



SPIRITUAL FREEDOM CHURCH

**21 DAYS OF DELIVERANCE
MANUAL AND WORKSHEETS**

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POST DELIVERANCE MANUAL

INDEX

- I. Letter of Introduction
- II. Breaking Curses Daily Prayer
- III. Twelve Prayers to Develop Your Destiny
- IV. Do's and Dont's of Deliverance
- V. How to Stay Free
- VI. Ten Tips to Stay Free
- VII. Declaration to Release Your Destiny
- VIII. The Lie vs the Truth
- IX. God's Yellow Pages of Scripture
- X. 12 Days of Deliverance Worksheets

Dear Friend in Christ,

On Behalf of the Spiritual Freedom Church and the DWJD team who worked you, Laura and I would like to take this opportunity to congratulate you on the beginning of the most rewarding spiritual journey you will ever take.

We believe and are committed to the wholeness and freedom Christ promises at the cross.

When you became a Christian, satan made you a target, as he does with all Christians. When one gets deliverance, the war begins. The enemy wants to reclaim the territory he has occupied and won't give up without a fight.

The Lord has always wanted your perfect destiny and wants to bless you with that. The Lord gave you a miracle, and now He wants you to defend it with His help, and make choices and confessions that will keep you free. We have free will and the choice is up to you. Your earthly deliverer can not do it for you. It is you and only you, with the help and leading of Jesus Christ and the Holy Spirit, who can keep your freedom.

We pray this manual will give you information that will help you keep your freedom. Please remember this is a mere workbook and no substitute for the unerring Word of God found in the Bible.

Please do the necessary work to keep your deliverance. He bought you to the cross at a great price, and you are worth it. We will continue to pray for you and for your life of freedom. A life that will include giving back the gift of deliverance by helping others and serving in a body of believers who uphold the correct and biblical application of deliverance.

God be with you and protect you,

Pastor's Bob and Laura Larson

BREAKING CURSES

Daily Prayer

Lord, as an act of my will, I submit to your name and Lordship of my life. I ask you to forgive all of my sins, and that I forgive those who have sinned against me. Satan, I bind you this day in the name of the Lord Jesus Christ. By my authority in Jesus, I bind, loose, break and destroy the power of every ancestral curses, or any other curse, hex, vex, spell, and any incantations: boxing or caging.

I bind in Jesus name any and all: blood pacts, oaths, covenants, ritual ceremonies, tricks, traps or schemes of the enemy, voodooos, bewitchments, re-assignments, rededications, curses by or on objects I own or are associated with, watcher demon curses, words spoken over me that are not of you Lord, and any words I have spoken over others and myself that are not of you Lord. Please bind any prayers that are contrary to the perfect will and destiny of our Father in Heaven.

All in the name of the mighty name of our Lord Jesus Christ. Amen

PRAYER OF FREEDOM

Lord, let me live each day as free as I can be, so that the next day will be more free than the day before. Help me to make what you say, what I do. Thank you for freeing me from sin's bondage. I am free because you placed the penalty of sin's wrath on your Only Begotten Son, so that I might escape the judgment of spiritual death. Help me to possess your promises and leave no room for evil to dwell, in Your temple, my life. With Your help, I will face every circumstance with trust and contentment. I will encounter every adversity with hope and confidence. And I will take each discouragement in stride, knowing that every disparagement is an opportunity for You, to show Your power in my life. By Your grace, I am free. By Your power, I shall stay free. And by your constantly Indwelling Presence, I will live free!

TWELVE PRAYERS TO DEVELOP YOUR DESTINY

By Pastor Bob Larson

I command that the spirits of evil, which have stolen my destiny, bring it back from the place it has hidden.

I touch my eyes to release the vision of my destiny and pull back the scales that have blinded me from seeing God's pre-ordained purpose for my life.

I renounce every evil spirit that rides the horse of my destiny and command that they must come down, that I may ride as a prince in charge of my calling.

I clasp my hands in agreement that what I touch will prosper, and I let go of anything that holds me back from the abundance God has declared over my life.

I speak death over every demonic blueprint of a false destiny for my life.

I cut off every employment, every relationship, every soul-tie that holds me back from receiving the full benefit of my destiny.

I revoke every curse from hell that tries to hinder my destiny and send that curse back where it came from to torment the one who uttered it.

I declare the blessing, honor, and favor from God that is necessary to walk in the anointing to pursue my destiny.

I break every embargo against my career, my personal habits, my health, and my spiritual life that would hold back the blessing of God from falling on me.

I receive the anointing I need for the breakthrough I have coming to change every circumstance preventing me from fulfilling God's purpose.

I speak opposition to every illegitimate attempt to deceive me into relinquishing my destiny before God's will in my life is completed.

