

# UNSTUCK

Advanced Track Workshop

## Freedom Principles for Parenting 2



Developed by Chris Campbell, M.A.B.S, M.A.P.C, Freedom in Christ Ministry USA staff, founder/director of GenerationFREEdom.

# PREFACE

*[1] At that time the disciples came to Jesus, saying, "Who is the greatest in the kingdom of heaven?" [2] And calling to him a child, he put him in the midst of them [3] and said, "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. [4] Whoever humbles himself like this child is the greatest in the kingdom of heaven. [5] "Whoever receives one such child in my name receives me, [6] but whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone fastened around his neck and to be drowned in the depth of the sea. (Matthew 18:1-7 ESV)*

Is it any wonder why children come under diabolical attack from evil spirits? The natural faith that a child possesses is the perfect example of the way everyone is to trust in God. There is therefore much to gain if the enemy can undermine this faith and produce a jaded outlook in the minds of our children.

As parents, guardians and authority figures, we are to be imitators of God (Ephesians 5:1) and do our best to protect and provide for the children who come under our influence. We must therefore be on the lookout for the strategies of dark forces looking to capitalize on the temptation and intimidation that will lead our children away from trusting in the Creator God who loves them.

This workshop is meant to be a catalytic discussion for implementing pragmatic measures of defense and strategic spiritual warfare designed to nurture and cultivate Christian faith in the hearts and minds of children.

This subject matter is far too expansive to cover in one workshop setting. Therefore, we are going to take a high altitude approach and assemble a collection of freedom principles that will provide an overview of the strategies required to rebuff Satan's attacks against our homes and especially our children.

The principles for our discussion will reflect the same basic concepts woven into all Freedom in Christ Ministry theory. E.g.:

*Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. (2 Corinthians 5:17 ESV)*

*Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7 ESV)*

*We know that everyone who has been born of God does not keep on sinning, but he who was born of God protects him, and the evil one does not touch him. (1 John 5:18 ESV)*

So welcome to this advance track parenting workshop! It is my desire that the conversation initiated today will drive you deeper into the Word of God and build the faith required to train up victorious Christians (Proverbs 22:6)!!

*Chris Campbell*

## Introductory Remarks—

### **Encouraging our kids to come alive in Christ!**

*[6] Therefore, as you received Christ Jesus the Lord, so walk in him, [7] rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.*

*[8] See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. [9] For in him the whole fullness of deity dwells bodily, [10] and you have been filled in him, who is the head of all rule and authority. (Colossians 2:6-10 ESV)*

- Praying for a child's conversion (**Matthew 18:14; John 3:16; Acts 16:31; Ephesians 2:1-10, etc.**)
  
- Understanding the need to be released from guilt and shame. (**Genesis 3: 8-21; 1 John 1:9, Ephesians 5:25-26, etc.**)
  
- Helping a child grasp the reality of the spirit realm and spiritual warfare. (**2 Corinthians 10:3-5; 11:14-15; Ephesians 6:10-18; Revelation 12:10, etc.**)
  
- Greater is God. (**Matthew 28:18-20; 1 John 4:4, etc.**)
  
- Confronting fear (**1 John 4:4; 5:18, etc.**)
  
- Confronting false identity and embracing true identity in Christ (**Who I am in Christ Statements.**)
  
- Guarding the home and guiding the thought-life. (**Matthew 12:43-45; 2 Cor. 10:5; Phil. 4:8-9, etc.**)
  
- Managing freedoms. (**Galatians 5:1, etc.**)
  
- Pray. Pray. Pray. (**1 Thessalonians 5:16-18, etc.**)

## The Steps to Freedom in Christ as a Parenting Resource

Childhood anger, fear, anxiety, depression and other negative emotions that linger are often brought about by unhealthy goals, unresolved interpersonal and intrapersonal issues and demonic oppression rooted in lies and fleshly thought patterns. While there are a variety of Christian parenting tactics that address these issues, we will use this workshop time to look at excerpts from The Steps to Freedom in Christ. These “Steps” will be considered from the perspective of helping our children to become overcomers in Christ (**Romans 8:37, 1 John 2:13; 5:5, etc.**).

---

### Step 1: Counterfeit vs. Real

Take a look at the Non-Christian Spiritual Experiences Check List in this first step to freedom in Christ and pay attention to how many of these counterfeit experiences can happen during childhood.

