heart. (*See: Matthew 18:21-35*) How do you forgive from the heart, when so much pain is associated with the offense?



Many of us have a wrong understanding of what it means to truly forgive, which makes it nearly impossible to do so. Forgiving others does not mean that you condone the person's actions, only that you are not going to allow it to control you any longer. You are going to let it go and give the offense to God. In this process, you are not saying what they did was ok. You are saying that you are choosing to not allow their actions to impact your thoughts, emotions, and behavior in a negative way anymore. Forgiveness does not mean that you have to trust that person and allow them to continue to hurt you, abuse you, or take advantage of you or those you love. In **Luke 17:3-4**, Jesus tells us that if someone sins against us to rebuke him or her. If that person repents or turns around and makes that change, forgive him. If someone continues to hurt or abuse you, they have not repented. Continuing to allow them to hurt you or abuse you is harmful to you. Setting boundaries is godly and healthy. It is time to forgive them, let them go, and move on.

Romans 12:19 “Don’t be obsessed with taking revenge but leave that to God’s righteous justice. For the Scripture says: ‘If you don’t take justice into your own hands, I will bring justice for you,’ says the Lord.”

This is the time to release them into the judgment of God. Releasing someone from the debt owed to you and letting go of the offense is the same thing as forgiveness. It is a decision not to allow their offense to destroy you. *Forgiveness for deep seated or traumatic events will require the assistance of a caring and patient counselor or minister. Please be willing to seek help.*

Most people's offenses are unintentional and therefore, forgiveness and restoration of the relationship should be the goal. Don't wait to forgive until you feel like forgiving. You'll never get there. Feelings take time to heal after the choice to forgive is made. Remember that your feelings are real but they may not be based on truth. You've got to decide you are going to forgive no matter what it feels like. Eventually, the emotions will follow the decision to forgive.

Steps to Forgiveness:

1. Make a list of all those who have ever hurt you that you need to forgive. Describe the offense, and how it hurt you, no matter how small it may seem. (*See your forgiveness list on page 4 at the end of Truth #1 “Everyone has been wounded.”*)

Define clearly what you are forgiving. In the process of forgiveness, you are not only forgiving the original offense, but also all the negative consequences that followed because of the offense. How has the offense hurt you and damaged your life and others (possibly your family and friends)? What is the total debt and injury done to you and others?

Be fully and completely honest before God and with another trained believer, no matter how deep the pain is. It is essential that you acknowledge the offense and the resulting hurt. If you don't acknowledge the core of the pain, then forgiveness and healing will be incomplete. You must recognize the extent of the damage done to your soul. Honesty is the path to your healing. Sometimes, especially in the instance of an event involving a parent or spouse, you may be afraid to acknowledge the full extent of what they have done and how it has negatively impacted your life into adulthood. We must be careful not to justify or rationalize the offender's behavior. For example, perhaps a parent was abused as a child, therefore; you may want to excuse that parent and not make them responsible for their abusive behavior. Regardless of how someone learns to behave, they are responsible for what they have done to others.

2. Speak out loud as if you were saying it to the person who hurt you. "_____, you hurt me when . . . (fill in the blank). You were wrong for doing this to me. This is what happened because of what you did to me _____. But I choose to forgive you _____, and to release you from all my judgements against you. You are forgiven. Jesus, I call upon you to help me to forgive even as you have forgiven me. In place of my unforgiveness and resentment, fill me with your peace and a renewed love for you. Fill me with the anointing and power of the Holy Spirit to pray for and bless those individuals (*and groups of people*) who have hurt me."

Repeat the prayer for each person and each specific incident or offense. As you pray, the Lord may bring to your remembrance others who have offended you. Continue to forgive these also.



3. Decide not to use the information about their offense against them in the future. This does not mean that you cannot speak about these issues again. There are some very traumatic issues that need to be dealt with over time with a counselor. Also, there are some mindsets that need to be renewed and this will take time. If you "feel stuck," you may need to work through these issues with a trained counselor. It is best not to address these issues any longer with the person who has offended you, unless done in the safety of a mediator or spiritually mature counselor.

4. Make positive declarations to replace the unforgiveness that has been in your heart. You may adopt this prayer as your own or just use it as a guide, replacing my words with your own words.