I pray for the spirit of revelation to know God's plan for my destiny and the gift of discernment to make wise decisions to complete my pursuit of God's purpose.

DOS AND DON'T'S OF DELIVERANCE

By Pastor Bob Larson

DO remain faithful to church, worship, and fellowship.
DON'T go back to old friends and places.

DO remain faithful to church ordinances.
DON'T allow old habits to keep dominating you.

DO what is necessary to repair relationships.
DON'T maintain ungodly arrangements.

DO immerse yourself in Christian music and literature.
DON'T neglect to grow daily in the knowledge of the Word.

DO maintain a healthy lifestyle of healthful food and exercise.
DON'T doubt your deliverance or listen to the lies of the enemy. If you doubt your deliverance, you will lose it.

HOW DO YOU STAY FREE?

By Pastor Bob Larson

A) PURSUE YOUR FREEDOM

Be Determined

Push Through to Touch the Hem of His Garment: Matt 9:20-21 *Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. 21 She said to herself, "If I only touch his cloak, I will be healed."* NIV

Be Like the Man Let Through the Roof: Mark 2:2-5 *So many gathered that there was no room left, not even outside the door, and he preached the word to them. 3 Some men came, bringing to him a paralytic, carried by four of them. 4 Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus, and after digging through it, lowered the mat the paralyzed man was lying on. 5 When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven."* NIV

*** Go where you need to go and do what you need to do to find freedom.**

B) GET YOUR STUFF OUT NOW

Don't be silenced by shame - to get out of your shame, you must blame

Don't be fettered by fear - lay aside your reputation

*** Ask God to reveal what's in your life that is holding back your freedom.**

C) STUDY THE PROCESS TO FREEDOM

Many people go through deliverance and healing and have no clue how it happened, and never try to understand it.

Study the DVD's and books provided by this ministry.

Memorize the Word, such as "The Ten Scriptures Satan Hates Most" in our Pre-Deliverance Manual.

Know how you got free so you can do what you need to do to stay free.

TEN TIPS TO STAY FREE

By Pastor Bob Larson

- 1) STOP BELIEVING SATAN'S LIES
- 2) CHANGE BEHAVIOR
- 3) FORM NEW RELATIONSHIPS
- 4) SUBMIT TO ACCOUNTABILITY
- 5) TAKE RESPONSIBILITY
- 6) PURSUE PROFESSIONAL HELP
- 7) STAY HEALTHY
- 8) PUT FINANCES IN ORDER
- 9) ADDRESS FAMILY DYNAMICS
- 10) DEVELOP NEW HABITS

DECLARATION TO RELEASE YOUR DESTINY

My destiny was determined by God before the worlds were formed. While yet in my mother's womb, before my first breath, God released my destiny. It is written in Jeremiah 1:5: *Before I formed you in the womb, I knew you. Before you were born, I set you apart.*” NIV

In whatever ways Satan has bound my destiny and prevented me from fulfilling all of God's purpose for my life, I make the following declaration:

- I renounce every legal right Satan has to deter my destiny!
- I pull down every stronghold that binds up my destiny!
- I break every curse that diverts my destiny!

The Strong Man who holds back my destiny must release it now! The parts of me that stand in the way of my destiny must stand back now! I submit my spirit, soul, and body to the authority of Jesus Christ, who holds my destiny in His hands, and no power in heaven on earth or in hell can take it from His hands. He gives it to me now as His gift, purchased at the cross with His blood.

Satan, I command you in the names of Jesus:

- Loose my calling to serve God with all my heart!
- Release my anointing to walk in wisdom and revelation!
- Unleash my purpose to give glory to God by healing the broken-hearted and setting the captives free!
- Free my destiny from selfish pride, confusion, doubt, fear and every hesitation to become all that God has meant me to be.

I will achieve my destiny! I will become the person I was always meant to be. I will overcome by the blood of the Lamb, I will walk in all the health, prosperity, goodness, blessing, honor, and favor that my father and heaven has promised.

My destiny awaits me and I will not turn back nor turn aside. No demon can stop me. No person can convince me otherwise. No power of man nor Satan will keep me from my destiny. Until the Lord returns, or I go to be with Him, my destiny shall be my constant compulsion with every breath I breathe and every step I take. My destiny awaits me, and I await my destiny.