#### Non-Christian Spiritual Experiences Check List

- |  |  |
|--|--|
| <input type="checkbox"/> Out of body experience (Astral Projection)                                    | <input type="checkbox"/> Masons  |
| <input type="checkbox"/> Bloody Mary and other Occult games  | <input type="checkbox"/> Christian Science   |
| <input type="checkbox"/> Table Lifting or Body Lifting (Light as a Feather)                            | <input type="checkbox"/> Science of the Mind   |
| <input type="checkbox"/> Magic Eight Ball  | <input type="checkbox"/> Science of Creative Intelligence  |
| <input type="checkbox"/> Ouija Board   | <input type="checkbox"/> The Way International   |
| <input type="checkbox"/> Using Spells or curses  | <input type="checkbox"/> Unification Church (Moonies)  |
| <input type="checkbox"/> Chants/Mantras  | <input type="checkbox"/> The Forum (EST)   |
| <input type="checkbox"/> Mental Control of Others  | <input type="checkbox"/> Church of the Living Word   |
| <input type="checkbox"/> Automatic Writing   | <input type="checkbox"/> Children of God (Children of Love)  |
| <input type="checkbox"/> Spirit Guides   | <input type="checkbox"/> Mormonism   |
| <input type="checkbox"/> Fortune Telling/Tarot cards   | <input type="checkbox"/> Jehovah Witnesses   |
| <input type="checkbox"/> Palm Reading/Tea Leaves   | <input type="checkbox"/> Scientology   |
| <input type="checkbox"/> Astrology/Horoscopes  | <input type="checkbox"/> Unitarianism  |
| <input type="checkbox"/> Hypnosis  | <input type="checkbox"/> Roy Masters   |
| <input type="checkbox"/> Séances   | <input type="checkbox"/> Silva Mind Control  |
| <input type="checkbox"/> Black or White Magic  | <input type="checkbox"/> Transcendental Meditation (TM)  |
| <input type="checkbox"/> Dungeons and Dragons (or other fantasy role-playing games like “Magic,” etc.) | <input type="checkbox"/> Yoga (involving Eastern mysticism, mind clearing meditation, or devotion to nature) |
| <input type="checkbox"/> Video or computer games involving occult powers or                            | <input type="checkbox"/> Hare Krishna  |
| <input type="checkbox"/> Cruel violence  | <input type="checkbox"/> Baha’ism  |
| <input type="checkbox"/> Blood pacts   | <input type="checkbox"/> New Age   |
| <input type="checkbox"/> Cutting yourself or harming yourself on purpose                               | <input type="checkbox"/> Islam   |
| <input type="checkbox"/> Objects of worship/good luck charms   | <input type="checkbox"/> Muslim/Black Muslim   |
| <input type="checkbox"/> Superstitions   | <input type="checkbox"/> Martial Arts (involving Eastern mysticism, meditation, or devotion to sensei)       |
| <input type="checkbox"/> Sexual spirits  | <input type="checkbox"/> Buddhism (including Zen)  |
| <input type="checkbox"/> New Age Medicine (Use of crystals)  | <input type="checkbox"/> Rosicrucianism  |
| <input type="checkbox"/> Idols of rock stars, actors/actresses, sports heroes, etc.                    | <input type="checkbox"/> Native American Spirit Worship  |
|  | <input type="checkbox"/> Hinduism  |

Other \_\_\_\_\_

*Step #1 in the Steps to Freedom in Christ also requires the confession and renunciation of Anti-Christian media that especially glorifies Satan or sinful behavior, caused fear or nightmares, or were gruesomely violent. Again, think about what types of counterfeit childhood/adolescent experiences are provoked by media.*

**ANTI-CHRISTIAN MOVIES**

**ANTI-CHRISTIAN WEBSITES**

**ANTI-CHRISTIAN MUSIC**

**ANTI-CHRISTIAN VIDEO GAMES**

**ANTI-CHRISTIAN TV SHOWS**

**ANTI-CHRISTIAN BOOKS, MAGAZINES  
AND COMICS**

**Additional COUNTERFEIT EXPERIENCES-** *Step #1 in The Steps to Freedom in Christ asks the participant (inquirer) to pause and consider the ways their conscience may have been encroached upon by dark forces.*

- Have you ever heard or seen or felt an evil spiritual presence in your room or somewhere else?
- Do you currently have or have you had an imaginary friend, spirit guide or angel offering you guidance and companionship?
- Have you ever heard voices in your head or had repeating negative, nagging thoughts such as "I'm dumb," "I'm ugly," "Nobody loves me," "I can't do anything right," etc. as if a conversation were going on in your head? Explain.
- Have you ever consulted a medium, spiritist, or channeler?
- What other spiritual experiences have you had that would be considered out of the ordinary (know something supernaturally, special spiritual gifts, contact with aliens, etc.)?
- Have you ever been involved in satanic worship of any kind or attended a concert at which Satan was the focus?
- Have you ever made a vow or pact?

As you can see, the chance of exposure to counterfeit experiences in our culture is highly likely even for children raised in Christian homes. Spiritual protection for children not only requires parents to place high holy standards on friendships, entertainment/media and social interactions, but it also requires parents to teach their children how to discern right and wrong. In order to walk in victory, our children must know the truth and cling to the good for the sake of freedom.

