

## **Steps to Freedom in Christ**

(Adapted from Released From Bondage by Neil Anderson)

Galatians 5:1,16-26

### **Step 1: Renunciation of Counterfeit Religions and Faith**

John 3:18, John 11:25-26, 1 John 5:10, 1 Timothy 4:1, Col. 2:8-10

Reject any activity, denomination, or group that denies Jesus Christ as the only sufficient way to the Father or offers guidance through any source other than the absolute authority of Jesus Christ and the written Word of God. This includes man made religious prayers, ceremonies, or rituals that were used to supposedly make you approved with God.

*Lord, I have participated in \_\_\_\_\_, I ask Your forgiveness and I renounce \_\_\_\_\_ as a counterfeit and substitute to Christ. I trust only in the sufficiency of Jesus Christ, His work on the cross and His Word. I am fully approved by God only because I personally know the Lord Jesus Christ.*

### **Step 2: Truth Versus Lies**

Psalm 86:11, Romans 12:2, John 8:12, 31-32

Truth is the revelation of God's Word, but we also need to acknowledge the truth in the inner-self. (Psalm 51:6)

*Heavenly Father, I know that You desire truth in the inner self and that facing this truth is the way to freedom as Your Word has told me (John 8:31-32). I ask You to reveal any hurtful way in me, and lead me in the everlasting way. (Psalm 139:23-24)*  
*In Jesus' name I pray.*

Is there anything that comes to mind where you are not thinking or living in line with God's truth?

### **Step 3: Bitterness Versus Forgiveness**

Col. 3:12-14, Heb. 12:14-15, John 8:1-11

We are to forgive others so that we will honor God, so Satan cannot take advantage of us (2 Cor. 2:10-11) and so we can live the life God designed for us. We are to be merciful just as our heavenly Father is merciful. Ask God to bring to your mind those people whom you need to forgive by expressing the following prayer:

*Heavenly Father, I thank You for the riches of your kindness and patience, knowing that Your kindness has led me to repentance (Romans 2:4). I confess that I have not extended that same kindness toward others who have offended me. I pray that You would bring to mind only those people whom I have not forgiven in order that I may do so (Matthew 18:35). I ask this in the name of Jesus.*

Forgiveness is not forgetting. Forgiveness is not trusting in the person. Forgiveness is obedience. It is an act of faith empowered by God's grace. Forgiveness is also not primarily an issue between you and the offender. It is mainly an issue between you and God. When God illuminates to you the names and experiences from which you need to be released through forgiveness then pray to the Lord declaring your forgiveness of the person and the situation. Lord, I forgive \_\_\_\_\_, for \_\_\_\_\_. I release \_\_\_\_\_ to You.

Do you have any questions concerning forgiveness?

#### **Step 4: Rebellion Versus Submission**

John 5:19, 22-24

Civic Government (Romans 13 1-5)

Parents (Ephesians 6:1-3)

Husband (1 Peter 2:1-2)

Employer (1 Peter 2:18-21)

One Another (Ephesians 5:21)

Church Leaders (Hebrews 13:17)

Rebelling against God and His authority gives Satan an opportunity to attack and our flesh an opportunity to reign. There are three main biblical responses in regard to authority figures: Pray for them, lovingly confront them if they are sinning, and submit to their leadership. The only time God permits us to disobey earthly leaders is when they require us to do something morally wrong before God.

What do you need to confess concerning God and His delegated authority? Confess out loud what comes to mind?

#### **Step 5: Pride Versus Humility**

James 4:6-12, 1 Peter 5:5-10, John 13:1-18

God says that spiritual inner conflict is a result of pride and lack of faith. The lack of humbly trusting God in all situations is our core problem.

##### **Prideful areas to review and then confess:**

1. Stronger desire to do my will than God's will.
2. More dependent upon my strengths and resources than God's power.
3. More concerned about controlling others than self-control.
4. Often consider myself more important than others.
5. Tendency to think I have little need of instruction.
6. Find it difficult to admit I was wrong.
7. Tendency to be more of a people-pleaser than a God pleaser.
8. Disturbed with not getting the credit/respect I think I deserve.
9. Often think I am more humble, superior, or better than others.
10. Judgmental, harsh, or overly critical of others. I at times think I can speak or write what I please about God's church, His leaders, others around me, or even of His work in mine and other's lives.

**For each of these that are true in your life, pray aloud:**

*Lord, I agree I have been prideful in the area of \_\_\_\_\_. Forgive me for this pride and arrogance. By Your grace, I now humble myself and place all my confidence in You.*

### **Step 6: Bondage Versus Freedom**

Gal. 5:1,13, John 8:31-38

The next step to freedom deals with habitual sin. People who have been caught in the trap of sin, confess, sin, confess - may need to follow the instructions of James 5:16, *"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."* Seek out a righteous person who will hold you up in prayer and to whom you can be accountable. Others may need only the assurance of 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."*

Confession is not saying, "I'm sorry." Confession is saying, "I did it" or "I have responded sinfully."

#### **Renouncing sexual sins:**

*Lord, I renounce (name the specific use of your body) with (name the person) , and I ask You to break that bond.*

#### **Now commit your body to the Lord by praying:**

*Lord, I renounce all these uses of my body as an instrument of sin. I now present my body to You as a living sacrifice, holy, and acceptable to You. I reserve the sexual use of my body only for marriage. I renounce the lie of Satan that my body is not clean, that it is dirty, or in any way unacceptable as a result of my past sexual experience. Lord, I thank You that You have totally cleansed and forgiven me, that You love and accept me unconditionally. I accept myself and my body as cleansed. In Jesus' name.*

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#### **After confessing ALL known sin, pray:**

*I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I renounce all ground that the world, my fleshly desires and Satan have gained through my willful involvement in not trusting You with my whole life. I ask this all in the wonderful name of my Lord and Savior, Jesus Christ. Amen.*

### **Step 7: The Sins of the Fathers**

Exodus 20:4-5, John 8:38-47

This last step to freedom is to relinquish the sins of your ancestors and any habitual sins which may have been placed upon you and which you took as your own.  
(Exodus 20:4-5)

Demonic, worldly, and fleshly strongholds can be taught and passed on from one generation to the next. This is not to deny that many problems are transmitted genetically or acquired from an ungodly culture. All three conditions can influence an individual to specific sins. Start walking free from past influences by faith in Christ.

What influences do your dad or mom or others, still have over you that are not healthy, beneficial, or godly? What, if anything, do you need to now confess or ask God to heal?

### **Prayer**

*Dear Heavenly Father, I come to You as Your child, purchased by the blood of the Lord Jesus Christ. You are the Lord of the universe and the Lord of my life. I now ask You to fill me with Your Holy Spirit. I submit my body to You as an instrument of righteousness, a living sacrifice, that I may glorify You in my body. I commit myself to the renewing of my mind in order to prove that Your will is good, perfect and acceptable to me (Rom.12:1-2). All this I do in the name and authority of the Lord Jesus Christ. I acknowledge that I must abide in Christ and in His Word daily to live the life You intend for me to live (John 15:5-8). In Jesus matchless name I pray, Amen.*