

STAND FREE

STUDY GUIDE

*“Stand fast therefore in the liberty
wherewith Christ hath made us
free, and be not entangled again
with the yoke of bondage.”*

Galatians 5:1

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Introduction

By the eighth day of lying hopeless in the guarded ER room, I could not even recognize my own reflection in the black television screen. There I was, but what had I become? I hated the miserable reflection and the burdened weight behind my dark eyes.

Dire records of abuse, assault, neglect, and every other trauma imaginable were consuming my peace. Addiction did not arrive in my life like a storm. It seeped in like dampness through the walls—quiet, patient, and invisible at first. The nightmares of past traumas were overwhelming. A drink softened the edges of hard days and sweetened the taste of nights; it offered solutions.

And then, it began to take. It took the money from my wallet in crumpled bills and forgotten receipts. It took the steady rhythm of my sleep. It took the easy laughter from my voice and replaced it with something brittle, something that snapped when touched. It took the mirror and turned it into an enemy.

Every wrong decision started with a lie that I accepted, and it pushed me to the brink of death.

Whether the struggle is fear, lust, anger, depression, anxiety, or addiction, the problem almost always begins the same way: with the quiet acceptance of a lie. The lie might whisper, "Does it even matter?", "You're not strong enough," or "You deserve this more than anyone else". At first, it feels small—harmless, even reasonable. But once believed, the lie reshapes perception, manipulating reality to protect itself. These lies linked together to form a chain that ensnared my soul. Not a single area or relationship in my life was left unscathed; I lost or damaged it all.

The symbolism of the eighth day Biblically refers to the circumcision of the heart from a sinful nature to spiritual rebirth. A social worker prayed

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with me in that ER room as I recommitted my life to Christ. Straightening the crooked path was an intimidating unknown as I was released to go home to the disaster I had left behind, but I was reborn on that eighth day.

My soul was riddled by trauma, leaving holes in my hedge of spiritual protection. This allowed an opening in every area of my life for the enemy to steal, kill, and destroy. It required deliberate choices, but today I stand completely free, my soul entirely healed. An overwhelming peace and joy now flood my life. Praise Jesus!

Stand Free is a study applying Revelation 12:11 to wholeness, lacking nothing in Christ Jesus according to the Father's purposeful design. There is only one solution for the soul to be holistically healed and vibrantly alive, and it is perfectly mapped in the Word.

Stand Free on the Word today.

“And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.”

Revelation 12:11 NKJV

“And they overcame and conquered him because of the blood of the Lamb and because of the word of their testimony, for they did not love their life and renounce their faith even when faced with death.”

Revelation 12:11 AMP

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God's Design for You

1. What characteristics do you see when you think of the Heavenly Father throughout the Old and New Testaments?
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APPLICATION:

Your perception of the Father colors your entire experience of life, but this lens is often fractured by past relationships or the way you were raised. Unseen prejudices can easily take root in your perspective. Because of this, discovering who your Creator truly is—and His purposeful design for you—is the absolute foundation of your identity.

2. Read Genesis 1:26
 - a. Who is “Us”? _____
 - b. What does it mean to be made in God’s Image?
-

“Then God said, “Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over [a]all the earth and over every creeping thing that creeps on the earth.”

NKJV

“Then God said, “Let Us (Father, Son, Holy Spirit) make man in Our image, according to Our likeness [not physical, but a spiritual personality and moral likeness]; and let them have complete authority over the fish of the sea, the birds of the air, the cattle, and over the entire earth, and over everything that creeps and crawls on the earth.”

AMP

God's Design for You

APPLICATION:

The Father, Jesus, and the Holy Spirit operate as One, yet each carries a distinct divine role. To be created in Their image is to share in God's own purpose, becoming living reflections of His divine nature. The Father's beautiful design was always for us to walk in perfect unity with Him, moving with complete authority through our days. Though the tragedy of sin shattered that harmony in Eden, Jesus perfectly restored our communion with the Father. Now, anchored by faith and empowered by the Holy Spirit, the restored life we share with God is even more profound than the one Adam and Eve enjoyed in the garden.

3. Everything has purpose
 - a. Read 1 John 4:8-9

- i. The Father is _____

“He who does not love does not know God, for God is love. In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him”

NKJV

“The one who does not love has not become acquainted with God [does not and never did know Him], for God is love. [He is the originator of love, and it is an enduring attribute of His nature.] By this the love of God was displayed in us, in that God has sent His [One and] only begotten Son [the One who is truly unique, the only One of His kind] into the world so that we might live through Him.”

AMP

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b. Read John 1:1

i. Jesus is the _____

*“In the beginning was the Word,
and the Word was with God, and
the Word was God.”*

NKJV

*“In the beginning [before all
time] was the Word (Christ), and
the Word was with God, and the
Word was God Himself.”*

AMP

c. Read Ephesians 3:16 and John 14:16

i. Holy Spirit is our _____

and _____

*“that He would grant you,
according to the riches of His
glory, to be strengthened with
might through His Spirit in the
inner man,”*

Ephesians 3:16 NKJV

*“May He grant you out of the
riches of His glory, to be
strengthened and spiritually
energized with power through His
Spirit in your inner self,
[indwelling your innermost being
and personality],”*

Ephesians 3:16 AMP

*“And I will pray the Father, and
He will give you another Helper,
that He may abide with you
forever—”*

John 14:16 NKJV

*“And I will ask the Father, and
He will give you another Helper
(Comforter, Advocate,
Intercessor—Counselor,
Strengtheners, Standby), to be
with you forever—”*

John 14:16 AMP

APPLICATION:

Throughout the Old Testament, we see the Father's relentless mercy and love as He calls the Israelites to repent and offer a sacrifice so they can experience an abundant life. Because God never changes, He extends that

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same rich mercy to you today, asking only for faith and your true repentance. The difference for us is that Jesus already paid the price for our sins through His death and resurrection. Since Jesus, the eternal Word, has made us whole, the promises of Scripture become more real than anything our eyes can see. Now, through faith in Jesus as Lord and a simple decision to turn from our old ways, we get to live an abundant life led by the Holy Spirit.

4. What are the three things that make up a person? (Hint: one is the Body) _____
5. Read Genesis 1:27-31
 - a. We were made originally to be _____ and _____; have _____ and plenty of _____
 - b. God's design is for us to be _____, lacking _____
 - c. In Genesis 3, Adam and Eve were _____ by Satan's _____

“So God created man in His own image; in the image of God He created him; male and female He created them. Then God blessed them, and God said to them, “Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on

“So God created man in His own image, in the image and likeness of God He created him; male and female He created them. And God blessed them [granting them certain authority] and said to them, “Be fruitful, multiply, and fill the earth, and subjugate it [putting it under your power]; and rule over (dominate) the fish

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the earth.” And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food”; and it was so. Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day.”

NKJV

of the sea, the birds of the air, and every living thing that moves upon the earth.” So God said, “Behold, I have given you every plant yielding seed that is on the surface of the entire earth, and every tree which has fruit yielding seed; it shall be food for you; and to all the animals on the earth and to every bird of the air and to everything that moves on the ground—to everything in which there is the breath of life—I have given every green plant for food”; and it was so [because He commanded it]. God saw everything that He had made, and behold, it was very good and He validated it completely. And there was evening and there was morning, a sixth day.”

AMP

APPLICATION:

The Father lovingly fashioned us to exist as one within His perfect love. Rooted in this spiritual unity through Christ, God's desire is to lavish blessings upon our lives. We were simply not created for lack, anxious striving, crippling fear, or the enemy's snares. In the exact moment we accept Jesus as Lord and Savior, our spirit is reborn, perfectly restored to the Father's original design. Yet, the soul often remains a reservoir for the trauma and wounds inflicted by the devil. Since Jesus is the Word, we must actively use our authority and knowledge of that Word to heal and liberate the soul. As the soul finds its freedom, true healing will ripple outward into our physical bodies and every area of our lives.

God's Design for You

6. Read John 10:10

- a. Who is the thief and what is the strategy? _____

- b. Spiritually the thief comes to _____

- c. What kind of life does Jesus promise us? _____

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”

NKJV

“The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows].”

AMP

APPLICATION:

The devil is completely unoriginal. His entire playbook consists of one strategy: repeating different lies. Think about it. What is fear? A consuming lie that contradicts the Word. What is anxiety? A consuming lie that contradicts the Word. Depression, selfishness, anger, and lust are all exactly the same—consuming lies meant to distract you from the Word. When the enemy steals the Word from your heart and mind, he strips you of your divine authority and destroys the blessings meant for your life.

True, abundant life in Jesus is anchored in Truth. It requires a firm decision to reject deception and declare the Truth instead. Jesus is the Word. We must choose whether to live bound by lies or to measure every thought against the Word, intentionally deciding to speak in faith. The words we release from our lips carry immense power, capable of molding

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the very landscape of our lives. “A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. *For out of the abundance of the heart his mouth speaks.*” Luke 6:45

7. Read Romans 8:12-17

- a. Living by the flesh leads to _____
 - b. Being led by the Spirit of God means you are _____
-

“Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.” The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.”

NKJV

“So then, brothers and sisters, we have an obligation, but not to our flesh [our human nature, our worldliness, our sinful capacity], to live according to the [impulses of the] flesh [our nature without the Holy Spirit]— for if you are living according to the [impulses of the] flesh, you are going to die.

But if [you are living] by the [power of the Holy] Spirit you are habitually putting to death the sinful deeds of the body, you will [really] live forever. For all who are allowing themselves to be led by the Spirit of God are sons of God. For you have not received a spirit of slavery leading again to fear [of God's judgment], but you have received the Spirit of adoption as sons [the Spirit producing sonship] by which we

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*[joyfully] cry, "Abba! Father!"
The Spirit Himself testifies and
confirms together with our spirit
[assuring us] that we [believers]
are children of God. And if [we
are His] children, [then we are
His] heirs also: heirs of God and
fellow heirs with Christ [sharing
His spiritual blessing and
inheritance], if indeed we share
in His suffering so that we may
also share in His glory."*

AMP

APPLICATION:

Living according to the flesh—outside of the Father's design—damages the soul and leaves it highly vulnerable to the enemy's attacks. If a thought or action doesn't line up with the Word of God, it falls outside of His will. Thankfully, the Holy Spirit guides our understanding of the Word, speaking directly to our reborn spirits that are completely unified with Christ. Where the Spirit leads, profound peace follows. The exact moment that peace is broken, take the situation to the Lord in prayer. Search for your answer in the Word, fully trusting that the Spirit will redirect your steps and restore your peace. Living this way requires intentionally shedding sinful habits born from lies and firmly anchoring yourself to the Truth.