"Lord, based on my declarations, I ask that you break any ungodly soul ties between me and _____. I choose to break any false agreements I have made (example: "I will never forgive them. I will always hate them."); I break the power of the enemy off of my life. Lord, I ask that you fill all of the hurt places with your peace and joy, and draw me

closer to you. Heal all the wounds that were the result of these actions or neglect. I declare that you are Lord of my body, soul, and spirit. Jesus, allow all the areas of my life that have been dormant or stunted, because of the wounds and my unforgiveness, to grow and be restored in your presence. Where there was unforgiveness, resentment, bitterness, judgment and anger, bring your love, joy, and peace.”

How do you know if you’ve truly forgiven?

You may think, “I’ve already forgiven that person.” Ask yourself these questions:

- If the person who hurt me walks in the room: “Am I still at peace?”
- When I think of that person or the event: “Do I still have intense emotion (*pain or anger*) or is it now just a memory?” If there is still intense emotion associated with the memory, further healing of the emotions (*and possibly forgiveness*) needs to take place.
- Can I think about the experience in positive terms: “How has this hurt in my life led me to greater maturity and growth in my relationship with God?”

Romans 8:28 “*God causes all things to work together for our good.*”

Unforgiveness keeps you from being who God created you to be. It keeps you from an honest relationship with God and a vibrant relationship with others. Learning how to forgive is an essential step in your journey toward freedom, healing, and restoration!

Nelson Mandela - “*Unforgiveness (and the resulting anger, resentment, and bitterness) is like drinking poison and hoping it will kill your enemy.*”

God - “*The only time I remember your past sins is when you remind me of them.*” Our sins are forgiven by God and forgotten. You too need to forgive others, yourself . . . and move on.

Addressing your own Offenses toward Others:

Before concluding this discussion about forgiveness, we want to address one final important concern. If you are at the place where you have walked through forgiving others for their offenses against you; have received healing from the Lord; and are walking in a measure of freedom, you may want to consider making a list of your own offenses toward others. The difficult truth is: we often judge others for their actions against us, but we judge ourselves by our own good intentions. “I didn’t mean to hurt them.” It is a double standard, often not recognized by believers. Ask the Holy Spirit and seek the support of a counselor to help you decide if you should go and apologize for the things you’ve done. This step requires some contemplation, as it may open old wounds in someone’s life who may not have the support system to deal with the resulting pain. Seeking the advice of a counselor would be wise in this regard. If you do decide to ask forgiveness, this is not the time to make excuses for your behavior. This is the time to fully acknowledge how you have hurt or harmed another individual created in the image of God!

How to Forgive Your Parents:

Often times, offenses committed against us by our father or our mother cause the deepest wounds and are the most difficult to forgive. Parents are supposed to provide a loving, nurturing environment in which to grow. Parents are supposed to protect us from pain and empower us to be the best person possible. Parents are supposed to help us strengthen our gifts and callings. And parents are supposed to help us to minimize the negative effects of our weaknesses. When this does not happen, the result can be devastating. We have developed tools that we recommend you work through carefully to find the healing you need from any kind of offense, abuse or neglect by a father or a mother.

Forgiving Your Father:

List any ways that your father hurt you. How do you feel about this?

List any ways your father failed to validate your femininity or masculinity.

List any ways that your father failed to protect you. How did this impact your life?

List any ways that your father rejected you or failed to love you. How do you feel about this?

List any ways that your father failed to provide for you. How did this impact your life?

List any ways that your father ignored you or failed to listen to you. How do you feel about this?

List any ways that your father failed to teach, bless, or lead you. How did this impact your life?

List any ways that your father was abusive or neglectful to you. How do you feel about this?

List any painful memories that are associated with your father: *(use other paper as needed)*

It will be very helpful for you, at this time, to read aloud your responses as if you were speaking to your father. For example, "Dad, you hurt me when . . . *(fill in the blank)*. This is how it has affected me . . . *(fill in the blank)*. You were wrong for doing this to me. But I choose to forgive you, Dad, and to release you from all my judgments against you. You are forgiven."