*[19] For your obedience is known to all, so that I rejoice over you, but I want you to be wise as to what is good and innocent as to what is evil. [20] The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you. (Romans 16:19-20 ESV)*

Satan does not fight fair. Not only can our children be the subject of Satanic ritual attack but I am convinced that more and more children who come under the adoptive care of adults have strongholds stemming from unreported Satanic abuse when they were very young. It is important that we teach our children the power of the Gospel and the limitations of the demonic realm to claim ownership over a soul. Consider the following declarations found in the Steps to Freedom in Christ and think about how these statements might be declared by faith as a child or even a parental authority and covering for a child.

### **Kingdom of Darkness**

1. I renounce ever signing my name over to Satan or having my name signed over to Satan by someone else.
2. I renounce any ceremony where I was wed to Satan.
3. I renounce any and all covenants, agreements, or promises that I made with Satan.
4. I renounce all satanic assignments for my life, including duties, marriage and children.
5. I renounce all spirit guides assigned to me.
6. I renounce ever giving of my blood in the service of Satan.
7. I renounce ever eating flesh or drinking blood in satanic worship.
8. I renounce all guardians and satanic parents that were assigned to me.
9. I renounce any baptism whereby I am identified with Satan.
10. I renounce every sacrifice made on my behalf by which Satan may claim ownership of me.

### **Kingdom of Light**

1. I announce that my name is now written in the Lamb's Book of Life.
2. I announce that I am the Bride of Christ.
3. I announce that I am in a new covenant with Jesus Christ alone.
4. I announce and commit myself to know and do only the will of God and I accept only His guidance for my life.
5. I announce and accept only the leading of the Holy Spirit.
6. I trust only in the shed blood of my Lord Jesus Christ.
7. By faith I partake in Communion which represents the flesh and the blood of the Lord Jesus.
8. I announce that God is my Heavenly Father and the Holy Spirit is my guardian by whom I am sealed.
9. I announce that I have been baptized into Christ Jesus and my identity is now in Him.
10. I announce that only the sacrifice of Christ has any claim on me. I belong to Him. I have been purchased by the blood of the Lamb.

## **Step 2: Deception vs. Truth**

God's Word is true, and we need to accept the truth deep in our hearts (Ps. 51:6). Jesus is the truth (Jn. 14:6), the Holy Spirit is the Spirit of truth (Jn. 16:13), and the Word of God is truth (Jn. 17:11). We ought to speak the truth in love (Eph. 4:15). The believer in Christ has no business deceiving others either by lying, exaggerating, telling little lies, or stretching the truth. But more than this it is important to remember that we are vulnerable to deceit. This is especially true of children. Satan is the father of lies (Jn. 8:44) and he seeks to keep people in bondage through deception (Rev. 12:9; 2 Tim. 2:26), but it is the truth in Jesus that sets us free (Jn. 8:32-36). ***Note: As you parents, my wife and I were advised to never isolate our children during times of correction (e.g. Sending them to be alone in their rooms). They can become easy target for a full on assault from the enemy that is steeped in lies.*** Consider the ways deception can happen:

**...Ways you can be deceived by the world:**

- Believing that collecting money and possessions will bring lasting happiness (Matt. 13:22; 1 Tim. 6:10).
- Believing that eating food and drinking alcohol without self-control will ease my pain and make me happy (Prov. 20:1; 23:19-21).
- Believing that a sexy, attractive body and a flirtatious personality will get me whatever I want or need (Prov. 31:10; I Pet. 3:3, 4).
- Believing that pleasing sexual lust will bring lasting satisfaction (Eph. 4:22; I Pet. 2:11).
- Believing that I can secretly sin and it not affect my heart and character (Heb. 3:12, 13).
- Believing that God cannot be totally trusted to take care of my needs (2 Cor. 11:2-4, 13-15).
- Believing that I am important, strong and entitled to do whatever I want and no one can touch me (Obad.1: 3; I Pet. 5:5; Prov. 16:18).
- Believing that people can live a life of sin and still go to Heaven (1 Cor. 6:9-11).
- Believing I can hang around immoral people and not become corrupted in my thinking and actions (1 Cor. 15:33-34).
- Believing I can escape the natural consequences of sin in this life (Gal. 6:7,8).
- Believing that I must gain the approval of certain people in order to be happy (Gal. 1:10).
- Believing that I must measure up to certain self-imposed standards in order to feel good about myself (Gal. 3:2-3; 5:1).