Because you are one with Christ, you have full access to every spiritual blessing and kingdom inheritance today. Not eventually, not tomorrow, but right now. United with God, you hold the keys to everything you need to flourish in this exact moment. Jesus prayed, "*Your kingdom come, Your will be done on earth as it is in heaven*" (Matthew 6:10). This is the

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Father's purposeful intention for you: an abundantly rich life through Jesus where His good and perfect gifts exude from every fiber of your being as you're led by the Spirit.

8. Read Jeremiah 29:11

a. Plans = _____

b. What do I have faith to receive in God? _____

“For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.”

NKJV

“For I know the plans and thoughts that I have for you,” says the Lord, ‘plans for peace and well-being and not for disaster, to give you a future and a hope.’”

AMP

APPLICATION:

The Father's plans for you are just as flawless as His perfect design. Everything in existence including the Father, Jesus, and the Holy Spirit beats with a purpose, and you were intricately designed with love. You were designed with intentionality and are loved beyond measure. This is your pivotal moment—the moment Jesus gently takes the mirror that once warped your perspective and replaces it with His own reflection of you. You have been handed the divine key to soul freedom, inviting you to step into an exciting, purposeful life overflowing with His peace and goodness.

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9. Read Hebrews 10:10; 14-17 and Colossians 1:19-22
- How are we sanctified? _____
 - The moment you accept Jesus as Lord and Savior, the Father wipes the slate entirely clean—when He looks at you, He no longer sees your past or remembers your sin.
 - What is it to be reconciled to the Father in Christ?

 - Am I walking in the freedom of being 'holy and blameless' in God's eyes, or am I still clinging to the identity of my past?
 - What does it take to finally break free from the weight of your past and refuse to let your sins define who you are? _____

“By that will we have been sanctified through the offering of the body of Jesus Christ once for all.”

Hebrews 10:10 NKJV

“And in accordance with this will [of God] we [who believe in the message of salvation] have been sanctified [that is, set apart as holy for God and His purposes] through the offering of the body of Jesus Christ (the Messiah, the Anointed) once for all.”

Hebrews 10:10 AMP

“For by one offering He has perfected forever those who are

“For by the one offering He has perfected forever and completely

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being sanctified. But the Holy Spirit also witnesses to us; for after He had said before, 'This is the covenant that I will make with them after those days, says the Lord: I will put My laws into their hearts, and in their minds I will write them,' then He adds, 'Their sins and their lawless deeds I will remember no more.'

Hebrews 10:14-17 NKJV

cleansed those who are being sanctified [bringing each believer to spiritual completion and maturity]. And the Holy Spirit also adds His testimony to us [in confirmation of this]; for after having said, 'This is the covenant that I will make with them After those days, says the Lord: I will imprint My laws upon their heart, And on their mind I will inscribe them [producing an inward change],' He then says, 'And their sins and their lawless acts I will remember no more [no longer holding their sins against them].'

Hebrews 10:14-17 AMP

"For it pleased the Father that in Him all the fullness should dwell, and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross. And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight—"

Colossians 1:19-22 NKJV

"For it pleased the Father for all the fullness [of deity—the sum total of His essence, all His perfection, powers, and attributes] to dwell [permanently] in Him (the Son), and through [the intervention of] the Son to reconcile all things to Himself, making peace [with believers] through the blood of His cross; through Him, [I say,] whether things on earth or things in heaven. And although you were at one time estranged and alienated and hostile-minded

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[toward Him], participating in evil things, yet Christ has now reconciled you [to God] in His physical body through death, in order to present you before the Father holy and blameless and beyond reproach—”

Colossians 1:19-22 AMP

APPLICATION:

Jesus is the Word from before time. He came in human form as the spotless sacrifice, became our sins in His death, and was raised by the Holy Spirit as the conqueror of death. Placing our faith in this new covenant and the unity it restores with God is a profound, life-altering decision. We are reconciled to the Father through Christ, restored to wholeness and healing as we walk in relationship with Him, empowered by the Holy Spirit.

Freedom, too, is a choice—a choice to measure our days not by the enemy's lies, but by the immovable Truth of the Word. To cling to your past or your old self is to suggest that the cross was not enough, and that is a lie. Look away from the enemy's deceptions and start using the mirror Jesus has given you. Begin to see yourself as He sees you—let His reflection become your true identity as an heir to the Kingdom.

God's Design for You

10. Read Romans 12:1-2, 2 Corinthians 5:17, and 1 John 5:4

- a. It is a choice to _____
- b. Transformation happens by the _____

- c. Do I truly trust the Father's design for my life—will I retreat to my old identity, or will I step forward in faith into my new one?
- d. Are you ready to be victorious, healed, and completely free?
- e. Are you ready to embrace the purpose and assignment the Father has for you?
- f. This is your moment to step out in faith and be transformed.

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Romans 12:1-2 NKJV

“Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship. And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical

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attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].”

Romans 12:1-2 AMP

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”

2 Corinthians 5:17 NKJV

“Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], he is a new creature [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life].”

2 Corinthians 5:17 AMP

“For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith”

1 John 5:4 NKJV

“For everyone born of God is victorious and overcomes the world; and this is the victory that has conquered and overcome the world—our [continuing, persistent] faith [in Jesus the Son of God].”

1 John 5:4 AMP

APPLICATION:

Surrendering to live for God is a choice, but it becomes an obvious one when you truly believe in the Father's goodness and love. He is faithful to go before us and protect our rear, providing the security that no matter what we face, we are never alone or without the Holy Spirit's

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empowering strength. As we reject the enemy's lies and stand in the Truth of our new identity, transformation takes root through the renewing of our minds. We are holy because Christ is holy (1 Peter 1:16), and we possess the mind of Christ (1 Corinthians 2:16). Faith is the key that grants us access to freedom in Jesus, who is the Way, the Truth, and the Life. No one comes to the Father except through Jesus (John 14:6). There is no limit to God's love, and there is no limit to the number of times you can turn back to Him. Do it now—choose the abundant life and freedom He has for you.

God's Design for You

Salvation Prayer

Heavenly Father, I come to You in the Name of Jesus. Your Word says, “Whosoever shall call on the Name of the Lord shall be saved” (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be Lord over my life. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I repent of sin and choose to walk forgiven according to Your Word.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in Your Word, “If ye then being evil, know how to give good gifts unto your children: HOW MUCH MORE shall your heavenly Father give the Holy Spirit to them that ask him?” (Luke 11:13). I’m also asking You to fill me with the Holy Spirit. Holy Spirit, rise up within me as I praise God. I fully expect to speak with other tongues as You give me the utterance (Acts 2:4). In Jesus’ Name. Amen.

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Answer Guide - God's Design for You

11. What characteristics do you see when you think of the Heavenly Father throughout the Old and New Testaments? **Your Answer**

APPLICATION:

Your perception of the Father colors your entire experience of life, but this lens is often fractured by past relationships or the way you were raised. Unseen prejudices can easily take root in your perspective. Because of this, discovering who your Creator truly is—and His purposeful design for you—is the absolute foundation of your identity.

12. Read Genesis 1:26

- a. Who is “Us”? **Father, Son, and Holy Spirit**
- b. What does it mean to be made in God’s Image? **We have His divine characteristics and without error; The Father did not make any mistakes with you.**

APPLICATION:

The Father, Jesus, and the Holy Spirit operate as One, yet each carries a distinct divine role. To be created in Their image is to share in God’s own purpose, becoming living reflections of His divine nature. The Father’s beautiful design was always for us to walk in perfect unity with Him, moving with complete authority through our days. Though the tragedy of sin shattered that harmony in Eden, Jesus perfectly restored our communion with the Father. Now, anchored by faith and empowered by the Holy Spirit, the restored life we share with God is even more profound than the one Adam and Eve enjoyed in the garden.

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13. Everything has purpose
 - a. Read 1 John 4:8-9
 - i. The Father is **Loving Creator**
 - b. Read John 1:1
 - i. Jesus is the **Word before all time** Read Ephesians 3:16 and John 14:16
 - ii. Holy Spirit is our **Helper** and **power within**

APPLICATION:

Throughout the Old Testament, we see the Father's relentless mercy and love as He calls the Israelites to repent and offer a sacrifice so they can experience an abundant life. Because God never changes, He extends that same rich mercy to you today, asking only for faith and your true repentance. The difference for us is that Jesus already paid the price for our sins through His death and resurrection. Since Jesus, the eternal Word, has made us whole, the promises of Scripture become more real than anything our eyes can see. Now, through faith in Jesus as Lord and a simple decision to turn from our old ways, we get to live an abundant life led by the Holy Spirit.

14. What are the three things that make up a person? (Hint: one is the Body) **Body, Spirit, and Soul; each with purpose**

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15. Read Genesis 1:27-31

- a. We were made originally to be **fruitful** and **multiply**; have **dominion** and plenty of **food / resources**
- b. God's design is for us to be **whole**, lacking **nothing**.
- c. In Genesis 3, Adam and Eve were **deceived** by Satan's **lies**.

APPLICATION:

The Father lovingly fashioned us to exist as one within His perfect love. Rooted in this spiritual unity through Christ, God's desire is to lavish blessings upon our lives. We were simply not created for lack, anxious striving, crippling fear, or the enemy's snares. In the exact moment we accept Jesus as Lord and Savior, our spirit is reborn, perfectly restored to the Father's original design. Yet, the soul often remains a reservoir for the trauma and wounds inflicted by the devil. Since Jesus is the Word, we must actively use our authority and knowledge of that Word to heal and liberate the soul. As the soul finds its freedom, true healing will ripple outward into our physical bodies and every area of our lives.

16. Read John 10:10

- a. Who is the thief and what is the strategy? **The devil; to steal, kill, and destroy**
- b. Spiritually the thief comes to **steal the Word (Jesus) out of your life, kill your authority in Jesus making you weak, and destroy you in any way**

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- c. What kind of life does Jesus promise us? **An Abundant Life in every way**

APPLICATION:

The devil is completely unoriginal. His entire playbook consists of one strategy: repeating different lies. Think about it. What is fear? A consuming lie that contradicts the Word. What is anxiety? A consuming lie that contradicts the Word. Depression, selfishness, anger, and lust are all exactly the same—consuming lies meant to distract you from the Word. When the enemy steals the Word from your heart and mind, he strips you of your divine authority and destroys the blessings meant for your life.