Now pray the following prayer: *“Lord, based on my declarations, I ask that you break any ungodly soul ties between my father and me. I choose to break any agreements that I have made with the enemy regarding my father’s actions and my unforgiveness. I break the power of the enemy off of my life. Lord, I ask that you fill all of the hurt places with your peace and joy, so that I can grow closer to you. Heal all the wounds that were the result of these actions or neglect. Please forgive me for harboring unforgiveness toward my father. I declare that you are Lord of my body, soul, and spirit. I ask that all areas of my life that have become dormant or stunted, because of wounds and my unforgiveness toward my Dad would be free to grow in your presence and for your glory.”*

Forgiving Your Mother:

List any ways that your mother hurt you. How do you feel about this?

List any ways your mother failed to validate your femininity or masculinity.

List any ways that your mother failed to protect you. How did this impact your life?

List any ways that your mother rejected you or failed to love you. How do you feel about this?

List any ways that your mother failed to provide for you. How did this impact your life?

List any ways that your mother ignored you or failed to listen to you. How do you feel about this?

List any ways that your mother failed to teach, bless, or lead you. How did this impact your life?

List any ways that your mother was abusive or neglectful. How do you feel about this?

List any painful memories associated with your mother: *(use other paper as needed)*

It will be very helpful for you, at this time, to read aloud your responses as if you were speaking to your mother. For example, “Mom, you hurt me when . . . *(fill in the blank)*. This is how it has affected me . . . *(fill in the blank)*. You were wrong for doing this to me. But I choose to forgive you, Mom, and to release you from all my judgments against you. You are forgiven.”

Now pray the following prayer: *“Lord, based on my declarations, I ask that you break any ungodly soul ties between my mother and me. I choose to break any agreements that I have made with the enemy regarding my mother’s actions and my unforgiveness. I break the power of the enemy off of my life. Lord, I ask that you fill all of the hurt places with your peace and joy, so that I can grow closer to you. Heal all the wounds that were the result of these actions or neglect. Please forgive me for harboring unforgiveness toward my mother. I declare that you are Lord of my body, soul, and spirit. I ask that all areas of my life that have become dormant or stunted, because of wounds and my unforgiveness toward my mother would be free to grow in your presence and for your glory.”*

“Forgiveness takes the sting out of hurtful memories.”

How to Remove the Armor (stronghold) of the enemy:

By Removing the Consequences of Sexual Sin

God ordained sex. It was his idea! He gave it to mankind as a gift to build intimacy in the marriage relationship and also to produce children. He designed sex to be pleasurable and fulfilling - emotionally, physically, and spiritually.

Genesis 1:28 “Be fruitful and increase in number.”

Genesis 2: 24 “Therefore a man shall leave his father and his mother and shall become united and cleave to his wife, and they shall become one flesh.”

Matthew 19:5 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So, they are no longer two but one...”

Adam and Eve were created in the image and likeness of God and were given authority to rule over the earth and its creatures, and were commanded to be fruitful and multiply. God blessed their relationship and their sexual union.

In **Genesis 4:1**, the scripture says Adam “knew” his wife and she became pregnant. This Hebrew word translated “knew” is the same word used for us “to know” God. It is a word that means close intimacy. The Apostle Paul uses a similar picture of intimacy in **Ephesians 5:31-32**, comparing the relationship of Jesus Christ and the church to that of a husband and wife. The union of a married couple is a picture of our relationship to the Lord.

God says the result of any kind of sexual union is “one flesh” and is pictured in the physical act of intercourse. However, another oneness is also taking place during the physical act and that is the uniting of soul and spirit.

Ephesians 5:31-32 “For this reason a man will leave his father and mother and be united to his wife and the two will become one flesh. This is a profound mystery - but I am talking about Christ and the church.”

Marriage is a spiritual covenant relationship, sealed by the consummation of sexual union.

Exodus 20:14 “You shall not commit adultery.” (The 7th Commandment)



In the Hebrew language, this commandment was understood to cover all types of sexual sin: fornication, pornography, lust, homosexuality, bestiality, and other sensual acts. The people groups in and around the Promised Land used sexual acts in their religious ceremonies and rites, offering worship to Baal, Asherah, Molech, and other gods. Today, certain forms of witchcraft and satanic worship ceremonies also incorporate sexual acts. In the same way, when we participate in sexual sin, we are offering a form of worship to foreign gods (*demons*). God calls this spiritual adultery (*idolatry*). When we have sexual relations outside of marriage, we are uniting ourselves to others – becoming one physically, emotionally, and spiritually.

