

Unbound always starts with your story.

You consider the experiences, actions, and inputs of your life, connecting your Little Story with the Big Story of God's plan for your life and Satan's attempt to thwart that plan.

Ask the Holy Spirit to guide your reflection! Many people experience the preparation for prayer as a time of revelation, in which they recognize how they have accepted Satan's deception leading to bondage. At the same time, they understand in a new way the truth that sets them free.

After completing the questions in this booklet, you will be ready to pray through the five keys to freedom: repentance & faith, forgiveness, renunciation, authority, and blessing. In this prayer, you apply each key to the specifics of your narrative. Step by step, by the grace of God, you take back your power and unlock your life, opening up areas once blocked from blessing.

The goal is not just "freedom from—" but "freedom for"—freedom to receive the Father's blessing on your identity and your destiny, freedom to belong to God's family as a beloved son or daughter.

Key 1 - Repentance and Faith

In Key 1, you express your decision to turn from sin and then you surrender to Christ, perhaps for the first time, or as a re-commitment to him. You bring particular areas of challenge under the rule of Jesus, asking for insight into the roots of your bondage.

Most significantly, you make a decision to trust and hope that Jesus can and wants to set you free and heal you.

Reflect on these questions to prepare for Key 1 prayer

As you read the book or listened to talks, what came to your mind and memory when you heard the teaching on Repentance & Faith?

Do you know Jesus personally? Would you like to know him better? How about the Father? The Spirit?

Do you believe God loves you and wants good for you?

Is there any sin in your life that you have not yet admitted to or confessed? Sin that you justify or excuse? Sin habits you can't break despite effort, prayer, counseling, sacraments? Sin you have given up yet still feel vulnerable or attached to?

Have you surrendered everything in your life to God? Is there something you're holding back?

What areas of your life feel blocked, stuck, or “un-free”?

Do you trust that God can and wants to set you free from whatever has kept you bound?

Key 2 - Forgiveness

In order to remove any obstacle to your freedom that has its source in unforgiveness, you will now forgive specific people for specific injuries, releasing them to the Father’s merciful judgment. In the process, you release *yourself* from chains of unforgiveness.

Reflect on these questions to prepare for Key 2 prayer

As you read the book or listened to a talks, what came to your mind and memory when you heard the teaching on forgiveness?

Have you ever considered unforgiveness as a sin? Have you repented for it? If not, are you willing to?

What are the significant injuries in your life (loss, hurt, humiliation, etc)?

Have you forgiven the people involved in those events? If you have, do you need to go deeper?

Are you struggling to forgive? What blocks you? Which do you think are your personal obstacles to real forgiveness? Pride? Fear? Misperceptions about the meaning of forgiveness?

Consider the list below. Have you failed to forgive because you misunderstand what forgiveness really is?

Forgiveness is not reconciliation.

Forgiveness is not minimizing the offense.

Forgiveness is not excusing the offender.

Forgiveness is not blaming the one who hurt you— it's not denying your own responsibility and the influence of your own perception.

Forgiveness is not healing, although it's an important step towards healing.

Forgiveness is not a feeling.

Forgiveness is not simply an intellectual decision either.

One last obstacle to forgiveness is doubt: "It's just too hard." If forgiving seems impossible, are you willing to believe that God can help you?

If you can't be willing, can you at least ask God to work in your heart and make you willing?

Key 3 - Renunciation

To reject evil wholeheartedly, you must first recognize the truth that the devil's promises are truly empty. Nothing can make you happy or safe but God's will.

Next, you have to renounce evil. Renunciation means saying a firm "No" to all the ways that the enemy works to destroy you, starting with the lies he's sold you about who you are and what you were made for.

Let the Spirit use your memory and imagination to show you the location of "entryways," those places where Satan's bad seed took hold and where its roots first spread into the soil of your heart. Ask him for the gift of self-awareness, the ability to understand the responses you made in times of pain that formed chains around your heart and limited your life.

God will bring to mind what you need to consider right now. He will light something up, put his finger on it. It might be big or it might be small, but he will reveal what he is ready to heal.

Reflect on these questions to prepare for Key 3 prayer

Question #1 - What happened?

- Experiences
- Relationships
- Messages
- Spiritual encounters

What are the memorable moments that changed the course of your story?

What altered your identity?

What rocked your world?

What from your past still affects you today?

What limits your ability to grow and thrive and reach your full potential?

What is it that you can't let go of, that you can't get over?

What keeps you stuck?