**Ways you can deceive yourself:**

- Hearing God's Word but not always doing it (Jas. 1:22, 4:7).
- Saying I have no sin (I Jn. 1:8).
- Thinking I am something I'm not (Gal. 6:3).
- Thinking that I can measure my wisdom by the world's standards (1Cor. 3:18, 19).
- Thinking I can be a good Christian and still hurt others by what I say (Jas. 1:22).
- Thinking my secret sin (such as lust, jealousy or hatred) will only hurt me but will not hurt others (Exod. 20:4-5).
- Thinking that I can keep the company of immoral friends and it will have no effect on me (1 Cor. 15:33).

**Wrong ways of defending yourself:**

- Refusing to face the bad things that have happened to me (Denial of reality)
- Escaping from the real world by daydreaming, TV, movies, computer or video games, music, etc. (Fantasy).
- Withdrawing from people to avoid rejection (Emotional insulation).
- Reverting (going back) to a less threatening time of life (Regression).
- Taking out frustrations on others (Displaced anger).
- Blaming others for my problems (Projection).
- Making excuses for poor behavior (Rationalization).
- Hypocrisy (trying to present a false image)

## Step 3: Bitterness vs. Forgiveness

Children typically have very forgiving hearts. But they cannot be safeguarded from bitterness if they do not know how to ***Biblically*** forgive. Parents must teach how to rightly ask for forgiveness and how to extend forgiveness. One of the easiest ways to frame this in the minds of our children is in the way a family owns their trespasses. Instead of saying, “I’m sorry”, it is better to confess the specific trespass and ask for forgiveness. This phrasing is a powerful way to help children understand grace and how forgiveness prevents a root of bitterness from being established...

**From the Steps to Freedom in Christ—  
Forgiveness is not forgetting. ...**

**Forgiveness is a choice, a decision of the will. Since God requires us to forgive, it is something we can do.**

**Forgiveness is mainly an issue of obedience between you and God. God wants you to be free; this is the only way.**

**Forgiveness is agreeing to live with the consequences of another person’s sin.**

**How do you forgive from your heart? You allow God to bring to the surface the mental agony, emotional pain and feelings of hurt towards those who hurt you.**

**Forgiveness is the decision not to use the trespasser’s offense against them.**

**Don’t wait to forgive until you feel like forgiving.**

Don’t say, “*Lord, please help me to forgive.*” He is already helping you and will be with you all the way through the process. Don’t say, “*Lord, I want to forgive*” because that bypasses the hard choice we have to make. Say, “***Lord, I forgive.***” ...

**Lord,**

**I forgive (name the person) for (say what they did to hurt you; be specific), even though it made me feel (share the painful memories or feelings).**

Once you have dealt with every offense that has come to your mind and you have honestly expressed how that person hurt you, wrap up by praying the following for each individual on your list:

**Lord,**

**I choose not to hold any of these things against (name) any longer. I thank You for setting me free from the bondage of my bitterness toward him/her. I choose now to ask You to bless (name). In Jesus’ name, amen.**



### **...THE TRUTH ABOUT YOUR HEAVENLY FATHER**

Many Christians are not experiencing a close relationship or “connectedness” with their Heavenly Father because of lies they believe to be true about God. This is especially true for some children.

The following exercise is a part of Step#3 in the Steps to Freedom in Christ and will help break the chains of lies directed at the character of God as “Abba, Father”. As you Work your way down this list, one-by-one, left to right, pay attention to the ways children can be misled about Father God.

#### **I renounce the lie that my Heavenly Father is . . .**

1. distant and disinterested
2. insensitive and uncaring
3. stern and demanding
4. passive and cold
5. absent or too busy for me
6. never satisfied with what I do, impatient or angry
7. mean, cruel, or abusive
8. trying to take all the fun out of life for me.
9. controlling or manipulative
10. condemning or unforgiving
11. nit-picking, nagging or perfectionistic

#### **I choose to accept the truth that my Heavenly Father is . . .**

1. intimate and involved (Ps. 139:1-18)
2. kind and compassionate (Ps. 103:8-14)
3. accepting and filled with joy and love (Rom. 15:7; Zeph. 3:17).
4. warm and affectionate (Is. 40:11; Hos. 11:3-4)
5. always pleased with me and eager to spend time with me (Heb. 13:5; Jer. 31:20; Ezek. 34:11-16).
6. patient, slow to anger, and pleased with me in Christ (Exod. 34:6; 2 Pet. 3:9).
7. loving, gentle, and protective of me (Jer. 31:3; Is. 42:3; Ps. 18:2)
8. trustworthy. He wants to give me a full life. His will is good, perfect and acceptable (Lam. 3:22-23; Jn. 10:10; Rom. 12:1-2).
9. full of grace and mercy, and He gives me freedom to fail (Heb. 4:15-16; Lk. 15:11-16).
10. tenderhearted and forgiving. His heart and arms are always open to me (Ps. 130:1-4; Lk. 15:17-24).
11. smiling as He thinks of me and proud of me as His growing child (Rom. 8:28-29; Heb. 12:5-11; 2 Cor. 7:4).

