

# FREEDOM EXERCISE

## UNFETTERED MINISTRIES

### Lets Begin the Freedom Exercise Process!

*Remember it is very important to get "out of your head" and allow the Holy Spirit to direct this time. Say "Holy Spirit HELP!" Ask him to guide you as you pray, surrender and write. Praying for you! Kerri*

- **DEFINITIONS :**

Lie: Anything opposed to what God says about you.

Shame: A false or Demonic identity.

Fear: Taking even ONE step back from who God created you to be.

- **Step One: Receive God's Love** - Carve out time to be alone with God for the express purpose of receiving His love! 1 John 4:19 says we love Him because He first loved us. So, before moving on to the remaining steps bask in His love and receive His presence!
- **Step Two: Listen**-You will need to create the time and space to listen to the Holy Spirit and hear the voice of God. Pray and ask God to open your eyes to any deception or sin in your life. Before you begin, say a prayer and ask the Holy Spirit to lead, protect and guide you. Ask for His voice to speak Truth and that you would hear Him clearly. Getting out of your head is critical to this step. Ask Him to guide you as you pray.
- **Step Three: Write down**- every lie, shame, and fear the Holy Spirit reveals to you in prayer (Romans 8:26-28). Ask Him to help you as you pray. Once you have confirmation/peace that your list is complete go to step four.
- **Step Four: Verbally reject/renounce**-disagree with every lie, shame, and fear you have listed. Say out loud "I do not agree that \_\_\_\_\_" or "I renounce the shame of \_\_\_\_\_." Reference the list you made in the above step. Do this out loud!
- **Step Five: Write the opposite** of every lie, shame and fear so it reflects the truth. Remember the enemy tells you the opposite of what God says, so as you re-write your list you are stating the truth! Ask the Holy Spirit to help you see past any deception and hear the truth.
- **Step Six: Verses**-ask the Holy Spirit to lead you to verses that confirm the truth. A verse may come to mind through His prompting. We strongly encourage you to allow the Holy Spirit to speak to your heart and lead you in this process. You will be amazed at how you will be prompted with a part of a verse or even just a passage. When you follow through, you will discover it is the exact verse you need! If you get stuck, you may need to do a word search in your bible's concordance or go on-line to some bible software like: [www.biblegateway.com](http://www.biblegateway.com). Next, speak these verses out loud which will renew and transform your mind, speak them as many times as is necessary. By doing this you are replacing the lies, shame and fear with the truth of God's Word which brings the freedom Christ died for you to have! The Word is the offensive weapon against the schemes of Satan. Use your sword and claim your freedom! Ephesians 6:17, Hebrews 4:12.
- **Step Seven: Accountability**-Get "real" accountability for healing and upholding your new found truth. Share your experience in this exercise with someone you trust. Set a date and time to ask them to encourage you to break old patterns, agree with the truth of who you are, and pray for you. Read Matt. 18:18-19 and James 5:16 as reinforcement to this final step.