True, abundant life in Jesus is anchored in Truth. It requires a firm decision to reject deception and declare the Truth instead. Jesus is the Word. We must choose whether to live bound by lies or to measure every thought against the Word, intentionally deciding to speak in faith. The words we release from our lips carry immense power, capable of molding the very landscape of our lives. “A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. *For out of the abundance of the heart his mouth speaks.*” Luke 6:45

17. Read Romans 8:12-17

- a. Living by the flesh leads to **death**

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- b. Being led by the Spirit of God means you are **children of God; heirs (this is your authority and victory)**

APPLICATION:

Living according to the flesh—outside of the Father's design—damages the soul and leaves it highly vulnerable to the enemy's attacks. If a thought or action doesn't line up with the Word of God, it falls outside of His will. Thankfully, the Holy Spirit guides our understanding of the Word, speaking directly to our reborn spirits that are completely unified with Christ. Where the Spirit leads, profound peace follows. The exact moment that peace is broken, take the situation to the Lord in prayer. Search for your answer in the Word, fully trusting that the Spirit will redirect your steps and restore your peace. Living this way requires intentionally shedding sinful habits born from lies and firmly anchoring yourself to the Truth.

Because you are one with Christ, you have full access to every spiritual blessing and kingdom inheritance today. Not eventually, not tomorrow, but right now. United with God, you hold the keys to everything you need to flourish in this exact moment. Jesus prayed, "*Your kingdom come, Your will be done on earth as it is in heaven*" (Matthew 6:10). This is the Father's purposeful intention for you: an abundantly rich life through Jesus where His good and perfect gifts exude from every fiber of your being as you're led by the Spirit.

18. Read Jeremiah 29:11

- a. Plans = **Purpose**

Answer Guide - God's Design for You

- b. What do I have faith to receive in God? **Peace, a beautiful and bright future, hope in every moment**

APPLICATION:

The Father's plans for you are just as flawless as His perfect design. Everything in existence including the Father, Jesus, and the Holy Spirit beats with a purpose, and you were intricately designed with love. You were designed with intentionality and are loved beyond measure. This is your pivotal moment—the moment Jesus gently takes the mirror that once warped your perspective and replaces it with His own reflection of you. You have been handed the divine key to soul freedom, inviting you to step into an exciting, purposeful life overflowing with His peace and goodness.

- 19. Read Hebrews 10:10; 14-17 and Colossians 1:19-22
 - a. How are we sanctified? **Faith in who Jesus is; what Jesus did on the cross and victory in resurrection**
 - b. The moment you accept Jesus as Lord and Savior, the Father wipes the slate entirely clean—when He looks at you, He no longer sees your past or remembers your sin.
 - c. What is it to be reconciled to the Father in Christ? **Be made whole and completely healed, walking in relationship with the Father through Jesus by the power of the Holy Spirit—this is the promise of the New Covenant.**

Answer Guide - God's Design for You

- d. Am I walking in the freedom of being 'holy and blameless' in God's eyes, or am I still clinging to the identity of my past?
- e. What does it take to finally break free from the weight of your past and refuse to let your sins define who you are? **A deliberate decision to view your life through the lens of the Word (Jesus), choosing the Truth over the lies of the devil.**

APPLICATION:

Jesus is the eternal Word. He came in human form as the spotless sacrifice, became our sins in His death, and was raised by the Holy Spirit as the conqueror of death. Placing our faith in this new covenant and the unity it restores with God is a profound, life-altering decision. We are reconciled to the Father through Christ, restored to wholeness and healing as we walk in relationship with Him, empowered by the Holy Spirit.

Freedom, too, is a choice—a choice to measure our days not by the enemy's lies, but by the immovable Truth of the Word. To cling to your past or your old self is to suggest that the cross was not enough, and that is a lie. Look away from the enemy's deceptions and start using the mirror Jesus has given you. Begin to see yourself as He sees you—let His reflection become your true identity as an heir to the Kingdom.

20. Read Romans 12:1-2, 2 Corinthians 5:17, and 1 John 5:4

- a. It is a choice to **surrender and live for God**

Answer Guide - God's Design for You

- b. Transformation happens by the **renewing of our mind**
- c. Do I truly trust the Father's design for my life—will I retreat to my old identity, or will I step forward in faith into my new one?
- d. Are you ready to be victorious, healed, and completely free?
- e. Are you ready to embrace the purpose and assignment the Father has for you?
- f. This is your moment to step out in faith and be transformed.

APPLICATION:

Surrendering to live for God is a choice, but it becomes an obvious one when you truly believe in the Father's goodness and love. He is faithful to go before us and protect our rear, providing the security that no matter what we face, we are never alone or without the Holy Spirit's empowering strength. As we reject the enemy's lies and stand in the Truth of our new identity, transformation takes root through the renewing of our minds. We are holy because Christ is holy (1 Peter 1:16), and we possess the mind of Christ (1 Corinthians 2:16). Faith is the key that grants us access to freedom in Jesus, who is the Way, the Truth, and the Life. No one comes to the Father except through Jesus (John 14:6). There is no limit to God's love, and there is no limit to the number of times you can turn back to Him. Do it now—choose the abundant life and freedom He has for you.

Answer Guide - God's Design for You

Salvation Prayer

Heavenly Father, I come to You in the Name of Jesus. Your Word says, “Whosoever shall call on the Name of the Lord shall be saved” (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be Lord over my life. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I repent of sin and choose to walk forgiven according to Your Word.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in Your Word, “If ye then being evil, know how to give good gifts unto your children: HOW MUCH MORE shall your heavenly Father give the Holy Spirit to them that ask him?” (Luke 11:13). I’m also asking You to fill me with the Holy Spirit. Holy Spirit, rise up within me as I praise God. I fully expect to speak with other tongues as You give me the utterance (Acts 2:4). In Jesus’ Name. Amen.

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Key to Freedom

21. Read Ephesians 3:14-19

- a. Paul is writing to disciples in Ephesus and within this passage summarizes the _____ to freedom.
- b. Through your _____ in _____, you have access to the riches of the Father's glory which is His _____ and _____
- c. Through your _____ in _____, you are _____ with _____ through the Holy Spirit filling your innermost being and shaping your true identity.
- d. To truly fathom the _____ of His love—and His desire to lavish your life with goodness—is to discover an unshakable _____, empowering you to walk by the Spirit and boldly stand in _____ against every lie.

“For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height— to know the love of Christ which passes knowledge; that you may be filled

“For this reason [grasping the greatness of this plan by which Jews and Gentiles are joined together in Christ] I bow my knees [in reverence] before the Father [of our Lord Jesus Christ], from whom every family in heaven and on earth derives its name [God—the first and ultimate Father]. May He grant you out of the riches of His glory, to be strengthened and spiritually energized with power through His Spirit in your inner self, [indwelling your innermost being and personality], so that Christ may dwell in your hearts

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with all the fullness of God.”

NKJV

through your faith. And may you, having been [deeply] rooted and [securely] grounded in love, be fully capable of comprehending with all the saints (God’s people) the width and length and height and depth of His love [fully experiencing that amazing, endless love]; and [that you may come] to know [practically, through personal experience] the love of Christ which far surpasses [mere] knowledge [without experience], that you may be filled up [throughout your being] to all the fullness of God [so that you may have the richest experience of God’s presence in your lives, completely filled and flooded with God Himself].”

AMP

APPLICATION:

Faith is the catalyst for true freedom. It reshapes our perspective and unlocks an abundant life, regardless of our circumstances. The security we gain through faith in Jesus is a reality for today, not just a destination after death. John 17:3 declares, “And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.” Faith activates this deep relationship with God and opens the door to a remarkable future. Like threads on a loom, faith and Jesus are the vertical warp and horizontal weft that interlock to weave the beautiful tapestry of your life.

Key to Freedom

22. Read Hebrews 11:1-3

- a. If it isn't _____, it is not faith.
- b. The substance is a _____ for the Father's design for your life through faith in Jesus.
- c. What is the difference between our own version of hope and divine hope? _____
- d. Faith recognizes as _____ the spiritual realities that remain invisible to the physical senses.
- e. Faith is a _____
- f. I am not moved by what I _____;
I am moved only by what I _____

“Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good testimony. By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible.”

NKJV

“Now faith is the assurance (title deed, confirmation) of things hoped for (divinely guaranteed), and the evidence of things not seen [the conviction of their reality—faith comprehends as fact what cannot be experienced by the physical senses]. For by this [kind of] faith the men of old gained [divine] approval. By faith [that is, with an inherent trust and enduring confidence in the power, wisdom and goodness of God] we understand that the worlds (universe, ages) were framed and created [formed, put in order, and equipped for their intended purpose] by the word of God, so that what is seen was not made out of things which are visible.”

AMP

Key to Freedom

APPLICATION:

Deceptive spiritual forces prey upon our unhealed wounds, seeking to dictate our identity and engrave a prison number upon our hearts. They set a devastating cascade into motion—a single lie spirals into fear, anxiety, depression, sickness, and death. Or a lie takes root as an offense, festering into frustration, anger, bitterness, sickness, and death. This deadly momentum can only be shattered by the key of faith.

Faith is not passive; it is a victorious, present-moment action seized by those who know their identity. It is your title deed to the Father's design—the legal proof of your inheritance in Jesus. If you hold the deed to a home, you don't invite a thief inside; you defend your territory at all costs. We refuse to let the enemy steal what is rightfully ours, especially when the lives of our families hang in the balance. In the spiritual realm, this authority legally belongs to us, secured eternally by the death and resurrection of Jesus. Therefore, circumstances do not dictate my reality. My hope rests entirely on the promises of the Word, standing in the unwavering faith that His Truth is the final fact, no matter what my eyes perceive.

23. Read Malachi 3:6a and Hebrews 13:8

- a. Faith changes _____, it does not change _____
- b. How can you be confident that your prayer aligns with God's will? _____

***“For I am the Lord, I do not
change”***

Malachi 3:6a NKJV

***“For I am the Lord, I do not
change [but remain faithful to
My covenant with you]”***

Malachi 3:6a AMP

Key to Freedom

*“Jesus Christ is the same
yesterday, today, and forever.”*
Hebrews 13:8 NKJV

*“Jesus Christ is [eternally
changeless, always] the same
yesterday and today and forever.”*
Hebrews 13:8 AMP

APPLICATION:

A critical component of praying in faith is to align our prayers with the Word, declaring scriptures that confirm our promised inheritance. Without this foundation, it is possible to sincerely pray for something that is biblically unsound. We cling to the truth that God never changes, remembering that prayer is not an attempt to convince the Lord to move. Rather, it is the way we engage the spiritual force of faith to actively bring into fulfillment what Jesus has already secured.