## Step 4: Rebellion vs. Submission

In contemporary American culture, there is much money to be made off of rebellion. Often times adolescent rebellion is thought of as a right of passage or at best, a phase. Let me assure you that rebellion is not a phase. It is a stronghold that must be torn down if a child is to live victoriously in Christ.

*For rebellion is as the sin of witchcraft, and presumption is as iniquity and idolatry...*  
**(1 Samuel 15:23)**

The following **actions** are some possibilities of rebellion....

- Refusing to obey or follow legitimate instructions.
- Ignoring instructions or requirements, or adjusting them to suit myself.
- Believing it is my right to criticize those in authority over me.
- Making critical statements about authority figures.
- Rejecting the advice of others who have experience and wisdom.
- Finding fault easily with a person, group, or organization, particularly those in authority.
- Automatically assuming the worst when considering the things that others say or do.
- Passing along negative information to others who are not part of the problem or solution.
- Withdrawing from communicating with others (often shown by short, insensitive responses or silence).
- Speaking disrespectfully to another person or about another person
- Having to have the last words in a conversation.

The following are rightful authorities that people can choose to rebel against.

- Civil Government (including traffic laws, drinking laws, etc.) (Rom. 13:1-7; I Pet. 2:13-17).
- Parents, step-parents or legal guardians (Eph. 6:1-3).
- Teachers, coaches and school officials (Rom. 13:1-4)
- Your boss (1 Pet. 2:18-23).
- Church Leaders (pastor, youth pastor, Sunday school teacher) (Heb. 13:17)
- God Himself (Dan. 9:5, 9)
- Recognizing the headship of my husband (Eph. 5:23)

## Step 5: Pride vs. Humility

The natural sin nature of a child fosters pride and entices him/her to grow wise in his/her own eyes.

*Be not wise in your own eyes; fear the LORD, and turn away from evil.* **(Proverbs 3:7 ESV)**

Pride is a killer. Pride says, "I can do it! I can get myself out of this mess without God or anyone else's help." Oh no we can't! We absolutely need God and we desperately need each other. Paul wrote, "We worship in the Spirit of God and glory in Christ Jesus and put no confidence in the flesh" (Phil. 3:3).

Humility is confidence properly placed in God. We are to be "strong in the Lord and in the strength of His might" (Eph. 6:10). James 4:6-10 and 1 Peter 5:1-10 tell us that spiritual problems will follow when we are proud....

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Having a stronger desire to do my will than God's. .</li> <li><input type="checkbox"/> Relying on my own strengths and abilities rather than on God's.</li> <li><input type="checkbox"/> Thinking my ideas are better than other people's.</li> <li><input type="checkbox"/> Wanting to control how others act rather than develop self-control.</li> <li><input type="checkbox"/> Considering myself more important than others.</li> <li><input type="checkbox"/> Having a tendency to think I don't need people.</li> <li><input type="checkbox"/> Finding it difficult to admit when I am wrong.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Being a people-pleaser rather than a God-pleaser.</li> <li><input type="checkbox"/> Being overly concerned about getting credit for doing good things.</li> <li><input type="checkbox"/> Thinking I am more humble than others.</li> <li><input type="checkbox"/> Thinking I am smarter than my parents.</li> <li><input type="checkbox"/> Feeling my needs are more important than other people's needs.</li> <li><input type="checkbox"/> Considering myself better than others because of my academic, artistic, or athletic abilities and accomplishments.</li> <li><input type="checkbox"/> Other</li> </ul> <hr style="width: 25%; margin-left: 0;"/> |
|---|---|

**Examples of prideful bigotry include:**

- Thinking I am superior to another race of human beings or superior to another ethnic background (This could be racial, cultural or geographical. For example: it may include “city people”, “country people”, “southerners”, etc...)
- Thinking my gender is superior to the opposite.
- Thinking I am superior to my elders.
- Thinking I am more important than those younger than me.
- Thinking my practice of Christianity is more advanced than other Bible believing Christians.
- Thinking I am superior to non-Christians because of my relationship with Christ and, therefore, failing to recognize that God's grace is unmerited.
- Other....

## **Step 6: Bondage vs. Freedom**

Temptation is tempting because it appeals to the lust of the flesh, the lust of the eyes or the pride of life. Tempting spirits study children in order to exploit weakness. When we notice that a child has a propensity for habitual sin, we must remember that controlling the behavior is not the answer. Instead, a parent must help a child address habitual sin through confession and resisting temptation. Resisting temptation begins with renouncing the thought to sin, but it also involves getting at the core need of the child that is going unmet. All sin is really an attempt to meet a need outside of God's provision. All needs are rooted in the legitimate needs of acceptance, security and significance. Therefore, parents who wish to help their children walk free from bondage to certain sins must draw the child out in gracious conversation. Open questions like, “Why do you think it is so important to be popular?” Or, “What would it mean for you to have that smart watch?” Or, “Why do you think you like to feel full in your belly?” Are questions that invite the child to stop and question. Ultimately, parents can teach the truth that God has promised to supply our every need according to His riches *in Christ Jesus* (Philippians 4:19).