Paul tells us in **1 Corinthians 6:16-20** that a man who has sex with a prostitute becomes “one body with her,” but those who are united with the Lord, become “one spirit with Him.” The sexual relationship forms soul ties, which are emotional and spiritual bonds. When the relationship is ungodly or sinful, it forms ungodly soul ties. When people have multiple sexual partners, they are bonded or united with many souls, opening the door to the enemy. (*See: Hebrews 13:4*) Confession of sexual sin is needed to sever the ungodly soul ties.

Romans 6:23 says “**the wages of sin is death.**” This is evident in AIDS, HPV, and other sexually transmitted diseases, as well as abortion and divorce. This “death” refers to an end to something alive: the death of a marriage; friendship; relationship with the Lord; etc. Sexual sin grieves the heart of God, because He knows how much damage it brings into our lives.

On a separate sheet of paper list all of the people you have been sexually involved with outside of marriage. (Be honest. Only you will see this list unless you share it with someone)

List your spouse if you had sex before you were married. Be sure to include: fornication before marriage, adultery, lesbianism, homosexual relationships, rape, molestation, incest, bestiality.

Repeat the following prayer: “Jesus, I ask you to be Lord of my sexuality. Forgive me and set me free from anyone I have had sexual relations with in an ungodly way. I recognize this as sin. I ask that you would break the ungodly soul ties with (*name each person that you were sexually involved with outside of marriage*) that were established with these sexual acts. Holy Spirit, I ask that you would empower me to keep my eyes and heart focused on Jesus and not my flesh (*Job 31:1*). I choose to use my body for your glory. Amen!” (*Now rip up or burn this paper to symbolize the severing of the ungodly soul ties*)

How to Remove the Armor (stronghold) of the enemy:

By Removing Generational Family Strongholds

Certain strongholds are passed through the family line. This kind of stronghold is called generational. God intended our forefathers (*grandparents, parents*) to honor and worship Jesus, providing spiritual blessing, covering, and protection over us. Unfortunately, our forefathers can

also “open doors” to the enemy, bringing curses (*strongholds*) from the enemy rather than blessings from God through our family line.

1 Peter 1:18 “For you know that God paid a ransom (Jesus) to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value.”

Lamentations 5:7 “Our ancestors sinned, but they have died and we are suffering the punishment (and the consequences) they deserved.”

Moses was very specific when he warned the people to follow the Lord’s commands. In **Deuteronomy 27:15-26** (see also *Exodus 20:5-6*) Moses records a list of sins that would have a detrimental effect on future generations:

Idolatry - following false religions. Dishonoring and disobeying parents.

Dishonesty and theft. Bribery. Sexual sin. Murder.

Cruelty to the helpless (*widows, orphans, foreigners, the poor*).



A generational family stronghold not removed is like standing under an umbrella full of holes when it is raining. You will eventually get soaked. Unless you renounce the strongholds of the enemy upon your family, the strongholds (family sins) will allow the enemy to continue to bring torment (“steal, kill, destroy”) to your family.

Generational family strongholds may include: addictions (alcoholism, drug abuse), violence, poverty, infidelity, having children outside of marriage, inherited diseases and illnesses, untimely death, repeated cases of physical or sexual abuse. (***Other examples would be under Truth #2: “Wounds cause unwanted emotions and behaviors leading to strongholds.”***)

Because family strongholds are passed down and repeated from generation to generation, family members tend to imitate these behaviors and sins that seem normal to the family (*addictions, anger, abuse, violence, poverty, stealing, lying, immorality, divorce, family secrets, etc.*)

In **Daniel 9:4-19**, Daniel confessed the sins of his forefathers, repenting on their behalf, praying for the blessings of God to rain down on him, his family and the Jewish people as a nation.

How to Break Generational Family Strongholds:

Look for any pattern of destructive behavior passed down the generational family lines, including anger, abuse, divorce, addictions, alcoholism, disease, poverty, etc. (*See list under Truth #2 “Wounds cause unwanted emotions and behaviors leading to strongholds”*).