24. Read Hebrews 10:39 and 11:6

- a. How can I anchor my daily life so deeply in the Word that fear and doubt lose their grip, allowing me to trust God fully and persevere in obedience even when the outcome remains unseen?
 - i. Study the _____
 - ii. Be in continual _____
 - iii. Stop accepting _____ as _____
 - iv. Change your _____ from _____ to _____

Key to Freedom

“But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.”

Hebrews 10:39 NKJV

“But our way is not that of those who shrink back to destruction, but [we are] of those who believe [relying on God through faith in Jesus Christ, the Messiah] and by this confident faith preserve the soul.”

Hebrews 10:39 AMP

“But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”

Hebrews 11:6 NKJV

“But without faith it is impossible to [walk with God and] please Him, for whoever comes [near] to God must [necessarily] believe that God exists and that He rewards those who [earnestly and diligently] seek Him.”

Hebrews 11:6 AMP

APPLICATION:

Embracing our identity in Christ and the victorious power of the Holy Spirit makes us infinitely stronger than the old version of ourselves. We are no longer weak, incapable, or hopelessly stuck. When you gaze into the mirror Jesus has provided, the reflection looking back is someone who is more than enough—a new creation covered entirely by the unearned favor of His grace. Wield your shield of faith, take up the sword of the Spirit to remind the devil of his eternal defeat, and boldly stand in this Truth. Actively commit to studying the Word, praying without ceasing, rejecting the enemy's lies, and transforming your speech. Living this way pleases the Father, and He will respond by pouring out His blessings until you completely overflow.

Key to Freedom

25. Read John 14:15-18 and Romans 8:6-17

- a. The Holy Spirit, our _____, is within us the moment our _____ is reborn with salvation, this is the indwelling that brings _____
- b. Jesus changed our _____ and the Holy Spirit _____ us as _____
- c. We are _____ with the Father, Jesus, and Holy Spirit as they are _____

“If you love Me, keep My commandments. And I will pray the Father, and He will give you another Helper, that He may abide with you forever— the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you.”

John 14:15-18 NKJV

“And I will ask the Father, and He will give you another Helper (Comforter, Advocate, Intercessor—Counselor, Strengthener, Standby), to be with you forever— the Spirit of Truth, whom the world cannot receive [and take to its heart] because it does not see Him or know Him, but you know Him because He (the Holy Spirit) remains with you continually and will be in you. ‘I will not leave you as orphans [comfortless, bereaved, and helpless]; I will come [back] to you.’”

John 14:15-18 AMP

“For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity

“Now the mind of the flesh is death [both now and forever— because it pursues sin]; but the mind of the Spirit is life and

Key to Freedom

against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God. But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. Sonship Through the Spirit

Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.” The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we

peace [the spiritual well-being that comes from walking with God—both now and forever]; the mind of the flesh [with its sinful pursuits] is actively hostile to God. It does not submit itself to God’s law, since it cannot, and those who are in the flesh [living a life that caters to sinful appetites and impulses] cannot please God. However, you are not [living] in the flesh [controlled by the sinful nature] but in the Spirit, if in fact the Spirit of God lives in you [directing and guiding you]. But if anyone does not have the Spirit of Christ, he does not belong to Him [and is not a child of God]. If Christ lives in you, though your [natural] body is dead because of sin, your spirit is alive because of righteousness [which He provides]. And if the Spirit of Him who raised Jesus from the dead lives in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who lives in you. So then, brothers and sisters, we have an obligation, but not to our flesh [our human nature, our worldliness, our sinful capacity], to live according to the [impulses of the] flesh [our nature without

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suffer with Him, that we may also be glorified together.”

Romans 8:6-17 NKJV

the Holy Spirit]— for if you are living according to the [impulses of the] flesh, you are going to die.

But if [you are living] by the [power of the Holy] Spirit you are habitually putting to death the sinful deeds of the body, you will [really] live forever. For all who are allowing themselves to be led by the Spirit of God are sons of God. For you have not received a spirit of slavery leading again to fear [of God’s judgment], but you have received the Spirit of adoption as sons [the Spirit producing sonship] by which we [joyfully] cry, “Abba! Father!” The Spirit Himself testifies and confirms together with our spirit [assuring us] that we [believers] are children of God. And if [we are His] children, [then we are His] heirs also: heirs of God and fellow heirs with Christ [sharing His spiritual blessing and inheritance], if indeed we share in His suffering so that we may also share in His glory.”

Romans 8:6-17 AMP

APPLICATION:

By faith, we step out onto the battlefield, knowing the victory is already sealed by the power of the Holy Spirit. The moment you accept Jesus as Lord, His Spirit unites with your reborn spirit, actively breathing life into your spirit, soul, and body. Your soul—made up of your mind, will, and emotions—needs the Helper to guide it, just as your physical body

Key to Freedom

requires the same resurrection power that raised Jesus from the dead. While Christ has already won the war, our daily battles look different for everyone. Almost every attack starts with a single lie. Yet, through our unity with the Holy Spirit, the trenches of our minds are swept clean of every deception and piece of enemy debris.

26. Read Romans 8:25-28

- a. We wait with _____
and _____
- b. Trust the Holy Spirit to _____
- c. What does that look like?
- d. _____ the Father's purpose for you
according to _____

"But if we hope for what we do not see, we eagerly wait for it with perseverance. Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

"But if we hope for what we do not see, we wait eagerly for it with patience and composure. In the same way the Spirit [comes to us and] helps us in our weakness. We do not know what prayer to offer or how to offer it as we should, but the Spirit Himself [knows our need and at the right time] intercedes on our behalf with sighs and groanings too deep for words. And He who searches the hearts knows what the mind of the Spirit is, because the Spirit intercedes [before God] on behalf of God's people in accordance with God's will. And we know [with great confidence] that God

Key to Freedom

NKJV

[who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan and purpose.”

AMP

APPLICATION:

Do not wear your struggle as a badge of honor while you wait for the Word to manifest. The victory is already yours through faith, so lift your voice and praise the Lord in advance! We live in a world desperate for instant gratification and endless distraction, making the stillness of waiting feel difficult. But waiting is the very forge where the Lord's character is proven in your life. Patience produces endurance, actively forming the divine nature of Jesus within you. Refuse to retreat to the crippling lies of the enemy. Stand firmly on Truth. The Holy Spirit has fortified you for this exact day. Trust that your loving Father will never forsake you, and that He delights in blessing you. Have unwavering faith that Jesus has already thrown open the floodgates of heaven—even while you wait. Praise Him now for the miraculous work He has done and continues to do in your life!

Key to Freedom

Salvation Prayer

Heavenly Father, I come to You in the Name of Jesus. Your Word says, “Whosoever shall call on the Name of the Lord shall be saved” (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be Lord over my life. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I repent of sin and choose to walk forgiven according to Your Word.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in Your Word, “If ye then being evil, know how to give good gifts unto your children: HOW MUCH MORE shall your heavenly Father give the Holy Spirit to them that ask him?” (Luke 11:13). I’m also asking You to fill me with the Holy Spirit. Holy Spirit, rise up within me as I praise God. I fully expect to speak with other tongues as You give me the utterance (Acts 2:4). In Jesus’ Name. Amen.

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Answer Guide - Key to Freedom

27. Read Ephesians 3:14-19

- a. Paul is writing to disciples in Ephesus and within this passage summarizes the **key** to freedom.
- b. Through your **faith** in **Jesus**, you have access to the riches of the Father's glory which is His **fullness** and **love**
- c. Through your **faith** in **Jesus**, you are **strengthened** with **power** through the Holy Spirit filling your innermost being and shaping your true identity.
- d. To truly fathom the **depths** of His love—and His desire to lavish your life with goodness—is to discover an unshakable **security**, empowering you to walk by the Spirit and boldly stand in **faith** against every lie.

APPLICATION:

Faith is the catalyst for true freedom. It reshapes our perspective and unlocks an abundant life, regardless of our circumstances. The security we gain through faith in Jesus is a reality for today, not just a destination after death. John 17:3 declares, “*And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.*” Faith activates this deep relationship with God and opens the door to a remarkable future. Like threads on a loom, faith and Jesus are the vertical warp and horizontal weft that interlock to weave the beautiful tapestry of your life.

28. Read Hebrews 11:1-3

- a. If it isn't **now**, it is not faith.

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- b. The substance is a **title deed** for the Father's design for your life through faith in Jesus.
- c. What is the difference between our own version of hope and divine hope? **Our own understanding vs understanding according to scriptures**
- d. Faith recognizes as **fact** the spiritual realities that remain invisible to the physical senses.
- e. Faith is a **spiritual force**
- f. I am not moved by what I **see**; I am moved only by what I **believe**

APPLICATION:

Deceptive spiritual forces prey upon our unhealed wounds, seeking to dictate our identity and engrave a prison number upon our hearts. They set a devastating cascade into motion—a single lie spirals into fear, anxiety, depression, sickness, and death. Or a lie takes root as an offense, festering into frustration, anger, bitterness, sickness, and death. This deadly momentum can only be shattered by the key of faith.

Faith is not passive; it is a victorious, present-moment action seized by those who know their identity. It is your title deed to the Father's design—the legal proof of your inheritance in Jesus. If you hold the deed to a home, you don't invite a thief inside; you defend your territory at all costs. We refuse to let the enemy steal what is rightfully ours, especially when the lives of our families hang in the balance. In the spiritual realm, this authority legally belongs to us, secured eternally by the death and resurrection of Jesus. Therefore, circumstances do not dictate my reality. My hope rests entirely on the promises of the Word, standing in the

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unwavering faith that His Truth is the final fact, no matter what my eyes perceive.

29. Read Malachi 3:6a and Hebrews 13:8

- a. Faith changes **realities**, it does not change **God**
- b. How can you be confident that your prayer aligns with God's will? **If it aligns with the Truth of the Word**

APPLICATION:

A critical component of praying in faith is to align our prayers with the Word, declaring scriptures that confirm our promised inheritance. Without this foundation, it is possible to sincerely pray for something that is biblically unsound. We cling to the truth that God never changes, remembering that prayer is not an attempt to convince the Lord to move. Rather, it is the way we engage the spiritual force of faith to actively bring into fulfillment what Jesus has already secured.