The following are examples of habitual sins motivated by an inward need rooted in acceptance, security and/or significance.

- |  |   |
|--|---|
| <input type="checkbox"/> stealing (including shop lifting and purposely not returning borrowed items to their rightful owners) | <input type="checkbox"/> procrastination (irresponsibly putting things off) |
| <input type="checkbox"/> impure thoughts   | <input type="checkbox"/> jealousy, envy                                     |
| <input type="checkbox"/> lying/distorting the truth to get your way  | <input type="checkbox"/> swearing/cussing/vulgar joking                     |
| <input type="checkbox"/> eagerness for lustful pleasure  | <input type="checkbox"/> anger  |
| <input type="checkbox"/> fighting  | <input type="checkbox"/> greed/materialism                                  |
| <input type="checkbox"/> cheating  | <input type="checkbox"/> complaining and criticism                          |
| <input type="checkbox"/> quarreling/arguing  | <input type="checkbox"/> apathy/laziness                                    |
| <input type="checkbox"/> gossip/slander  | <input type="checkbox"/> Depression/hopelessness                            |
| <input type="checkbox"/> hatred  | <input type="checkbox"/> other _____  |

**Some habitual sins are sexual in nature...**

It is our responsibility to take control over sin in our bodies. We must not use our bodies or someone else's as an instrument of unrighteousness (Rom. 6:12,13). If you are or have been struggling with sexual sins (such as pornography, masturbation, passionate kissing and touching, oral sex, same sex relationships, secretly looking on the nakedness of others, sexual intercourse, virtual sex (computer/internet/video game), or phone sex or sexting),...

Our children need to know that Christ offers forgiveness and cleansing to all who confess their sin with a repentant heart (1 John 1:9). Teaching our children to honor their gender assignment, to treat sexuality as sacred and to link sexuality exclusively to purity is the key to living free. The following prayer and declaration, when done in faith, ignites the grace of God and brings freedom:

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

**Lord, I renounce all these uses of my body as an instrument of unrighteousness, and ask you to break all bondage's Satan has brought into my life through my involvement. I admit my participation. Lord, I choose to present my eyes, my mouth, my mind, my hands and feet, my whole body to You as instruments of righteousness. I now present my body to You as a living sacrifice, holy and acceptable unto You, and I choose to reserve the sexual use of my body for marriage only (Heb. 13:4).**

**I reject the lie of Satan that my body is not clean or that it is dirty or in any way unacceptable to You as a result of my past sexual experiences. Lord, I thank You that You have totally cleansed and forgiven me, and that You love me just as I am. Therefore, I can accept myself and my body as cleansed in Your eyes. In Jesus' name. Amen.**

---

## Special Prayers for Specific Needs

### Abortion

Note to men: Just as mothers are called to be responsible for the life that God has entrusted to them so, too, the father shares in this responsibility. If you have failed to fulfill your role as a father, pray the following prayer:

**Lord, I confess that I was not a proper guardian and keeper of the life You entrusted to me and I admit that as sin. I choose to accept Your forgiveness, and I now commit that child to You for Your care for all eternity. In Jesus' name. Amen.**

### **Driveness and Perfectionism**

**Lord, I renounce the lie that my self-worth is dependent on my ability to perform. I announce the truth that my identity and sense of worth is found in who I am as your child. I renounce seeking the approval and acceptance of other people and I choose to believe that I am already approved and accepted in Christ because of His death and resurrection for me. I choose to believe the truth that I have been saved, not by deeds that I have done, but according to Your mercy. I choose to believe that I am no longer under the curse of the law because Jesus became a curse for me. I receive the free gift of life in Christ and choose to abide in Him. I renounce trying to be perfect by my own strength and will power. By your grace, Heavenly Father, I choose from this day forward to walk by faith according to what You said is true by the power of the Holy Spirit. In Jesus' name. Amen.**

### **Eating Disorders**

**Lord, I renounce the lie that my value as a person is dependent upon my physical beauty, my weight or size. I renounce vomiting, or using laxatives, or starving myself as a means of cleansing myself of evil or altering my appearance. I announce that only the blood of the Lord Jesus Christ cleanses me from sin.**