What defines you in ways that you don't like?

Question #2 - How did you respond?

How did life change for you because of the things that you wrote down in answer to the last questions? Can you see a clear before and after?

In life's momentous and challenging and painful experiences, the enemy offers you "solutions" leading to bondage. Consider the list on the following page and identify the responses you made in these situations.

Detail your own particular version of the things you identify: the more specific you are in your renunciation, the more freedom you will receive.

Sin

Idolatry: turning to something other than God for *power, pleasure, purpose, provision, or protection*; serving something false in fear or fascination (e.g. money, status, appearance, perfection)

Vows: unholy or unrealistic promises you have made to yourself that lead to unholy self-reliance & pride, or to despair when you can't keep them ("I'll never trust anyone," "I'll never show pain"; "I'll be the father I never had," "I'll never need anything from anyone.")

Negative "knee-jerk" responses and reactions to pain/stress, usually rooted in fear and/or pride

Believing lies: living out of anything that doesn't line up with God's truth as revealed in Scripture and the teaching of the church

Accepting curses: receiving negative words about your identity or destiny spoken by people with influence in your life (e.g. "You're the black sheep of the family"; "You were not wanted"; "You'll never learn.")

Cut-offs from important relationships (not the same thing as boundaries or healthy detachment, but rejection and withdrawal of love)

Sexual intimacy/contact outside God's order

Responses to abuse/ domination that limit freedom today; giving over your identity and will

Unforgiveness

Occult / non-Christian religious beliefs and practices, accepting the authority of false spiritual leaders/guides

Unbelief: atheism, blasphemy, heresy

Question #3 - What got in?

The things listed on the next page* correspond to the seeds of deceit sown by the enemy and the root bondage that results when you accept lies associated with abandonment, shame, rejection, fear, confusion, hopelessness, and powerlessness.

The list describes “core wounds,” the lasting damage that results from **what happened to you** (Question #1) and **how you responded** (Question #2).

These core wounds become the atmosphere of your inner life and the lens through which you interpret everything else.

*Based on *Be Healed: A Guide to Encountering the Powerful Love of Jesus* by Bob Schucts (jpiihealingcenter.org); additions taken from ministry experience and from Neal Lozano’s “Related Spirits and Lies.”

Abandonment, betrayal, orphan spirit, fatherlessness, homelessness, motherlessness, emptiness, insecurity, a sense of invisibility... lies like "I'm all alone in the world" or "I have to take care of myself."

Rejection, exclusion, inferiority, comparison, jealousy, excessive dependency on approval or affirmation ... lies like "I don't fit in"; "I'm not wanted"; "I'm not acceptable"; "I'm not loved/admired/enjoyed for who I am" or "I can't reveal who I am or I will be rejected."

Shame, accusation, mockery, guilt, condemnation/self-condemnation; embarrassment, humiliation, self-loathing, self-hatred, self-mutilation, feeling dirty/ruined/tainted/evil ... lies like "I'm unlovable/dirty/disgusting" or "I have to prove my worth."

Powerlessness, helplessness, chaos, laziness/sloth, feeling overwhelmed/exhausted ... lies like "I can't fight"; "It won't work/make a difference anyway"; "My voice doesn't matter" or "I'm trapped."

Hopelessness, discouragement, suicide, depression, despair ... lies like "Everyone would be better off without me"; "Nothing will ever change"; "I cannot be free" or "It doesn't matter what I do."

Confusion, indecision, self-doubt, anxiety, second-guessing, incessant questioning, rumination over the past ... lies like "I don't know what to do" or "I don't know who I really am."

Fear, phobias, worry, anxiety, terror, panic, suspicion, hoarding or compulsive behavior, the need to be in control, fear of just about anything and especially of vulnerability ... lies like "I can never trust anyone."

Question #4 - What grew up?

What is the 'bad fruit' that you want gone from your life? What drew you to seek help from Unbound?

Write down the first things that come to mind.

Then consider how they relate to the core wounds on the previous page.

Remember, the key to freedom is naming *personal* issues that block your freedom.

Key 4 - Authority

The first three keys revoke any legal right that the enemy once held over areas of bondage in your life.

You are a child of the light, covered in the saving blood of Jesus, and therefore you possess greater power than the darkness. So you can declare:

In the name of Jesus, I break the power of all evil spirits that I have renounced. I command them to leave me now.

Reflect on these questions to prepare for Key 4 prayer

Do you believe that, as a Christian, you have authority over the enemy?

Are you afraid of Satan and his power?

Are you hopeless in light of your issues? Do you believe that Jesus wants to help you? That he can?

Have you experienced deliverance prayer before? If so, does your previous experience build confidence or undermine it?

Who can you talk to about any fears or reservations that you have about Key 4, the authority of the believer?

Have you clearly identified **the** enemy as your enemy and named his strategies in your life, the way he works against you? Do any of these habits interfere with your ability to renounce and take authority?

- blaming other people for your issues
- justifying your sinful responses
- embracing misery as your lot
- enjoying pay-offs from your problems such as attention or revenge?

Who are you? How would you describe yourself? Jot down the first words that come to mind ... Is this the "real you"? If not, write some words to describe person you are at the core, the person you were meant to be.

Finish this sentence: "I feel most alive/myself when _____."

How do you understand your purpose in life, what you were made for?

Who are the people who have affirmed you in your lifetime? What did they say? What good words—blessings—have stayed with you and strengthened you?

Who are the people who have spoken negative words about you? What did they say? Which bad words—curses—have stayed with you and echoed throughout your life?

How would you like God the Father to bless you?

Key 5 - The Father's Blessing

Don't miss the final opportunity to respond to the message of Unbound. The fifth key is the most important. You don't want freedom from, you want freedom for your Father's blessing. God the Father wants to speak these truths to you:

- 1. You are wanted and uniquely lovable.*
- 2. Your life has purpose and you are valuable.*
- 3. You belong in God's family and you are a co-inheritor of the Kingdom of God with Jesus Christ. All the blessings, all the rights, and all the privileges of a son or daughter are yours.*

Your Father also has particular truths to share with you about your identity, your destiny, and your place in his family. Ask him to speak to your heart.

Reflect on these questions to prepare for Key 5 prayer

Do you know God as your Father? If you do, would you like to know him better?

Do you hear messages in your head about yourself? What are they?

What is scrolling across the marquee of your thoughts? Does it line up with the word of God as revealed to you by Scripture, Tradition, and Christian witness?

Lord Jesus Christ,

I come before you just as I am, sorry for my sins.
I repent for every one of them—please forgive me.

I accept you as my Savior;
I give you my entire self now and forever.
Save me by your mercy and fill me with your Holy
Spirit, the spirit of power and of peace.

Because you have forgiven me and because you
command it, I now forgive others for the wrongs they
have done to me, the ways they have hurt me,
the damage they have caused in my life.

I offer forgiveness to all these people in union with
the forgiveness you offer from the cross,
knowing that I can't do it on my own.

In your name, I renounce Satan and all evil spirits:
their works, their lying ways, and their empty
promises. I reject all the strategies the enemy uses
to deceive and destroy me,
and I tell him and his evil angels to leave me alone.

Jesus, teach me to know the Father and
how to receive his blessing.
Heal me, change me, and strengthen me
so that I can follow you more faithfully every day
along the path to eternal life in heaven.

I want to become the person the Father created me
to be, living the life I was made for.

I love you, Lord. Thank you for my freedom!

Finally ...

Use the five keys to freedom every day! You can use the prayer opposite or other prayers found on our website ... but always make the prayer your own.

Whenever you feel tempted or upset, stop. Notice what thoughts or images gave rise to those feelings; see if you can name the lies, the enemy's strategies. Chances are, you've met these before. Now you know what to do with them:

Hold on to the truth that you are hidden in God's heart. The devil can't do anything to hurt or harass you that God's mighty power can't overcome and even turn into something beautiful.

KEY #1 - REPENTANCE/FAITH

Jesus, I'm sorry for ...

End repentance: I ask you to forgive me and I receive your mercy now.

Jesus, I believe you are the Son of God who died for my sins. I believe you can set me free and heal me especially in these areas I surrender to you now ...

End faith: I trust you, my Savior and my Lord!

KEY #2 - FORGIVENESS

In the name of Jesus, and in union

with him on the cross, I forgive ... for ...when ...
and for all the ways this affected me.

End: I release all judgment to God, who has shown me mercy.

KEY #3 & 4 RENUNCIATION

In the name of Jesus, I renounce (name areas of bondage; name lies) ...

End: I choose God and/or I declare the truth that"

(See opposite page for other ways to renounce)

KEY #4 AUTHORITY

In the name of Jesus Christ, I take authority over all evil spirits that I have named, and I command them to leave me right now.

KEY #5 - THE FATHER'S BLESSING