30. Read Hebrews 10:39 and 11:6

- a. How can I anchor my daily life so deeply in the Word that fear and doubt lose their grip, allowing me to trust God fully and persevere in obedience even when the outcome remains unseen?
 - i. Study the **Bible**
 - ii. Be in continual **prayer**

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- iii. Stop accepting **lies** as **truth**
- iv. Change your **words** from **lies** to **truth**

APPLICATION:

Embracing our identity in Christ and the victorious power of the Holy Spirit makes us infinitely stronger than the old version of ourselves. We are no longer weak, incapable, or hopelessly stuck. When you gaze into the mirror Jesus has provided, the reflection looking back is someone who is more than enough—a new creation covered entirely by the unearned favor of His grace. Wield your shield of faith, take up the sword of the Spirit to remind the devil of his eternal defeat, and boldly stand in this Truth. Actively commit to studying the Word, praying without ceasing, rejecting the enemy's lies, and transforming your speech. Living this way pleases the Father, and He will respond by pouring out His blessings until you completely overflow.

31. Read John 14:15-18 and Romans 8:6-17

- a. The Holy Spirit, our **Helper**, is within us the moment our **spirit** is reborn with salvation, this is the indwelling that brings **victory**
- b. Jesus changed our **identity** / **reborn spirit** and the Holy Spirit **leads** us as **one**
- c. We are **one** with the Father, Jesus, and Holy Spirit as they are **one**

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APPLICATION:

By faith, we step out onto the battlefield, knowing the victory is already sealed by the power of the Holy Spirit. The moment you accept Jesus as Lord, His Spirit unites with your reborn spirit, actively breathing life into your spirit, soul, and body. Your soul—made up of your mind, will, and emotions—needs the Helper to guide it, just as your physical body requires the same resurrection power that raised Jesus from the dead. While Christ has already won the war, our daily battles look different for everyone. Almost every attack starts with a single lie. Yet, through our unity with the Holy Spirit, the trenches of our minds are swept clean of every deception and piece of enemy debris.

32. Read Romans 8:25-28

- a. We wait with **patience** and **peace**
- b. Trust the Holy Spirit to **lead**
- c. What does that look like? **Through reading scripture, a knowing in your spirit, speaking to you through believers, discipleship**
- d. **Trust** the Father's purpose for you according to **scriptures**

APPLICATION:

Do not wear your struggle as a badge of honor while you wait for the Word to manifest. The victory is already yours through faith, so lift your voice and praise the Lord in advance! We live in a world desperate for instant gratification and endless distraction, making the stillness of waiting feel difficult. But waiting is the very forge where the Lord's character is proven in your life. Patience produces endurance, actively

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forming the divine nature of Jesus within you. Refuse to retreat to the crippling lies of the enemy. Stand firmly on Truth. The Holy Spirit has fortified you for this exact day. Trust that your loving Father will never forsake you, and that He delights in blessing you. Have unwavering faith that Jesus has already thrown open the floodgates of heaven—even while you wait. Praise Him now for the miraculous work He has done and continues to do in your life!

Salvation Prayer

Heavenly Father, I come to You in the Name of Jesus. Your Word says, “Whosoever shall call on the Name of the Lord shall be saved” (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be Lord over my life. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I repent of sin and choose to walk forgiven according to Your Word.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in Your Word, “If ye then being evil, know how to give good gifts unto your children: HOW MUCH MORE shall your heavenly Father give the Holy Spirit to them that ask him?” (Luke 11:13). I’m also asking You to fill me with the Holy Spirit. Holy Spirit, rise up within me as I praise God. I fully expect to speak with other tongues as You give me the utterance (Acts 2:4). In Jesus’ Name. Amen.

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Unlocking Freedom

APPLICATION:

Using the key of faith and the power of the Holy Spirit, healing your soul becomes a clear three-step process that strips away every heavy weight, pain, and sorrow. I pray in the mighty name of Jesus that the Holy Spirit exposes every stronghold the enemy has built in your life. As He reveals them to you, apply the three-step process and prayers for each stronghold as detailed in *Unlocking Freedom*.

1 - Repentance; 2 - Forgiveness; 3 - Breaking off strongholds.

Stand firm in your faith, and you will witness the radical transformation of your life.

33. Read John 3:17 & Luke 15:7

- a. In your opinion, when do you need to repent and what does that look like? _____
- b. Repentance brings _____ to the Father, not _____ on you.
- c. It is the devil who brings _____ and _____ which come from _____.

“For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.”

John 3:17 NKJV

“For God did not send the Son into the world to judge and condemn the world [that is, to initiate the final judgment of the world], but that the world might be saved through Him.”

John 3:17 AMP

“I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need

“I tell you, in the same way there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who

Unlocking Freedom

no repentance.”
Luke 15:7 NKJV

have no need of repentance.”
Luke 15:7 AMP

APPLICATION:

Perfectionism and comparison are relentless thieves, weaponizing our insecurities and spreading lies that suffocate our hope. The enemy is a master of deception—offering temptation with one hand, only to deliver a crushing blow of guilt and shame with the other. Condemnation is a cruel taskmaster, criticizing even the purest of intentions. But to wield the key of faith and the power of the Holy Spirit is to understand that true repentance brings freedom, not condemnation. All of heaven rejoices when a heart repents, for Jesus came to save the lost, not to condemn them. In Him, there is no shame, no lingering guilt, and no striving to earn a love that already covers you in the unearned favor of grace.

34. Read 1 John 1:8-10

- a. I have _____ and _____
the Lord that when I _____,
He no longer remembers my sin (Hebrews 10:15-17). I
am not the same person before I repented, Jesus made
me righteous and holy as He is. We are ONE.

“If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.”
NKJV

“If we say we have no sin [refusing to admit that we are sinners], we delude ourselves and the truth is not in us. [His word does not live in our hearts.] If we [freely] admit that we have sinned and confess our sins, He is faithful and just [true to His own nature and promises], and will

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forgive our sins and cleanse us continually from all unrighteousness [our wrongdoing, everything not in conformity with His will and purpose]. If we say that we have not sinned [refusing to admit acts of sin], we make Him [out to be] a liar [by contradicting Him] and His word is not in us.”

AMP

APPLICATION:

While it is easy to spot the faults in others, it is essential that we reflect on our own behavior and recognize the root of our errors as spiritual sin. Addiction, for instance, often stems from a spirit of idolatry and selfishness, just as bitterness can be tied to envy and anger. Much of our sin is heavily layered with pride, which blinds us and builds walls of defense. Yet, in humility, the Holy Spirit faithfully guides us with the wisdom and revelation needed for true repentance. Why is repentance so critical? Your unity with God forms a hedge of protection around your life; repenting closes the gaps that sin creates, denying the enemy any opportunity to attack or gain a foothold.

35. Read Galatians 5:19-25

- a. Walking by the _____ is _____ and _____
- b. Walking by the Spirit means our _____ is _____ by the Spirit in _____

“Now the works of the flesh are evident, which are: adultery,

“Now the practices of the sinful nature are clearly evident: they

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fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit."

NKJV

are sexual immorality, impurity, sensuality (total irresponsibility, lack of self-control), idolatry, sorcery, hostility, strife, jealousy, fits of anger, disputes, dissensions, factions [that promote heresies], envy, drunkenness, riotous behavior, and other things like these. I warn you beforehand, just as I did previously, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. And those who belong to Christ Jesus have crucified the sinful nature together with its passions and appetites. If we [claim to] live by the [Holy] Spirit, we must also walk by the Spirit [with personal integrity, godly character, and moral courage—our conduct empowered by the Holy Spirit]."

AMP

APPLICATION:

The works born of the flesh do more than just toss our relationships and emotions into chaos; they carry heavy physical consequences that medicine can diagnose but only God can fully heal. Anxiety, for instance,

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takes a heavy toll on the physical body, yet its true root is a spirit of fear built on a lie. Repentance shuts the door on that darkness, but freedom requires us to marry our repentance with faith, fully surrendering our steps to the Holy Spirit. Peace is anchored entirely in this surrender. The moment our conduct drifts from the remarkable fruit of the Spirit, our peace is fractured.

36. Repentance Prayer - Read out loud and agree in faith

- a. In the Name of Jesus, I put on the new person You made me to be and reject my past behavior and choices. I repent of sexual immorality, impurity, lack of self-control, idolatry, sorcery, hostility, strife, jealousy, fits of anger, disputes, dissensions, factions, envy, drunkenness, riotous behavior, and other things like these. From this moment forward, I choose to walk according to Your Word and the Holy Spirit leading in Jesus' Name.**
-

37. Read Matthew 6:14-15 and Colossians 3:12-14

- a. We must _____ to be _____ because we are _____ with God. You can't be _____ with God if you don't _____

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- b. Forgiveness is a _____ to be _____
and an act of divine _____

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”
Matthew 6:14-15 NKJV

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”
Matthew 6:14-15 AMP

“Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection.”
Colossians 3:12-14 NKJV

“So, as God’s own chosen people, who are holy [set apart, sanctified for His purpose] and well-beloved [by God Himself], put on a heart of compassion, kindness, humility, gentleness, and patience [which has the power to endure whatever injustice or unpleasantness comes, with good temper]; bearing graciously with one another, and willingly forgiving each other if one has a cause for complaint against another; just as the Lord has forgiven you, so should you forgive. Beyond all these things put on and wrap yourselves in [unselfish] love, which is the perfect bond of unity [for everything is bound together in agreement when each one seeks the best for others].”
Colossians 3:12-14 AMP

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APPLICATION:

Forgiveness is never about accepting, excusing, or forgetting a horrible or even small offense. Rather, to forgive is to recognize the ultimate authority of our just and merciful Father, choosing to surrender the outcome entirely into His hands. We must remember that our battle is not against flesh and blood, but against spiritual wickedness. That is exactly why we must depend on God's divine love as our Source for forgiveness. Unity with God depends on forgiving others and finding peace with His management of their lives, regardless of whether we agree with how the outcome externally looks. Crucially, this grace does not stop with others—you must also forgive yourself. Jesus has given you a new mirror, and forgiving yourself is the key in this process as well that allows His reflection to truly shine through you.

Use the *Forgiveness Prayer* for every person, painful situation, or memory that comes to mind. Continue to pray it over others and yourself whenever the Holy Spirit prompts you to forgive.