POST DELIVERANCE CLASS

By Shirl Hill Miller

The Lie

I am rejected

I feel guilty

I feel inadequate

I am fearful, anxious person

I am not very smart

I am in bondage

I am unlovable/unloved

I am unwanted

I am hopeless

I have no strength

I feel condemned

I am alone/feel alone

I have no one to take care of me

There is nothing special about me

I am not good enough

I am defeated

I can't reach God

I feel inferior

The Truth

I am accepted (Eph 1:6, Psalm 139:17)

I am totally forgiven (Eph 1:7, Psalm 103:3, Hew 10:17)

I am adequate (Phillipians 1:17, 2 Corn 3:5)

I am free from fear (2 Tim 1:7, 1 John 4:18)

I have God's wisdom (1 Corn 1:30, Col 2:3)

I am free (2 Corn 3:17, John 8:36)

I am loved (John 5:19, Eph 2:4-5)

I have been adopted by God and am His Child (1 John 3:1, Rom 8:16-17)

I have all the hope I need (Rom 15:13, Psalm 31:24)

I have God's power (Eph 1:1, Eph 3:20)

I am blameless (Rom 8:1, John 3:18)

I am never alone (Heb 13:5-6, Rom 8:38-39)

I am protected/safe (Psalm 32: 7-8, 10-11)

I have been chosen by God (1 Corn 6:11, 1 Peter 2:9-10)

I am perfected in Christ (Heb 10:14, Col 2:9-10)

I am victorious (2 Corn 2:14; Rom 8:37)

I have access to God (Luke 10:19, 1John 4:4; 1 John 3:8)

I am designed uniquely for God's purposes (Psalm 139: 13-14, Rom: 2-11)

GOD'S YELLOW PAGES

Spiritual Guidance direct from God - let your fingers do the walking through the Bible.

“WHERE TO LOOK WHEN. . . .” SECTION

AFRAID

Psalm34:4
Matthew 10:28
2 Timothy 1:7
Hebrews13:5,6

ANXIOUS

Psalm46
Matthew 6:19 34
Philippians 4:6
1 Peter 5:6,7

BACKSLIDING

Psalm51
1 John 1:4 9

BEREAVED

Matthew 5:4
2 Corinthians 1:3,4

BITTER CRITICAL

1 Corinthians13

CONSCIOUS OF SIN

Proverbs28:13

DEFEATED

Romans 8:31 39

DEPRESSED

Psalm34

DISASTER THREATENS

Psalm91
Psalm 118:5,6
Luke8:22 25

DISCOURAGED

Psalm 23
Psalm 42:6 11
Psalm 55:22
Matthew 5:11,12
2 Corinthians 4:8 18
Philippians 4:4 7

DOUBTING

Matthew8:26
Hebrews11

FACING CRISIS

Psalm 121
Matthew 6:25 34
Hebrews11

FAITH FALLS

Psalm42:5
Hebrews11

FRIENDS FAIL

Psalm 41:9 13
Luke 17:3,4
Romans 12:14,17,19,21
2 Timothy 4:16 18

LEAVING HOME

Psalm 121
Matthew10:16 20

LONELY

Psalm23
Hebrews13:5,6

NEEDING GOD'S PROTECTION

Psalm27:1 6
Psalm91
Philippians4:19

NEEDING GUIDANCE

Psalm32:8
Proverbs3:5,6

NEEDING PEACE

John 14:1 4
John16:33
Romans5:1 5
Philippians 4:6,7

NEEDING RULES FOR LIFE

Romans 12

GOD'S YELLOW PAGES

Spiritual Guidance direct from God - let your fingers do the walking through the Bible.

“WHERE TO LOOK WHEN” SECTION

OVERCOME

Psalm 6
Romans 8:31-39
1 John 1:4-9

PRAYERFUL

Psalm 4
Psalm 42
Luke 11:1-13
John 17
1 John 5:14,15

PROTECTED

Psalm 18:1-3
Psalm 34:7

SICK - IN PAIN

Psalm 38
Matthew 26:39
Romans 5:3-5
2 Corinthians 12:9,10
1 Peter 4:12, 13, 19

SORROWFUL

Psalm 51
Matthew 5:4
John 14
2 Corinthians 1:3,4
1 Thessalonians 4:13-18

TEMPTED

Psalm 1
Psalm 139:23,24
Matthew 26:41
1 Corinthians 10:12-14
Philippians 4:8
James 4:7
2 Peter 2:9; 3:17