List generational family sins and strongholds here:

Confess them as sin. Ask God to forgive you and to cleanse you from all unrighteousness (*1 John 1:9*), if you have participated in these destructive behaviors. Break all ungodly soul ties with your ancestors for each of these destructive behaviors. Break the power of any demonic spirit that has influenced you or your family in this area through the authority of Christ.

Pray: “Lord, I agree with you and confess as sin (*name the known family generational sins*) committed by my ancestors. I choose to forgive them for these sins and ask for your forgiveness for their sin and my part in it. I break the ungodly soul ties with previous generations. I ask you to break all curses over myself, my children, my family, and any succeeding generations.”



How to Maintain your Freedom:

Luke 11:17-22 Jesus said: “Any kingdom divided against itself will be ruined, and a house divided against itself will fall... If I drive out demons by the finger of God, then the kingdom of God has come to you. When a strong man, fully armed, guards his own house, his possessions are safe. But when someone stronger attacks and overpowers him, he takes away the armor in which the man trusted and divides up the spoils.”

As you have learned through this manual, Jesus is the “someone stronger” than the strongman (Satan) in this parable. Satan is the strongman who rules over all those who do not believe in Christ. Satan also rules over those areas of our lives as believers that have not been given over fully to Christ. Whenever you are in agreement with Satan’s lies, this gives him authority to rule over that area of your life, and this limits God’s blessings from flowing into your life. Your prayers become hindered from releasing God’s blessing upon your life and family.

God gave all authority and power to Jesus at his victory on the cross. Jesus gave this same authority to all who would believe in him. He commanded us to preach the kingdom of God, pray for the sick, and cast out demons. Our authority comes from our relationship with God. We must listen to his voice and act only when and where he directs.

Luke 10:17-19 Jesus said: “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; so that nothing will harm you.” (See also: Matthew 28:19-20)

How to Maintain your Freedom: Cleanse your Home

Jesus wants to be Lord of more than just your body, soul, and spirit. He wants to be Lord of every area of your life. We have seen people go through the restoration process of healing and deliverance, obtain freedom from demonic strongholds, then the struggle starts all over again. Why? It is because their home has not been cleansed and dedicated to the Lord.

Go through every room of your house and look for things that would hinder your relationship with God. Get rid of anything that has to do with the occult, witchcraft, pornography, etc. including books, magazines, videos, and jewelry. Pray and ask the Holy Spirit to reveal to you what else needs to be removed. There may be something in your home that prevents you from having a true and honest relationship with Jesus, and with the members of your family. Perhaps it is a photograph of an old relationship or a gift from a previous relationship. Maybe it is money, books, or anything else borrowed or stolen from someone that needs to be returned.

Anything that keeps your focus off of Jesus is an idol and it needs to be removed from your home. Anything that prevents you from developing a sincere relationship with the members of your family needs to be removed from your home. Anoint with oil and pray over each room in your home. Dedicate your entire dwelling and property to the glory of God.

How to Maintain your Freedom: Morning Prayer

These prayers will help you maintain your freedom and your relationship with the Father: “Good Morning, Father, fill me with your Holy Spirit! I choose to say “Yes” to you today. Direct my path and my decisions. Keep me mindful of your presence. I receive your love and release your love to someone, somewhere today. I want my thoughts to be your thoughts, my desires your desires, and my will to be your will. I choose to put on the full armor of God, so that I may be ready to take my stand against any attacks of the enemy.”

Ephesians 6:11-13 “Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground.”

“Jesus, I put on your belt of truth. Help me to be aware of the things I may hear and say today that are not true. Fill me with your truth today. Let my motivation, intention, speech, and behavior be based on truth. I place over my heart the breastplate of righteousness. I choose to make right decisions and to live in a way that would please you: purify my thoughts, actions, and words. Protect my heart from wrong motives, so that I do and say the right things for the right reasons. I place on my feet the gospel of peace. I want to bring the peace of Christ with me wherever I go today. Give me boldness to share the truth with others about Jesus’ sacrifice, power and authority over sin and the enemy. I hold up the shield of faith to extinguish the fiery arrows that are sent at me by the enemy. I choose not to allow the enemy’s lies to influence me today. Faith comes from hearing the Word of God, and so I will speak God’s Word out loud and vanquish the plans and purposes of the enemy in my life! I put on the helmet of salvation and pray that my mind will be protected from every thought that Satan or any demon may try to put in it. Restore and heal every memory that could hold me back from being all that you want me to be. I choose to take up the sword of the Spirit and to utilize the Word of God to fight only the battles you want me to fight.”