38. Forgiveness Prayer - Read out loud and agree in faith

- a. **Heavenly Father, You said to forgive others as You have forgiven me. I confess with my heart, mind, and entirety that I forgive _____ of _____ (list out the people even oneself and their offenses). I strip off any weight of pain, anger, and/or sorrow on my soul and am free**

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**right now in the Name of Jesus. I am full of hope,
faith, and love for Jesus and others in Jesus.**

39. Read Hebrews 12:1-2

- a. It is my _____ to fiercely _____
away every burden and cast aside the _____
that seeks to entangle my life and suffocate my hope.
- b. I choose to look away from every _____,
fixing my eyes entirely on Jesus—my _____
in all things including faith.
- c. It brings Him profound _____ to watch
me walk out this life with _____
endurance, _____ seeking His face.

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”

NKJV

“Therefore, since we are surrounded by so great a cloud of witnesses [who by faith have testified to the truth of God’s absolute faithfulness], stripping off every unnecessary weight and the sin which so easily and cleverly entangles us, let us run with endurance and active persistence the race that is set before us, [looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfecter of faith [the first incentive for our belief

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and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, disregarding the shame, and sat down at the right hand of the throne of God [revealing His deity, His authority, and the completion of His work].”
AMP

APPLICATION:

Through repentance and forgiveness, we humbly position ourselves in total dependence on Christ as the Source for our soul and of our deepest layers. It is your responsibility to actively shed the heavy weights tied to the chains on your soul. By casting off these weights, you strip the devil of his opportunities to attack. Now, you must take action to break those chains entirely, standing in your authority in Jesus Christ. You are an heir of the King eternal who defeated the enemy for the joy set before Him. That joy was YOU! He saw YOU, and it was with joy that He endured the cross.

40. Read Ephesians 6:10-13

- a. “Be _____ in the Lord” is a direct _____ for disciples, eliminating any room to accept the lie that we are _____.
- b. Our war is not against _____, but against spiritual forces of _____ —forces that

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were already defeated when Jesus conquered death and we placed our faith in Him.

- c. Take up God's complete _____ so you withstand any _____, you will not be broken—you will be _____.

“Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”

NKJV

“In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might. Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes and the strategies and the deceits of the devil. For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places. Therefore, put on the complete armor of God, so that you will be able to [successfully] resist and stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [in your place, fully prepared,

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immovable, victorious].”

AMP

APPLICATION:

Echoing throughout the Word is the relentless command of the Lord: be strong, be courageous, do not fear, and do not waver. The greatest heroes of the Old Testament could only dream of the gift we now hold through Jesus Christ—the promised Holy Spirit, who infuses our every step with divine might. The call to be strong never minimizes the trials we must endure. We wrestle against spiritual forces of wickedness, which means we are stepping onto a battlefield against a relentless opponent. Yet, to be strong is to intentionally clothe ourselves in the armor of God (Ephesians 6:14-18), fully trusting that the Holy Spirit will equip us to walk in the victory Christ has already won. Therefore, we stand firm and strong upon the Word to break the chains off our souls.

41. Read 2 Corinthians 10:3-6

- a. What is a stronghold?
- b. We wield our spiritual weapons by _____ the absolute Truth / Word and engaging our _____, unleashing the _____ of the Holy Spirit to shatter every _____ in the Name of Jesus Christ.
- c. Jesus is the Word. (John 1:1) Every truth we boldly _____ in His Name with His authority is backed by the absolute _____ of the Holy Spirit.

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“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled.”

NKJV

“For though we walk in the flesh [as mortal men], we are not carrying on our [spiritual] warfare according to the flesh and using the weapons of man. The weapons of our warfare are not physical [weapons of flesh and blood]. Our weapons are divinely powerful for the destruction of fortresses. We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ, being ready to punish every act of disobedience, when your own obedience [as a church] is complete.”

AMP

APPLICATION:

Strongholds are engineered through the enemy's calculated tactics to steal the Word from your life, kill your authority in Jesus, and destroy your future. These spiritual fortresses can be established by ongoing sin, negative vows or curses carelessly spoken over yourself or others, unforgiveness, addiction, generational curses, witchcraft, and more. As disciples, we possess the weapons to destroy these strongholds and obediently align our thoughts with Christ. Use the authority you have in unity with Him, according to the Father's perfect design for your life. Activate your faith by speaking the Word **in the Name of Jesus**, trusting the Holy Spirit to move in power and break the stronghold immediately.

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Afterward, every thought that follows must be carefully checked against Scripture as you stand firm in obedience. Pray the following prayer over each stronghold the Holy Spirit reveals to you.

42. Breaking Strongholds Prayer - Read out loud and agree in faith

- a. **Heavenly Father I come before you in the mighty Name of Jesus Christ. Your word says in 1 John 1:9, “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness”. I renounce _____ (EX: spirit of fear, doubt / unbelief, addiction, disease, sicknesses, ect) and break all agreement with it, its fruit, its children, and its presence in my life. I now bind every evil spirit that has been at work in and around my life. I declare that you are severed from my life, fired, and escorted out forever in the Name of Jesus Christ. I speak that any spirits attempting to linger or resist removal must go now in the Name of Jesus. Thank you, Lord Jesus, for setting me free!**

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Salvation Prayer

Heavenly Father, I come to You in the Name of Jesus. Your Word says, “Whosoever shall call on the Name of the Lord shall be saved” (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be Lord over my life. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I repent of sin and choose to walk forgiven according to Your Word.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in Your Word, “If ye then being evil, know how to give good gifts unto your children: HOW MUCH MORE shall your heavenly Father give the Holy Spirit to them that ask him?” (Luke 11:13). I’m also asking You to fill me with the Holy Spirit. Holy Spirit, rise up within me as I praise God. I fully expect to speak with other tongues as You give me the utterance (Acts 2:4). In Jesus’ Name. Amen.

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APPLICATION:

Using the key of faith and the power of the Holy Spirit, healing your soul becomes a clear three-step process that strips away every heavy weight, pain, and sorrow. I pray in the mighty name of Jesus that the Holy Spirit exposes every stronghold the enemy has built in your life. As He reveals them to you, apply the three-step process and prayers for each stronghold as detailed in *Unlocking Freedom*.

1 - Repentance; 2 - Forgiveness; 3 - Breaking off strongholds.

Stand firm in your faith, and you will witness the radical transformation of your life.

43. Read John 3:17 & Luke 15:7

- a. In your opinion, when do you need to repent and what does that look like? **Their response**
- b. Repentance brings **joy** to the Father, not **condemnation** on you.
- c. It is the devil who brings **shame** and **guilt** which come from **lies**.

APPLICATION:

Perfectionism and comparison are relentless thieves, weaponizing our insecurities and spreading lies that suffocate our hope. The enemy is a master of deception—offering temptation with one hand, only to deliver a crushing blow of guilt and shame with the other. Condemnation is a cruel taskmaster, criticizing even the purest of intentions. But to wield the key of faith and the power of the Holy Spirit is to understand that true repentance brings freedom, not condemnation. All of heaven rejoices when a heart repents, for Jesus came to save the lost, not to condemn them. In Him, there is no shame, no lingering guilt, and no

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striving to earn a love that already covers you in the unearned favor of grace.

44. Read 1 John 1:8-10

- a. I have **faith** and **trust** the Lord that when I **repent**, He no longer remembers my sin (Hebrews 10:15-17). I am not the same person before I repented, Jesus made me righteous and holy as He is. We are ONE.

APPLICATION:

While it is easy to spot the faults in others, it is essential that we reflect on our own behavior and recognize the root of our errors as spiritual sin. Addiction, for instance, often stems from a spirit of idolatry and selfishness, just as bitterness can be tied to envy and anger. Much of our sin is heavily layered with pride, which blinds us and builds walls of defense. Yet, in humility, the Holy Spirit faithfully guides us with the wisdom and revelation needed for true repentance. Why is repentance so critical? Your unity with God forms a hedge of protection around your life; repenting closes the gaps that sin creates, denying the enemy any opportunity to attack or gain a foothold.

45. Read Galatians 5:19-25

- a. Walking by the **flesh** is **sin** and **death**
- b. Walking by the Spirit means our **conduct** is **controlled** by the Spirit in **faith**

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APPLICATION:

The works born of the flesh do more than just toss our relationships and emotions into chaos; they carry heavy physical consequences that medicine can diagnose but only God can fully heal. Anxiety, for instance, takes a heavy toll on the physical body, yet its true root is a spirit of fear built on a lie. Repentance shuts the door on that darkness, but freedom requires us to marry our repentance with faith, fully surrendering our steps to the Holy Spirit. Peace is anchored entirely in this surrender. The moment our conduct drifts from the remarkable fruit of the Spirit, our peace is fractured.

46. Repentance Prayer - Read out loud and agree in faith

- a. **In the Name of Jesus, I put on the new person You made me to be and reject my past behavior and choices. I repent of sexual immorality, impurity, lack of self-control, idolatry, sorcery, hostility, strife, jealousy, fits of anger, disputes, dissensions, factions, envy, drunkenness, riotous behavior, and other things like these. From this moment forward, I choose to walk according to Your Word and the Holy Spirit leading in Jesus' Name.**
-

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47. Read Matthew 6:14-15 and Colossians 3:12-14

- a. We must **forgive** to be **forgiven** because we are **ONE** with God. You can't be **ONE** with God if you don't **forgive others**
- b. Forgiveness is a **must** to be **free** and an act of divine **love**

APPLICATION:

Forgiveness is never about accepting, excusing, or forgetting a horrible or even small offense. Rather, to forgive is to recognize the ultimate authority of our just and merciful Father, choosing to surrender the outcome entirely into His hands. We must remember that our battle is not against flesh and blood, but against spiritual wickedness. That is exactly why we must depend on God's divine love as our Source for forgiveness. Unity with God depends on forgiving others and finding peace with His management of their lives, regardless of whether we agree with how the outcome externally looks. Crucially, this grace does not stop with others—you must also forgive yourself. Jesus has given you a new mirror, and forgiving yourself is the key in this process as well that allows His reflection to truly shine through you.

Use the *Forgiveness Prayer* for every person, painful situation, or memory that comes to mind. Continue to pray it over others and yourself whenever the Holy Spirit prompts you to forgive.

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48. Forgiveness Prayer - Read out loud and agree in faith

- a. **Heavenly Father, You said to forgive others as You have forgiven me. I confess with my heart, mind, and entirety that I forgive _____ of _____ (list out the people even oneself and their offenses). I strip off any weight of pain, anger, and/or sorrow on my soul and am free right now in the Name of Jesus. I am full of hope, faith, and love for Jesus and others in Jesus.**
-

49. Read Hebrews 12:1-2

- a. It is my **responsibility** to fiercely **strip** away every burden and cast aside the **sin** that seeks to entangle my life and suffocate my hope.
- b. I choose to look away from every **distraction**, fixing my eyes entirely on Jesus—my **Source** in all things including faith.
- c. It brings Him profound **joy** to watch me walk out this life with **patient** endurance, **relentlessly** seeking His face.