THANKFUL

Psalm 100
1 Thessalonians 5:18
Hebrews 13:15

TRAVELING

Psalm 121

TROUBLE, IN

Psalm 16 & 31
John 14:1-4
Hebrews 7:25

WEARY

Psalm 90
Matthew 11:28-30
1 Corinthians 15:58
Galatians 6:9,10

WORRIED

Matthew 6:19-34
1 Peter 5:6,7

“CHRISTIAN VIRTUES & CHARACTER” SECTION

ABUNDANT LIFE

John10:10

CITIZENSHIP

Romans 13:1 7

Titus 3:1

CLEANLINESS

2 Corinthians 7:1

CONSECRATION

Romans 12:1,2

CONTENTMENT

Philippians 4:11 13

1 Timothy 6:6

COURAGE

Psalms 27:14

DILIGENCE

Romans 12:11

DUTY

Luke 20:21 25

ENDURANCE

Luke 21:9 19

2 Timothy 2:3

FAITH

Matthew 8:5 13

Mark 11:22 24

FAITHFULNESS

Matthew 25:23

FORGIVENESS

Mark 11:25,26

Ephesians 4:31,32

FREEDOM

John 8:31 36

FRUITFULNESS

John 15:1 8

GODLINESS

Titus 2:11 14

HAPPINESS

Matthew 5:3 12

HOLINESS

1 Peter 1:13 16

HONESTY

2 Corinthians 8:21

HONOR: PARENTS, OTHERS

Ephesians 6:1 3

1 Peter 2:17

HOPE

1 Peter 1:13

HUMILITY

Luke 18:9 14

Philippians 2:3 11

JOY

Luke 10:20

John 15:11

KINDNESS

Colossians 3:12,13

LABOR

John 9:4

LOVE

Luke 10:27

1 Corinthians 13

OBEDIENCE

John 14:15 24

Acts 5:29

OVERCOMING

John 16:33

PATIENCE

Hebrews 10:36

PEACEFULNESS

John 14:27

Romans 12:18

PERSEVERANCE

Mark 13:5 13

PRAYER

Luke 11:1 13

Ephesians 6:18

PURE THINKING

Philippians 4:8

PURITY

Matthew 5:27 32

2 Timothy 2:22

READING THE BIBLE

John 5:39

Psalms 1:2

Psalms 119:97

RESOLUTION

Ephesians 6:10 18

RIGHTEOUSNESS

Matthew 5:6

Matthew 6:33

SINCERITY

Philippians 1:9,10

STEADFASTNESS

1 Corinthians 15:58

STEWARDSHIP

1 Corinthians 4:2

2 Corinthians 9:6,7

TEMPERANCE

1 Thessalonians 5:6 8

TRUST

Psalms 37:3 5

Proverbs 3:5,6

TRUTH

John 14:6

John 17:17

Ephesians 4:14,15

VICTORY

1 Corinthians 15:57

1 John 5:4

WATCHFULNESS

Mark 13:34 37

WORSHIP

John 4:23,24

ZEAL

Romans 12:11

Mark 13:34-37

“Great Stories Of The Bible”

- ② **The Creation Story** - Genesis 1:1-2:7
- ② **The Fall of Man** - Genesis 3:6-24
- ② **The Flood** - Genesis 6:1-9:17
- ② **The Call of Abraham** - Genesis 12:1-9
- ② **The Ten Commandments** - Exodus 20:1-17
- ② **The Shepherd's Psalm** - Psalm 23
- ② **The Birth of Christ** - Matthew 1:18-2:23, Luke 1:26-2:40
- ② **The Sermon on the Mount** - Matthew 5-7
- ② **The Beatitudes** - Matthew 5:3-11
- ② **The Lord's Prayer** - Matthew 6:9-15 , Luke 11:2-4
- ② **The Prodigal Son** - Luke 15:11-32
- ② **The Good Samaritan** - Luke 10:29-37
- ② **Palm Sunday** - Luke 19:28-44
- ② **The Last Supper** - Matthew 26:20-25, Mark 14:12-26
- ② **The Garden of Gethsemane** - Matthew 26:36-46

21 DAYS OF DELIVERANCE TO WALK IN WHOLENESS AND RESTORATION

The following manual is designed to provide a 21-day plan for those who have just received deliverance. The commitment to work on new habits and disciplines, we believe, will help you maintain your deliverance. Taking a personal inventory of your life and your deliverance will help to define the areas of focus. You are a direct beneficiary of God's miraculous healing.

God will make you a new creation in all aspect of who you are as a person. He promises. We seek His perfect will and purpose for our lives. Nothing will replace that. The manual is only to help define those areas of our lives that need healing and fresh change to better serve the Lord and to maintain the victory He has given. There is nothing we need to do to make Him love us more. He already sent His only begotten Son so that we would have life and have it more abundantly. We already are awarded the prize. What we can do is to honor Him by the way we live our lives so that we can be a witness to His power and might. Our prayer is that you would have your will submitted to Him so that you can receive His purpose for your life.

Often in deliverance, individuals decide that after their miraculous healing, they return to a lifestyle, circumstances or choices that thwart their deliverance by living the way they always lived before. Comfortable is the always better. However, there are changes and choices that need to be made to be able to live more fully in His highest calling and purpose.

In the manual, the questions provided encourage you to restore God's utmost position by covering seven areas of your spiritual and physical lives. You will lead daily in answering questions, journaling, praying and making Godly confessions. When self esteem is mentioned, the reference is to the person God made you to be and His destiny for you versus selfish focus.