**I accept the reality that there may be sin present in me due to the lies I have believed and the wrongful use of my body, but I renounce the lie that I am evil or that any part of my body is evil. My body is the temple of the Holy Spirit and I belong to God. I am totally accepted by God in Christ just as I am. In Jesus' name. Amen.**

### **Cutting/Self-Harm**

**Lord, I confess that I have willfully harmed and wounded my body. I renounce the lie that harming myself can bring peace to my soul. I renounce the lie that I can somehow rid myself of sinful residue by inflicting myself with physical pain. I accept the reality that Jesus' body was broken on my behalf. His shed blood has, once and for all, delivered me from my sin.**

**I accept the reality that there may be sin present in me due to the lies I have believed and the wrongful use of my body, but I renounce the lie that I am evil or that any part of my body is evil. My body is the temple of the Holy Spirit and I belong to God. In Christ, I have peace with God. I am now free to know and enjoy His peace. In Jesus' name I pray, amen.**

### **Homosexuality**

**Lord, I renounce the lie that You have created me or anyone else to be homosexual, and declare that You created me a man (or a woman). I renounce all homosexual thoughts, urges or drives, as well as any bondage of Satan, that have perverted my relationships with others. I announce that I am free to relate to the opposite sex and my own sex in the way that You intended. In Jesus' name. Amen.**

### **Substance Abuse**

**Lord, I confess that I have misused substances (alcohol, tobacco, food, prescription or street drugs) for the purpose of pleasure, to escape reality, or to cope with difficult problems. I confess that I**

**have abused my body and programmed my mind in a harmful way. I have not allowed Your Holy Spirit to guide me. I ask Your forgiveness, and I reject any satanic connection or influence in my life because of my misuse of drugs or food. I cast my cares onto Christ Who loves me, and I commit myself to no longer give in to substance abuse, but instead to allow the Holy Spirit to lead and empower me. In Jesus' name. Amen.**

## **Suicidal Tendencies**

**Lord, I renounce suicidal thoughts and any attempts I may have made to take my own life or in any way injure myself. I renounce the lie that life is hopeless and that I can find peace and freedom by taking my own life. Satan is a thief, and he comes to steal, kill and destroy. I choose life in Christ Who said He came to give me life and to give it to the full. I choose to accept Your forgiveness and to believe that there is always hope in Christ. In Jesus' name. Amen.**

---

## **FREEDOM FROM FEAR**

Irrational fears are common for children. But with maturity comes the ability to measure danger by potency and proximity. Fear that is rational triggers flight or fright responses that preserve personal safety. Irrational fears can keep us from walking by faith and ultimately drive us to try to get our needs met through the world or the flesh. It is no wonder that evil spirits seek to influence children with irrational fear. Below are some common fears experienced by children and teens.

- |  |   |
|--|---|
| <input type="checkbox"/> Fear of death                                 | <input type="checkbox"/> Fear of being victimized by crime                      |
| <input type="checkbox"/> Fear of being a hopeless case                 | <input type="checkbox"/> Fear of becoming homosexual                            |
| <input type="checkbox"/> Fear of Satan                                 | <input type="checkbox"/> Fear of marriage                                       |
| <input type="checkbox"/> Fear of losing my salvation                   | <input type="checkbox"/> Fear of the death of a loved one                       |
| <input type="checkbox"/> Fear of failure                               | <input type="checkbox"/> Fear of divorce  |
| <input type="checkbox"/> Fear of having committed the unpardonable sin | <input type="checkbox"/> Fear of going crazy                                    |
| <input type="checkbox"/> Fear of rejection by people                   | <input type="checkbox"/> Fear of pain and illness                               |
| <input type="checkbox"/> Fear of disapproval                           | <input type="checkbox"/> Fear of never being able to love or be loved by anyone |
| <input type="checkbox"/> Fear of not being loved by God                | <input type="checkbox"/> Fear of the future                                     |
| <input type="checkbox"/> Fear of financial problems                    | <input type="checkbox"/> Fear of specific people                                |
| <input type="checkbox"/> Fear of embarrassment                         | <input type="checkbox"/> Other specific fears that come to mind now...          |
| <input type="checkbox"/> Fear of never getting married                 |   |

## **Analyzing Your Child's Fear**

In order not to fall back into patterns of unhealthy fear, it will be helpful you to think carefully about the following: When did the child first experience the fear, and what events led up to that first experience? What lies have are the basis for the fear? How has the fear kept the child from living for Jesus or compromised his/her testimony to others?

Encourage your child to think about God as the ultimate in power, knowledge and nearness. We can have eternal peace with God through Jesus. When we take our focus off our fear and redirect our attention to Jesus we find that our faith in God grows (Hebrews 12:2) and that the love of God rids our hearts and minds from fear (1 John 4:18). After your child has confessed his/her fears and have been set free from the bondage of fear, work out a plan of responsible behavior, and help them determine ahead of time what his/her response will be to any encounter with a previous fear object. Bible verses build faith and courage.