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APPLICATION:

Through repentance and forgiveness, we humbly position ourselves in total dependence on Christ as the Source for our soul and of our deepest layers. It is your responsibility to actively shed the heavy weights tied to the chains on your soul. By casting off these weights, you strip the devil of his opportunities to attack. Now, you must take action to break those chains entirely, standing in your authority in Jesus Christ. You are an heir of the King eternal who defeated the enemy for the joy set before Him. That joy was YOU! He saw YOU, and it was with joy that He endured the cross.

50. Read Ephesians 6:10-13

- a. “Be **strong** in the Lord” is a direct **command** for disciples, eliminating any room to accept the lie that we are **weak**.
- b. Our war is not against **sin**, but against spiritual forces of **wickedness**—forces that were already defeated when Jesus conquered death and we placed our faith in Him.
- c. Take up God’s complete **armor** so you withstand any **attack**, you will not be broken—you will be **standing**.

APPLICATION:

Echoing throughout the Word is the relentless command of the Lord: be strong, be courageous, do not fear, and do not waver. The greatest heroes

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of the Old Testament could only dream of the gift we now hold through Jesus Christ—the promised Holy Spirit, who infuses our every step with divine might. The call to be strong never minimizes the trials we must endure. We wrestle against spiritual forces of wickedness, which means we are stepping onto a battlefield against a relentless opponent. Yet, to be strong is to intentionally clothe ourselves in the armor of God (Ephesians 6:14-18), fully trusting that the Holy Spirit will equip us to walk in the victory Christ has already won. Therefore, we stand firm and strong upon the Word to break the chains off our souls.

51. Read 2 Corinthians 10:3-6

- a. What is a stronghold?
- b. We wield our spiritual weapons by **speaking** the absolute Truth / Word and engaging our **faith**, unleashing the **power** of the Holy Spirit to shatter every **stronghold** in the Name of Jesus Christ.
- c. Jesus is the Word. (John 1:1) Every truth we boldly **declare** in His Name with His authority is backed by the absolute **power** of the Holy Spirit.

APPLICATION:

Strongholds are engineered through the enemy's calculated tactics to steal the Word from your life, kill your authority in Jesus, and destroy your future. These spiritual fortresses can be established by ongoing sin, negative vows or curses carelessly spoken over yourself or others, unforgiveness, addiction, generational curses, witchcraft, and more. As

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disciples, we possess the weapons to destroy these strongholds and obediently align our thoughts with Christ. Use the authority you have in unity with Him, according to the Father's perfect design for your life. Activate your faith by speaking the Word **in the Name of Jesus**, trusting the Holy Spirit to move in power and break the stronghold immediately. Afterward, every thought that follows must be carefully checked against Scripture as you stand firm in obedience. Pray the following prayer over each stronghold the Holy Spirit reveals to you.

52. Breaking Strongholds Prayer - Read out loud and agree in faith

- a. **Heavenly Father I come before you in the mighty Name of Jesus Christ. Your word says in 1 John 1:9, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness". I renounce**
_____ **(EX: spirit of fear, doubt / unbelief, addiction, disease, sicknesses, ect) and break all agreement with it, its fruit, its children, and its presence in my life. I now bind every evil spirit that has been at work in and around my life. I declare that you are severed from my life, fired, and escorted out forever in the Name of Jesus Christ. I speak that any spirits attempting to linger or resist removal must go now in the**

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Name of Jesus. Thank you, Lord Jesus, for setting me free!

Salvation Prayer

Heavenly Father, I come to You in the Name of Jesus. Your Word says, “Whosoever shall call on the Name of the Lord shall be saved” (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be Lord over my life. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I repent of sin and choose to walk forgiven according to Your Word.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in Your Word, “If ye then being evil, know how to give good gifts unto your children: HOW MUCH MORE shall your heavenly Father give the Holy Spirit to them that ask him?” (Luke 11:13). I’m also asking You to fill me with the Holy Spirit. Holy Spirit, rise up within me as I praise God. I fully expect to speak with other tongues as You give me the utterance (Acts 2:4). In Jesus’ Name. Amen.

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53. Read 1 Corinthians 6:11-12; 19-20

- a. We are _____ and no longer in _____ to any _____ or _____ in the Name of Jesus and by the Holy Spirit.
- b. Because we are _____ with God, we live absolutely free in _____ area of life—but we must _____ choose never to _____ or submit ourselves to _____ again.
- c. Unlocking freedom is a spiritual victory for your soul, while _____ to live free _____ honors the Lord in your _____ and daily _____.

“And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God. All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body [a]and in your spirit, which are God’s.”

NKJV

“And such were some of you [before you believed]. But you were washed [by the atoning sacrifice of Christ], you were sanctified [set apart for God, and made holy], you were justified [declared free of guilt] in the name of the Lord Jesus Christ and in the [Holy] Spirit of our God [the source of the believer’s new life and changed behavior]. Everything is permissible for me, but not all things are beneficial. Everything is permissible for me, but I will not be enslaved by anything [and brought under its power, allowing it to control me]. Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God,

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and that you are not your own [property]? You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own]. So then, honor and glorify God with your body.”

AMP

APPLICATION:

Shed the lie that you are still bound by past behaviors, and fix your focus firmly on walking by the Spirit and in truth. You are completely made new in Jesus Christ. You are free in every single aspect of your life! While your past no longer dictates your identity, never forget that we are in a war against spiritual forces of wickedness. The enemy lacks creativity; he only has the power we hand over to him and he’s actively searching for opportunities to destroy you. Proverbs 26:11 says, “*As a dog returns to his own vomit, so a fool repeats his folly.*” When we actively choose to walk in freedom by the Spirit—navigating our past consequences, circumstances of life, and relationships according to the Word —God gets all the glory.

54. Read Hebrews 13:1-2; 5-9

- a. _____ begins and ends with _____ love for others.
- b. “Continue” implies love must be _____, not _____
- c. _____ comes from God as our _____, not possessions or employment or circumstances.
- d. Stand _____ in Jesus Christ as our solid _____ of life.

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- e. How do we do this?
- i. Study the _____
 - ii. Be in continual _____
 - iii. Stop accepting _____ as

 - iv. Change your _____ from
_____ to _____
 - v. Invest in _____
and _____ with disciples

“Let brotherly love continue. Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels.

Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.” So we may boldly say:

*“The Lord is my helper;
I will not fear.*

What can man do to me?”

Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct. Jesus Christ is the same yesterday, today, and forever. Do not be carried about with various and strange doctrines. For it is good that the heart be established by grace, not with foods which have not profited those who have been occupied with them.”

“Let love of your fellow believers continue. Do not neglect to extend hospitality to strangers [especially among the family of believers—being friendly, cordial, and gracious, sharing the comforts of your home and doing your part generously], for by this some have entertained angels without knowing it. Let your character [your moral essence, your inner nature] be free from the love of money [shun greed—be financially ethical], being content with what you have; for He has said, “I will never [under any circumstances] desert you [nor give you up nor leave you without support, nor will I in any degree leave you helpless], nor will I forsake or let you down or relax My hold on you [assuredly not]!”

So we take comfort and are encouraged and confidently say, “The Lord is my Helper [in time

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NKJV

of need], I will not be afraid. What will man do to me?" Remember your leaders [for it was they] who brought you the word of God; and consider the result of their conduct [the outcome of their godly lives], and imitate their faith [their conviction that God exists and is the Creator and Ruler of all things, the Provider of eternal salvation through Christ, and imitate their reliance on God with absolute trust and confidence in His power, wisdom, and goodness]. Jesus Christ is [eternally changeless, always] the same yesterday and today and forever. Do not be carried away by diverse and strange teachings; for it is good for the heart to be established and strengthened by grace and not by foods [rules of diet and ritualistic meals], which bring no benefit or spiritual growth to those who observe them."

AMP

APPLICATION:

Grow in a deep understanding of God's love, which is the abundant life we have in Jesus—a love that overflows from within His presence for others to experience. Living free in this united love drives out all fear and expectation of punishment. It also naturally transforms how we treat others, validating the true nature of Christ's love within us as one. The benchmark for standing strong in love is rooted in fellowship and sharing

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the goodness of God with the world. However, the more you engage in fellowship, the more likely you are to encounter teachings that manipulate truth. Therefore, do not avoid fellowship, but learn to be graciously selective. Intentionally use the Word with faith to mature from a simple believer into an intimate, unwavering disciple of Jesus Christ.

55. Read Colossians 3:12-17

- a. Being a _____ is rooted in your identity in Jesus, not in trying to _____. His acceptance or _____ your own life. _____ is the Father's perfect design—giving you _____ that is rich in promises and blessings.
- b. To be one with God, love is a bond of _____
- c. "Put on" is also translated as "_____."
- d. These qualities reflect the character of Christ which require _____ and _____ on the Spirit. Without _____, spiritual actions lose their _____.
- e. When Christ rules in my life, my peace is _____ as the Word of God defines every _____ in my mind.
- f. Every action and word becomes an act of _____ full of _____ and/or _____.

"Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility,

"So, as God's own chosen people, who are holy [set apart, sanctified for His purpose] and well-beloved

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meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.”

NKJV

[by God Himself], put on a heart of compassion, kindness, humility, gentleness, and patience [which has the power to endure whatever injustice or unpleasantness comes, with good temper]; bearing graciously with one another, and willingly forgiving each other if one has a cause for complaint against another; just as the Lord has forgiven you, so should you forgive. Beyond all these things put on and wrap yourselves in [unselfish] love, which is the perfect bond of unity [for everything is bound together in agreement when each one seeks the best for others]. Let the peace of Christ [the inner calm of one who walks daily with Him] be the controlling factor in your hearts [deciding and settling questions that arise]. To this peace indeed you were called as members in one body [of believers]. And be thankful [to God always]. Let the [spoken] word of Christ have its home within you [dwelling in your heart and mind—permeating every aspect of your being] as you teach [spiritual things] and admonish and train one another with all wisdom, singing psalms and hymns and spiritual songs with

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thankfulness in your hearts to God. Whatever you do [no matter what it is] in word or deed, do everything in the name of the Lord Jesus [and in dependence on Him], giving thanks to God the Father through Him.”