Be encouraged in the work ahead of you. Embrace what the Lord has done for you. Don't turn back, no matter what the enemy throws at you. Stand on the fact that Greater is He who is in you than he who is in the world.

21 DAYS OF DELIVERANCE WORKSHEET 1

DAY _____

Pray the curse breaking prayer. Establish strong new spiritual habits and take time necessary to complete work each day. You are worth it.

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness.

1. Your Deliverance- Describe the key aspects of your deliverance.
2. Restored Self Esteem- If you are having a challenge with your self esteem, how could you more fully accept who God made you to be?
3. Lost Goals and Opportunities- The enemy was defeated in all or some parts of your life. Are you ready to receive God's destiny in your life? Take up the challenge by doing the following:
4. Getting Your Life Back- List the behaviors that need to be changed immediately to help keep your deliverance:
5. Establishing Healthy Relationships- What have you done to sabotage potentially beneficial relationships? Can you more clearly see the attack of the enemy? (Often, the enemy tries to keep people from deliverance and freedom or anyone who could offer help or positive encouragement).
6. Life Changes- Before and After Deliverance- How will your life be different since the demonic oppression has been removed from your life by Christ?
7. Spiritual and Self Improvement: The situations in your life that you need to submit to the Lord, take responsibility for, and change:

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 2

DAY _____

Pray the curse breaking prayers.

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness.

1. Your Deliverance- How do you feel differently in the following ways:
2. Restored Self Esteem- What parts of your life need healed by the Lord:
3. Lost Goals and Opportunities- How can you be thankful and bless someone today?
4. Getting Your Life Back- If anger wells up over allowing the enemy to take territory in this area, how can you take action to ask the Lord to defend this area:
5. Establishing Healthy Relationships- The people I need to forgive are:
6. Life Changes- Before and After Deliverance- How can I recognize the Lord more powerfully in my life and the areas of my life I have submitted to Him?
7. Spiritual and Self Improvement: Take time to prepare and rehearse your testimony of healing and deliverance:

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 3
DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- How did God get you ready for deliverance?
2. Restored Self Esteem-What did you feel your calling was when you were a child?
3. Lost Goals and Opportunities- Did you Lord “save” you from some lost goals and so-called opportunities?
4. Getting Your Life Back- Look up scriptures about peace and select a few that apply to your life now.
5. Establishing Healthy Relationships- How is/was your relationship with your mother?
6. Forgiveness- How can you first of all forgive yourself for your failures, then forgive others?
7. Spiritual and Self Improvement: How can you manage your time, so that you can have more time with the Lord?

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 4
DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Was any MPD or DID revealed in your deliverance?
2. Restored Self Esteem- How can you serve the kingdom of God with your talents more effectively?
3. Lost Goals and Opportunities- What are some of the new opportunities the Lord is revealing to you?
4. Getting Your Life Back- What circumstances threaten your peace?
5. Establishing Healthy Relationships- How is/was your relationship with your father?
6. Forgiveness- Do you need to forgive your father?
7. Spiritual and Self Improvement: How can you manage to reduce your stress so that you can have more quiet time with the Lord?

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 5
DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- What were the enemies strongholds?
2. Restored Self Esteem- Describe what you needed in a family?
3. Lost Goals and Opportunities- What goals were set by parents?
4. Getting Your Life Back- According to Gal 5:22-23, how can you allow God to minister His love to you in your spirit? Close your eyes and ask the Lord.
5. Establishing Healthy Relationships- How is/was your relationship with your grandparents?
6. Forgiveness- Do you need to forgive your peers?
7. Spiritual and Self Improvement: Pray and ask God to reveal your goals for your life.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 6
DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- What were the enemies legal rights?
2. Restored Self Esteem- How can I help others with my God-given talents?
3. Lost Goals and Opportunities- Did the enemy trick you with opportunities or erroneous goals?
4. Getting Your Life Back- Read John 14:27.
5. Establishing Healthy Relationships- How is your relationship with your siblings?
6. Forgiveness- Do you need to forgive your siblings?
7. Spiritual and Self Improvement: Please read and claim three of God's promises for your life.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 7
DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Were there any generational curses at work in your life?
2. Restored Self Esteem- What are your spiritual gifts?
3. Lost Goals and Opportunities- Did people turn you away?
4. Getting Your Life Back- What takes away your peace? How can you pray to stop this?
5. Establishing Healthy Relationships- How is/was your relationship with your aunts/uncles?
6. Forgiveness- Do you need to forgive your aunts and uncles?
7. Spiritual and Self Improvement: Pray and ask God to help you to be totally honest during the healing process.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 8
DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Were there any generational alters at work in your life?
2. Restored Self Esteem- Why did God give you your spiritual gifts?
3. Lost Goals and Opportunities-What goals has the enemy stolen?
4. Getting Your Life Back- The ultimate fruit in deliverance is peace. If you don't feel peace right now, He will bring it. Ask Him for His peace now.
5. Establishing Healthy Relationships- Do you have any healthy relationships with your childhood friends? If so, whom?
6. Forgiveness- Do you need to forgive your childhood friends?
7. Spiritual and Self Improvement: Pray and ask God to help you eat in a healthful way.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 9

DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Do you feel free from demonic attack? Don't allow the enemy any territory. When the battle is won, he must leave. Don't tolerate any lies from the enemy.