## Step 7: Curses vs. Blessings

Parents need to be understand that demonic or familiar spirits can be passed on from one generation to the next if you don't renounce the sins of your ancestors and claim your new spiritual heritage in Christ. Satan may gain access to your family.

Some problems, of course, are hereditary or acquired from an immoral environment. But other problems can be the result of generational sin. All three conditions can contribute toward causing someone to struggle with a particular sin.

Some examples of generational sins are as follows:

- stealing (including shop lifting and purposely not returning borrowed items to their rightful owners)
- lying/distorting the truth to get your way
- eagerness for lustful pleasure
- fighting
- cheating
- quarreling/arguing
- gossip/slander
- hatred
- prejudice/bigotry/racism
- procrastination (irresponsibly putting things off)
- jealousy, envy
- swearing/cussing/vulgar joking
- anger
- greed/materialism
- complaining and criticism
- apathy/laziness
- depression/hopelessness
- ignoring or refusing to address uncomfortable situations or alarming behavior in family members
- holding grudges/bitterness/ and unforgiveness
- other \_\_\_\_\_

### To maintain your freedom, we strongly suggest the following as well:

- ✓ Get involved in a loving church youth group or Bible study where you can be open and honest with other believers your age.
- ✓ Study your Bible daily. There are many great youth Bibles around for you to use. Begin to get into God's Word and memorize key verses. Remember it is the *truth that sets you free and it is the truth that keeps you free!*
- ✓ Take the 30 day challenge! Commit to saying the "Who I am in Christ" statements out loud daily and study the verses for the next 30 days.
- ✓ Learn to take every thought captive to the obedience of Christ. Assume responsibility for your thought life. Don't let your mind go passive. Reject all lies, choose to focus on the truth, and stand firm in your identity in Christ.
- ✓ Don't drift away! It is very easy to become lazy in your thoughts and slip back into old habit patterns of thinking. Share your struggles openly with a trusted friend who will pray for you.
- ✓ Don't expect others to fight your battles for you. They can't and they won't. Others can encourage you, but they can't think, pray, read the Bible or choose the truth for you.
- ✓ Commit yourself to daily prayer. Prayer is dependence upon God. You can pray these suggested prayers often and with confidence:

## **Appendix C:**

**Daily Prayer, Bedtime Prayer, Prayer for cleansing room ,apartment or home.**

### ***Daily Prayer***

**Dear Heavenly Father, I honor You as my Lord. I know that You are always present with me. You are the only all-powerful and only-wise God. You are kind and loving in all Your ways. I love You and I thank You that I am united with Christ and spiritually alive in Him. I choose not to love the world, and I crucify the flesh and all its passions.**

**I thank You for the life that I now have in Christ, and I ask You to fill me and guide me with Your Holy Spirit so I may live my life free from sin. I declare my dependence upon You and I take my stand against Satan and all his lying ways. I choose to believe the truth and I refuse to be discouraged. You are the God of all hope and I am confident that You will meet my needs as I seek to live according to Your Word. I express with confidence that I can live a responsible life through Christ Who strengthens me.**

**I now take my stand against Satan and command him and all his evil spirits to depart from me. I put on the whole armor of God. I submit my body as a living sacrifice and renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable and perfect. I ask these things in the powerful and precious name of my Lord and Savior, Jesus Christ. Amen.**

### ***Bedtime Prayer***

**Thank you, Lord, that you have brought me into Your family and have blessed me with every spiritual blessing in the heavenly realms in Christ. Thank you, too, for providing this time of renewal through sleep. I accept it as part of Your perfect plan for Your children and I trust You to guard my mind and my body during sleep. As I have thought about You and Your truth during the day, I choose to let those thoughts continue in my mind while I am asleep. I commit myself to You for Your protection from every attempt of Satan or his demons to attack me during the night. I commit myself to You as my rock, my fortress, and my resting place. I pray in the strong name of the Lord Jesus Christ. Amen.**

### ***Cleansing Home/Apartment/Room***

**After destroying all articles of false worship (crystals, good luck charms, occultic objects, games, etc.) from your room, pray out loud in your sleeping area:**

**Thank you, Heavenly Father, for a place to live and be renewed by sleep. I ask You to set aside my room (or portion of room) as a place of safety for me. I renounce any worship given to false gods or spirits by other occupants, and I renounce any claim to this room (space) by Satan, based on what people have done here or what I have done in the past.**

**On the basis of my position as a child of God and a joint heir with Christ Who has all the authority in heaven and on earth, I command all evil spirits to leave this place and never to return. I ask You, Heavenly Father, to appoint guardian angels to protect me while I live here. I pray this in the name of the Lord Jesus Christ. Amen.**