2 Corinthians 2:5 “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

The only offensive part of God’s armor is the sword of the Spirit, which is the Word of God. Jesus took up the sword of the Spirit and quoted God’s Word to the enemy during the “40 days of temptation” in the desert and also when He was on the cross. **Hebrews 4:12** tells us: **“We have the living and active word of God that penetrates the very core of our being. It interprets and reveals the true thoughts of our hearts.”**

If we want to discern the difference between the lies of the enemy and the truth of God, we must deploy our offensive weapon - the Word of God. By using the sword of the Spirit (God’s Word) against the enemy, we will maintain our freedom, healing, and restoration.

How to Maintain your Freedom: Evening Prayer

A daily spiritual checkup is the key to great spiritual health: “Lord, is there any area of my life that displeases you? Anything that I have said or done to someone that displeases you?”

“Father, I thank you for your presence in my life today. Thank you for guiding me through each circumstance of this day and protecting me. Bring to my remembrance anything I have done to hurt you or others. Please forgive me and cleanse me. I cover my body, my mind, my emotions, memories and thoughts with the blood of Jesus. I bind up any spirit of fear, nightmares, or torment with the blood of Jesus. Give me supernatural good rest. Speak to me through my dreams and let me awaken refreshed by your Holy Spirit.”

Psalm 91:1-2 “*He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress, my God in whom I trust”*”

Psalm 4:8 “*I will lie down & sleep in peace, for you alone, O Lord, make me dwell in safety.”*”

Psalm 127:2 “*The Lord grants sleep to those He loves.”*”

How to Maintain your Freedom: Missional Community



Congratulations. It takes great faith to be healed and restored. It is not easy to face the darkness and the pain lurking in our own inner damaged soul. It takes courage to face the truth and to admit who we are; what we’ve done; and what was done to us; that led us into our toxic emotions and behaviors. You were never meant to do this alone. You need community.

To maintain your freedom, healing, and restoration, you must develop a deep intimate relationship with Jesus and with others. Find a Missional Community (small group) and get involved. They will help you build your faith as you seek to receive and release God’s love to everyone, everywhere. They will pray with you and for you, as you are restored to a new normal.

Besides developing life-long friendships, a Missional Community will provide a safe place for you to grow and to develop your spiritual gifts to bless others. Previously, these gifts were under the enemy's control. He held you in bondage and the blessings that you had to offer the world around you had been taken captive. This is your opportunity to take back your possessions – your spiritual gifts, talents, personality, calling from God, anointing, and begin to develop them and use them for God's glory. Find your place in the body of Christ – God's church. Join a community of believers.

1 Corinthians 12:16-18 *“And if the ear should say, ‘because I am not an eye, I do not belong to the body,’ it would not for that reason cease to be part of the body. If the whole body were an eye where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact, God has arranged the parts in the body, every one of them, just as he wanted them to be.”*

Your Missional Community also becomes a safe place of protection from the enemy who comes *“to steal, kill, and destroy”* from God's children. A zebra is vulnerable when separated from the herd and is more easily recognized by the lion. We also are more vulnerable when we are alone, not in relationship with other believers, and not being held accountable for our faith.

Galatians 6:7-9 *“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”*

If we pursue God (*sowing into the Spirit*), we will reap a harvest of righteousness, peace, and joy. If we plant seeds of sin (*sowing into the world*), we can expect a harvest of sickness, defeat and destruction. To sow weeds and expect good fruit (no negative consequences of our actions) is deception. The danger with deception is that you don't know it. That's why we need to be surrounded by a close-knit community of believers, so that we don't become deceived again.

John 8:31-32 *Jesus said: “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”*

To maintain your freedom, healing, and restoration, you must walk in purity, in prayer, and in community with other believers. Thank you for allowing us to guide you through the process of restoration. Enjoy the journey!