2. Restored Self Esteem- Why did God give you your spiritual talents? What are they?

3. Lost Goals and Opportunities-What opportunities has the enemy stolen? Pray for a seven-fold return, because it is a scriptural promise.

4. Getting Your Life Back- Your life will be filled with the fruit of the Spirit according to Galatians 5:22-23. Ask Him for His joy now. He will bring it.

5. Establishing Healthy Relationships- Think about your healthy relationships with your current friends? Who are they?

6. Forgiveness- Do you need to forgive any former pastor or members of clergy?

7. Spiritual and Self Improvement: Pray and ask the Lord to help you get your proper exercise.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 10

DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Do you feel free from any demonic attacks from any of the future generations in your family that were included in the deliverance? Don't allow the enemy any territory. When the battle is won, he must leave. Don't tolerate any lies from the enemy.

2. Restored Self Esteem- Are you afraid to walk in your spiritual gifts? Do you trust He will lead you and equip you?

3. Lost Goals and Opportunities-What goals has the enemy stolen? Pray for a seven-fold return, because it is written in scripture.

4. Getting Your Life Back- Your life will be filled with the fruit of the Spirit according to Galatians 5:22-23. Ask Him for His peace now. He will bring it.

5. Establishing Healthy Relationships- Think about your relationships with your former friends? Did the enemy attack these friendships or did the Lord put an end to them?

6. Forgiveness- Do you need to forgive any former friends?

7. Spiritual and Self Improvement: Pray and ask the Lord to help you to take care of yourself and be a good reflection of Him.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 11
DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- What instructions did the person doing the deliverance give you? What should you be following up on? Have you?

2. Restored Self Esteem- Can you love the person God made you to be? He said love your neighbor as **yourself**. It is wonderful to love who He made you to be. It is time to start if you don't already.

3. Lost Goals and Opportunities- Is God revealing any new opportunities to you?

4. Getting Your Life Back- Your life will be filled with the fruit of the Spirit according to Galatians 5:22-23. Ask Him for His patience now. He will bring it.

5. Establishing Healthy Relationships- How should you pray to have God bring Godly friends to encourage and bless you?

6. Forgiveness- Do you need to forgive any people who might have hurt you in some way from church?

7. Spiritual and Self Improvement: Pray and ask the Lord to help you take care of yourself and dress nicely.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 12

DAY _____ Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. How can you read and study about deliverance and deep spiritual issues? You need proper materials and “food” for your on-going growth and healing. You are worth it. Follow-up with Larson library if possible.

2. Restored Self Esteem-Our esteem comes from the Lord. How can being more spiritual help your self esteem? What are the most significant ways you can do your part in building this Christ esteem?

3. Lost Goals and Opportunities- Pray that the Lord renew, refresh or reveal His discernment in your life, to enable you to know what are His goals and opportunities for you are and what are the counterfeits.

4. Getting Your Life Back- Is it really safe to you to have order in your life? Will it make you more accountable? Pray that the Holy Spirit would establish order in your life.

5. Establishing Healthy Relationships- How can you learn to be a better friend? What are a few things that you look for in a friend and how can you do unto others in a way that you would have them do unto you in a Godly framework?

6. Forgiveness- Are there any teachers or educators who hurt you? Can you forgive them now? List their names and pray for His forgiveness.

7. Spiritual and Self Improvement: Make a goal to read your entire Bible in a certain time frame. Set up your schedule and commit to following through with it.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 13

DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. Ask the Lord to heal your mind, all parts.
2. Restored Self Esteem-Our esteem comes from the Lord. Our hobbies can be a source of joy to us. What are the hobbies you enjoy? What should you give up?
3. Lost Goals and Opportunities- Think about the opportunities you have missed. Can you forgive yourself and trust that you are now in God's will and ready for His direction?
4. Getting Your Life Back- Read I Peter 3:8-12. How can this apply to you?
5. Establishing Healthy Relationships- Do you need to write a letter to a friend who hurt you? What three major points do you need to say? The letters are not to be sent unless the Lord leads you to do so.
6. Forgiveness- You were probably told as children to respect your elders. Some were/are not deserving of respect. How can you forgive them for acting in such a manner inconsistent with deserving respect?
7. Spiritual and Self Improvement: Make your own book, selecting Bible scriptures that you can claim over your life. This will be a treasure.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 14
DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. Ask the Lord for additional deliverance if needed.
2. Restored Self Esteem-Our esteem comes from the Lord. How can allowing ourselves to enjoy our hobbies and gifts glorify our Maker?
3. Lost Goals and Opportunities-What things do you need to rid yourself of? What word curses did you place on yourself?
4. Getting Your Life Back- According to Galatians, we receive the fruit of the spirit. How can you reflect His kindness? To yourself. . . to others?
5. Establishing Healthy Relationships- Do you need to write a letter to your father? Is a letter of thanks, or one that shares what you needed growing up. You decide.
6. Forgiveness- God commands Christians to forgive our enemies. He does this for our benefit. We can release the pain of their transgression by divine forgiveness? Who do you need to forgive?
7. Spiritual and Self Improvement: Get the Bible on CD. Have it playing where ever you go. If you have an ipod, download it and soak up the Word of God.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 15

DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. Is there another family member who needs deliverance? Ask the Lord to help you share your testimony. Bind fear.
2. Restored Self Esteem-Our esteem comes from the Lord. Is there a educational opportunity that you would enjoy pursuing that honors your freedom ?
3. Lost Goals and Opportunities-Where would the Lord have you be in the next year? Ask Him.
4. Getting Your Life Back- According to Galatians 5:22, when we live by the Spirit the fruit that will be produced in our lives includes the trait goodness. How can you exhibit more of that fruit?
5. Establishing Healthy Relationships- Do you need to write a letter to your one or all of your siblings? What two things do you need to say?
6. Forgiveness- Did you have a boss who was toxic and dumped his/her anger or poison on you? Forgiveness is in order if you feel bitter.
7. Spiritual and Self Improvement: Scripture memory is a great way to strengthen God's spirit in you. Pick a system and start now. There are some memory systems that are set to music which are quite nice.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 16

DAY _____ Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. Review your testimony. Did you leave anything out? Have you learned anything else during the healing process that you can add to your testimony?
2. Restored Self Esteem-Our esteem comes from the Lord. Are there skills the Lord has given you that you have rejected? Why?
3. Lost Goals and Opportunities-It may be time to bind chaos, if that defines your life. It is difficult to have be ready to reach your goals and take advantage of opportunities God has for you if chaos reigns in your life.
4. Getting Your Life Back- According to Galatians 5:22, when we live by the Spirit the fruit that will be produced in our lives includes the trait faithfulness. How can you exhibit more of that fruit?
5. Establishing Healthy Relationships- Do you need to write a letter to your living or deceased grandparents? What are some of the issues you need to address?
6. Forgiveness- Do you need to forgive your grandparents. Were they there for you?
7. Spiritual and Self Improvement: Support and bless the church that promotes deliverance to help restore the body of Christ. Read Luke 4:18 The Spirit of the Lord is on me, because he as anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners (cast out demons). . .

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 17

DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. How can you continue to break curses and demonic rights off your children?

2. Restored Self Esteem-Our esteem comes from the Lord. How did our family effect our self esteem?

3. Lost Goals and Opportunities- What are some goals that you can set today that are consistent with the Word of God?

4. Getting Your Life Back- According to Galatians 5:22, when we live by the Spirit the fruit that will be produced in our lives includes the trait gentleness. How can you exhibit more of that fruit?

5. Establishing Healthy Relationships- Do you need to write a letter to your aunts/uncles/cousins? How can issues be resolved, even if on paper?

6. Forgiveness- Do you need to forgive your relatives. Do they need deliverance? Pray that God would go to work on them if needed.

7. Spiritual and Self Improvement: Support and bless the church that promotes deliverance to help restore the body of Christ. Read Luke 4:18 The Spirit of the Lord is on me, because he as anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners (cast out demons). . . Share testimony with church members if the Lord leads you to.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 18

DAY _____ Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. Put on the full armor of God on a daily basis. Study what this means to you.
2. Restored Self Esteem-Our esteem comes from the Lord. What lies can you bind that the enemy has told to you, in some instances from the time you were a child?
3. Lost Goals and Opportunities- We need to bind the enemy today too regarding God's plan for us? That is what the enemy would love to steal and supplant with his plans. Bind the enemy's plans and loose the will of God in our lives.
4. Getting Your Life Back- According to Galatians 5:22, when we live by the Spirit the fruit that will be produced in our lives includes the trait self-control. How can you exhibit more of that fruit?
5. Establishing Healthy Relationships- Describe what a healthy relationship should look like? (If you are unsure of what this means to you, begin to research).
6. Forgiveness- Sometimes individuals hold anger against God. They feel He was not there for them. Release this anger and seek forgiveness. He brings blessing and healing we are following His will. Bind the lie that God would hurt you as a part of His will.
7. Spiritual and Self Improvement: Support and bless the church that promotes deliverance to help restore the body of Christ. Read Luke 4:18 The Spirit of the Lord is on me, because he as anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners (cast out demons). . .Pray and seek God's will to travel with the DWJD team to minister.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 19

DAY _____

Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. How has God continued to work deliverance in your life?