AMP

APPLICATION:

From the beginning, our loving Father created with purpose, and He never changes. He created you with purpose: to live an abundant, free life, overflowing with the heavenly characteristics of God through the Holy Spirit. But this freedom requires action. Just as you get dressed every single morning, you must actively clothe yourself in the 'new man' through faith in Jesus Christ. Intentionally put on love and choose to stand free in the Word. When you do, an unshakeable peace will overwhelm your soul, and you will refuse to trade that peace for any lie of the enemy. The devil will set traps, but you always have a choice. You now hold the tools to unlock your freedom using the key of faith, fully empowered by the Holy Spirit. Praise the Lord, the ultimate Source of all!

56. Read Hebrews 11: 3 and Proverbs 18:21

- a. We either speak _____ or _____
but both have _____

“By faith we understand that the worlds were framed by the word of God, so that the things which

“By faith [that is, with an inherent trust and enduring confidence in the power, wisdom

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*are seen were not made of things
which are visible.”*

Hebrews 11:3 NKJV

*and goodness of God] we
understand that the worlds
(universe, ages) were framed and
created [formed, put in order,
and equipped for their intended
purpose] by the word of God, so
that what is seen was not made
out of things which are visible.”*

Hebrews 11: 3 AMP

*“Death and life are in the power
of the tongue,
And those who love it will eat its
fruit.”*

Proverbs 18:21 NKJV

*“Death and life are in the power
of the tongue,
And those who love it and indulge
it will eat its fruit and bear the
consequences of their words.”*

Proverbs 18:21 AMP

APPLICATION:

The very foundations of the earth were spoken into existence by the word of God, and Jesus is the Word. When you boldly speak His truth with faith, your words literally pave your future, carving a path toward either life or death. To live fiercely free is to let the deepest confessions of your transformed heart become the triumphant declarations of your mouth. Jesus says in John 15:7, “*If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.*” Set aside time every single day to boldly declare the Father’s promises over your life.

These promises belong to you through Jesus and are activated by your spoken faith. According to Isaiah 55:11, God’s Word will always accomplish exactly what it was sent to do, striking its target like an arrow driven by the Holy Spirit.

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Confessions

Speak these daily to confess the Word of the Lord over your life.

- I am an overcomer, I overcome evil with good. Rom 12:21
- Greater is He that is in me than he that is in the world. 1John 4:4
- I will fear no evil, for the Lord is with me. His rod and His staff, they comfort me. Ps 23:4
- I am far from oppression and fear does not come near me. Isa 54:14
- No weapon formed against me will prosper, for my righteousness is of the Lord. Isa 54:17
- No plague shall come near my dwelling place. Ps 91:10
- The Lord and His angels guard me in all my ways. Ps 91:11
- In my pathway is life and there is no death. Prov 12:28
- I am a doer of the Word of God and I am blessed in my deeds. I am happy in those things that I do. James 1:25
- I take the shield of faith and stop everything the enemy brings against me. Eph 6:16
- Christ has redeemed me from the curse of the Law. Therefore I forbid sickness and disease, poverty, confusion, or defeat to come on me. Gal 3:13
- I overcome by the blood of the Lamb and the word of my testimony. Rev 12:11
- I will live 120 years Gen 6:3
- We are submitted to God. The devil flees from me because I resist him in Jesus' name. James 4:7
- The Word of God is forever settled in heaven. Therefore I establish His word on the earth. Ps 119:89
- I anointed as a King and a Priest of the Most High God Jesus took my poverty. I am wealthy. 2 Cor 8:9

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- I have no lack, for my God supplies all of my needs according to His riches in glory by Christ Jesus. Phil 4:19
- The Lord is my shepherd. I do not lack. Psalm 23:1
- The Spirit of truth abides in me and teaches me all things. He guides me into all truth. John 16:13
- In all my ways I acknowledge Him and He directs my path. Prov 3:6
- He will perfect that which concerns me. Ps 138:8
- I let the Word of Christ dwell in me richly in all wisdom. Col 3:16
- Jesus leads me. I know His voice, the voice of a stranger I will not follow. John 10:3,4
- The joy of the Lord is my strength. Neh 8:10
- The Lord is the strength of my life. Psalm 27:1
- I refuse to give place to the devil. Eph 4:27
- I let the peace of God rule in my heart. Col 3:15
- I have the keys to the kingdom of heaven. Whatever I bind on earth is bound in heaven, and whatever I loose on earth is loosed in heaven. Matt 16:19; 18:18
- I am a believer and these signs do follow me: I speak with new tongues, I take authority over the devil, I lay hands on the sick and they do recover. Mark 16:17, 18
- I am complete in Christ. I have no sense of inferiority before God or man. Col 2:10
- I reign in life as a king through the One, Christ Jesus. Ro 5:17
- The love of God has been poured out within my heart through the Holy Spirit within me. Ro 5:5
- I am the righteousness of God in Christ. 2Cor 5:21
- I am a spirit of faith. The real me does not doubt the Word of God. 2 Cor 4:13; 1Cor 6:17
- The love of Christ controls me. 2 Cor 5:14

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- I am heirs with God Joint heirs with Jesus. Rom 8:16,17
- Jesus bore my sicknesses and my pains. By His stripes I am healed. Isa 53:4,5
- Jesus bore my sins in His body on the cross. By His stripes I was healed. 1Pet 2:24
- I'm a believer. Anything is possible for me! Mk 9:23

I believe I receive and have whatsoever I say in Jesus' Name!

Salvation Prayer

Heavenly Father, I come to You in the Name of Jesus. Your Word says, "Whosoever shall call on the Name of the Lord shall be saved" (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be Lord over my life. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I repent of sin and choose to walk forgiven according to Your Word.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in Your Word, "If ye then being evil, know how to give good gifts unto your children: HOW MUCH MORE shall your heavenly Father give the Holy Spirit to them that ask him?" (Luke 11:13). I'm also asking You to fill me with the Holy Spirit. Holy Spirit, rise up within me as I praise God. I fully expect to speak with other tongues as You give me the utterance (Acts 2:4). In Jesus' Name. Amen.

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57. Read 1 Corinthians 6:11-12; 19-20

- a. We are **freed** and no longer in **bondage** to any **stronghold** or **sin** in the Name of Jesus and by the Holy Spirit.
- b. Because we are **one** with God, we live absolutely free in **every** area of life—but we must **intentionally** choose never to **return** or submit ourselves to **bondage** again.
- c. Unlocking freedom is a spiritual victory for your soul, while **choosing** to live free **actively** honors the Lord in your **body** and daily **conduct**.

APPLICATION:

Shed the lie that you are still bound by past behaviors, and fix your focus firmly on walking by the Spirit and in truth. You are completely made new in Jesus Christ. You are free in every single aspect of your life! While your past no longer dictates your identity, never forget that we are in a war against spiritual forces of wickedness. The enemy lacks creativity; he only has the power we hand over to him and he's actively searching for opportunities to destroy you. Proverbs 26:11 says, "*As a dog returns to his own vomit, so a fool repeats his folly.*" When we actively choose to walk in freedom by the Spirit—navigating our past consequences, circumstances of life, and relationships according to the Word —God gets all the glory.

58. Read Hebrews 13:1-2; 5-9

- a. **Living free** begins and ends with **consistent** love for others.
- b. "Continue" implies love must be **maintained intentionally**, not **occasionally**.

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- c. **Security** comes from God as our **Source**, not possessions or employment or circumstances.
- d. Stand **unwavering** in Jesus Christ as our solid **foundation** of life.
- e. How do we do this?
 - i. Study the **Bible**
 - ii. Be in continual **prayer (relationship)**
 - iii. Stop accepting **lies** as **truth**
 - iv. Change your **words** from **lies** to **truth**
 - v. Invest in **fellowship** and **connect** with disciples

APPLICATION:

Grow in a deep understanding of God's love, which is the abundant life we have in Jesus—a love that overflows from within His presence for others to experience. Living free in this united love drives out all fear and expectation of punishment. It also naturally transforms how we treat others, validating the true nature of Christ's love within us as one. The benchmark for standing strong in love is rooted in fellowship and sharing the goodness of God with the world. However, the more you engage in fellowship, the more likely you are to encounter teachings that manipulate truth. Therefore, do not avoid fellowship, but learn to be graciously selective. Intentionally use the Word with faith to mature from a simple believer into an intimate, unwavering disciple of Jesus Christ.

59. Read Colossians 3:12-17

- a. Being a **disciple** is rooted in your identity in Jesus, not in trying to **earn** His acceptance or **fix** your own life.

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- Grace** is the Father’s perfect design—giving you **unmerited favor** that is rich in promises and blessings.
- b. To be one with God, love is a bond of **ideal harmony**
 - c. “Put on” is also translated as “**Clothe yourselves**”
 - d. These qualities reflect the character of Christ which require **intentional practice** and **dependence** on the Spirit. Without **love**, spiritual actions lose their **purpose**.
 - e. When Christ rules in my life, my peace is **unshakable** as the Word of God defines every **question** in my mind.
 - f. Every action and word becomes an act of **worship** full of **praise** and/or **gratitude**.

APPLICATION:

From the beginning, our loving Father created with purpose, and He never changes. He created you with purpose: to live an abundant, free life, overflowing with the heavenly characteristics of God through the Holy Spirit. But this freedom requires action. Just as you get dressed every single morning, you must actively clothe yourself in the ‘new man’ through faith in Jesus Christ. Intentionally put on love and choose to stand free in the Word. When you do, an unshakeable peace will overwhelm your soul, and you will refuse to trade that peace for any lie of the enemy. The devil will set traps, but you always have a choice. You now hold the tools to unlock your freedom using the key of faith, fully empowered by the Holy Spirit. Praise the Lord, the ultimate Source of all!

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60. Read Hebrews 11: 3 and Proverbs 18:21

- a. We either speak **truth** or **lies** but both have **power**.

APPLICATION:

The very foundations of the earth were spoken into existence by the word of God, and Jesus is the Word. When you boldly speak His truth with faith, your words literally pave your future, carving a path toward either life or death. To live fiercely free is to let the deepest confessions of your transformed heart become the triumphant declarations of your mouth. Jesus says in John 15:7, *“If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”* Set aside time every single day to boldly declare the Father’s promises over your life. These promises belong to you through Jesus and are activated by your spoken faith. According to Isaiah 55:11, God’s Word will always accomplish exactly what it was sent to do, striking its target like an arrow driven by the Holy Spirit.

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