Bible promises of Healing, Deliverance, and Restoration:

John 10:10 Jesus said, *“I have come that you might have life, and have it to the Overflow!”*

2 Peter 1:3 *“By his divine power, God has given us EVERYTHING we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence.”*

Ephesians 1:3 *“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.”*

Romans 8:32 *“Since God did not spare even His own Son but gave Him up for us all, won’t He also give us EVERYTHING else?”*

Psalms 103:2-5 *“Bless the LORD, O my soul, and all that is within me, bless His holy name! Forget not all his benefits, who forgives all your sins and heals all your diseases, who redeems your life from destruction and crowns you with lovingkindness, with mercy and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.”*

1 John 5:18 *“We know that God’s children do not make a practice of sinning, for God’s Son holds them securely, and the evil one cannot TOUCH them.” NLT*

John 14:30 AMP - *Jesus said: "I will not talk with you much more, for the prince (evil genius, ruler) of the world is coming. And he has no claim on Me. (He has nothing in Me that belongs to him, and he has no power over Me.)* NIV - *“I will not say much more to you, for the prince of this world is coming. He has no hold over me!”* NKJV - *“I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me.”* NLT - *“I don’t have much more time to talk to you, because the ruler of this world approaches. He has no power over me!”*

Jesus wants you to be at this same place – where the enemy has no hold on you – no power over any area of your life! This Restoration Manual will lead you to freedom, healing, and restoration!

James 4:7-8 *“Submit therefore to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; purify your hearts, you double-minded.”*

“Being double minded” is trying to apply a “new agreement” with God (healing, deliverance, blessing), when there are already “old agreements” (unforgiveness, sexual soul ties, generational strongholds, etc.) in your life that have not been severed by the blood of Jesus. “Old agreements” must first be submitted to God, then you can “resist the devil and he will flee!” Christians try to “resist the devil and make him flee,” when he still has a legal right to stay (based on the “old agreements”) and to torment. You cannot stack “new agreements” upon the “old agreements.”

Matt. 6:13 *Jesus told us to pray: “Deliver us from the evil one.”*

Luke 10:19 *Jesus said: “I have given you the authority to trample on serpents and scorpions (demons), and over all the power of the enemy, and nothing shall by any means hurt you.”*

1 John 3:8 *“The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil’s work.”*

2 Thess. 3:3 *“The Lord is faithful. He will establish you and guard you against the evil one.”*

2 Corinthians 10:4-5 *“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”*

Revelation 12:11 *“They have defeated him (the enemy) by the blood of the Lamb and by their testimony.”*

1 Peter 5:8-9 *“Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, be strong in your faith.”*

2 Timothy 2:26 (Pray for those deceived by the enemy) *“They will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.”*

Ephesians 4:26-27 *“Don’t sin by letting anger control you. Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.”*

Ephesians 6:11 *“Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.”* (See also: 2 Timothy 1:7)

2 Corinthians 4:4 *“The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.”*

2 Corinthians 11:4 *“If you receive a different spirit from the (Holy) spirit you received . . .”*

2 Corinthians 11:14 *“Even Satan disguises himself as an angel of light.”*

Acts 5:3 *“How is it that Satan has so filled your heart that you have lied to the Holy Spirit?”*

James 1:16 *“Do not be deceived.”* (See also: 1 Corinthians 6:9, 15:33, Galatians 6:7)

Luke 21:8 Jesus said: *“Watch out that you are not deceived.”* (See also: 2 Timothy 3:13)

1 Timothy 3:7 *“An Overseer must have a good reputation with outsiders, so that he will not fall into disgrace and into the devil’s trap.”* (2 Corinthians 12:7-10)

Luke 11:24-26 *“When an evil spirit leaves a person, it goes into the desert, searching for rest. But when it finds none, it says, ‘I will return to the person I came from.’ So it returns and finds that its former home is all swept and in order. Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before.”*

Romans 6:6 *“We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin.”*

Hebrews 2:14-15 *“Because God’s children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death. Only in this way could he set free all who have lived their lives as slaves to the fear of dying.”*

1 John 3:5 *“Jesus came to take away our sins, and there is no sin in Him.”*

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.”*

Galatians 5:1 *“For freedom Christ has set us free; do not submit again to a yoke of slavery.”*

John 8:36 Jesus said, *“If the Son sets you free, you will be free indeed.”*