2. Restored Self Esteem-Our esteem comes from the Lord. Is God being honored in the occupation you have chose? Do you do your work in honor to Him in whatever your occupation?

3. Lost Goals and Opportunities- Define what you think success is?

4. Getting Your Life Back- A great majority of people have challenges getting organized. Maybe you are SO organized it buffers you from feeling or experiencing God. Is that you and if so how can you allow the Spirit of God to flow through you?

5. Establishing Healthy Relationships- Describe yourself as a friend.

6. Forgiveness- Have you been hurt by the legal system or a large organization? Do you need to forgive an organization who wronged you?

7. Spiritual and Self Improvement: Support and bless the church that promotes deliverance to help restore the body of Christ. Read Luke 4:18 The Spirit of the Lord is on me, because he as anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners (cast out demons). . . Is God calling you to start a DWJD team?

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 20

DAY _____ Pray the curse breaking prayers

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness.

1. Your Deliverance- Deliverance is an on-going process. If you think you are going to be perfect through deliverance, it will be disappointing. However, every day you can be victorious. How are you going to be victorious today?

2. Restored Self Esteem-Our esteem comes from the Lord. He wants us to be His hands and His feet. What skills and talents has He given you to be able to accomplish this?

3. Lost Goals and Opportunities- What once was lost, now is found, was blind but now I see. . .Amazing Grace. His grace abounds in our lives. Receive His grace now. (Take a few minutes to receive).

4. Getting Your Life Back- For a new creation to grow, new roots need to be established? What old roots do you need to be rid of?

5. Establishing Healthy Relationships- Do three nice things for people who love and serve the Lord, for people in need, or someone you need to make amends to.

6. Forgiveness- Do you need to forgive a neighbor of a wrongdoing? Let it go. If the Lord releases it, do not grasp for it to be back in your life. Thank God for His mercy. You have more important issues to attend to.

7. Spiritual and Self Improvement: Support and bless the church that promotes deliverance to help restore the body of Christ. Read Luke 4:18 The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners (cast out demons). . . Worship His mighty name for the freedom He has granted you. Go witness to someone if the Lord allows.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship:

21 DAYS OF DELIVERANCE WORKSHEET 21

DAY _____

Pray the curse breaking prayer

Pray Father God: Lead me in healing and answering the questions in truth and divine revelation.

Daily Questions- Your Deliverance, Dealing with Forgiveness, Restored Self Esteem, Lost Goals and Opportunities, Getting Your Life Back, Self Improvement, Establishing Healthy Relationships, Forgiveness

1. Your Deliverance- Deliverance is an on-going process. Commit to reviewing your deliverance. It is a gift and blessing. Do not allow the enemy to shame you. You are free indeed. (If not, pursue more deliverance).
2. Restored Self Esteem-Our esteem comes from the Lord. God made you beautifully and perfectly. We need to receive who he made us to be and be God pleasers and not people pleasers. Deflect the attacks of the enemy to your self esteem by staying in the Word and embracing the special person God made you to be.
3. Lost Goals and Opportunities- You have set new goals and opportunities. Endeavor to complete what goals and opportunities God has prepared for you. Pray for His boldness that you would step out and make a difference for the kingdom of God.
4. Getting Your Life Back- According to Galatians 5:22, when we live by the Spirit, the fruit that will be produced in our lives include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. Let the fruit be seen in your life. Build your life on the Word.
5. Establishing Healthy Relationships- Pray that your relationships would be healed and those that God has you put away, would be put away. God wants to have a special, deep and abiding relationship with you first, and then Godly friendships and relationships will follow.
6. Forgiveness- He commands us to walk in forgiveness. First, our obedience is paramount. Second, it is a blessing to lay unforgiveness and resentment at His feet and quit carrying the burden of bitterness. He longs to carry our burden. Talk about lightening the load.

7. Spiritual and Self Improvement: Support and bless the church that promotes deliverance to help restore the body of Christ. Read Luke 4:18 The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners (cast out demons). . . Tithe to fruitful work of God. This is faithfulness. He is faithful so are we. We are blessed when we are generous. Also, it is key to serve in the body of Christ. Maybe God has an appointment for you to join DWJD and Do What Jesus Did.

Blessings to you friend in Christ on your journey of deliverance.

Journal your day, your progress, your challenges, how to pray:

Scriptures: God's promises for your life:

Chart your time in the word and in worship: