

Freedom Tools

Adapted from Nothing Hidden Ministries Tool Booklet (2014)

The Spirit Blessing

We are spirit, soul and body. As we grow and mature, we naturally make choices, hold beliefs and behave in ways that place our soul (thoughts, emotions, behaviors & responses) and our body (urges, appetites and desires) in control. However, Jesus modeled living by the Spirit. He did not do what came naturally but by lived SUPERNATURALLY (Matt. 4:1-11; John 4:31-34; Luke 22:40-42).

This tool is designed to bring our spirit into alignment with Holy Spirit to lead our soul and body to God's will, not our own.

Use tool this daily, multiple times throughout the day, to bless your spirit any time you feel your soul or your body trying to exalt itself above God's Truth or His will. I also use this tool throughout the day, when I need His insight and wisdom, not my own.

A spirit blessing can be utilized by yourself or used as a prayer on someone else's behalf.

Examples of a spirit blessing:

I bless my spirit to connect to Holy Spirit to lead my soul and body to the Truth of who God is and the truth of who I am.

I bless my spirit to connect with Holy Spirit to have a leadership role over my soul and body, to all that God has for me and all He created me to be.

I bless my spirit to connect with Holy Spirit to have a role of prominence over my soul and body, to lead me to freedom in Christ, to His Truth and Love in all areas of my life.

To use this tool to bless someone else, even if he / she is not in your presence, simply insert that individual's name.

Example: I bless _____'s spirit to connect with Holy Spirit to lead _____'s soul and body to all that God has for _____.

After leading with the spirit blessing move into other tools. A simple, effective tool is 1-2-3 Skidoo.

1-2-3 Skidoo

You can do this on your own or with a someone else.

Identify a prevalent thought, behavior, pattern or feeling that continues to come against you and take it captive using 3-4 easy steps to renounce its power over you by breaking agreements with it and then asking Jesus for the Truth.

Examples of things to crucify are shame, anxiety, depression, lust, unforgiveness, anger, rage, jealousy, pride, hopelessness, rejection, self-protection, self-harm, addiction, etc.

Or perhaps people have a phrase they are always contending with, such as, “God doesn’t like me” or “I can’t trust God” or “Things are never going to change” or “I’ve always been...” or “He doesn’t love me” or “I don’t deserve...” Nail that phrase / belief to the cross of Jesus.

I, personally ask people to envision themselves standing at the Cross with Jesus. Then...

Jesus, thank you for your Cross that sets me free.

I nail _____ to the Cross.

I break all agreements I’ve made with _____, known or unknown and declare that _____ has no power over me because of the Cross and resurrection of Jesus!

Jesus, I repent for joining with _____. Please forgive me, I didn’t realize I had aligned with that lie. Jesus, what do you want to give me in place of _____?

This part of the tool is really exciting because Holy Spirit speaks directly to the person to receive his / her breakthrough! When they receive their gift / word / picture from Holy Spirit, thank Him and have them seal it in their spirit, soul and body.

Thank you, Jesus, for _____ (examples: forgiveness, hope, peace, love, trust, purity, freedom, etc.). Seal _____ in my spirit, soul and body, in Your Name, I pray. Amen.

If a person is having trouble hearing / seeing, lead them through blessing their spirit again and ask once more what Jesus has. If a person is still having difficulty, they may need to forgive or be forgiven. If that is the case, go to the Forgiveness Tool).

Forgiveness Tool (Nothing Hidden Ministries Tool Booklet, 2014)

This tool is wonderful in helping to lead yourself or another person through forgiveness. True forgiveness involves forgiving someone for all the hurt and pain they have caused, and the effects of those hurts in your life.

Rely on Holy Spirit to release His wisdom, insight and discernment.

1. Father God, thank you for forgiving me for all my sins. Because of your forgiveness, I forgive Person's Name.

2. Person's Name, I forgive you for the lies the enemy brought to me as a result of your actions, inaction or words.

Listen to Holy Spirit and say the lies as they come in each of these categories:

Lies about:

...Myself (name the lies about yourself)

...My relationships (name the lies about your relationships)

...My view of men / women (name the lies about this)

...My view of marriage (name the lies about marriage)

...My view of God (name the lies about God)

3. Person's Name, I forgive you for bringing fear into my life.

Fear of _____

Fear of _____

Fear of _____, etc.

Example: Fear of intimacy, failure, being alone, rejection, death, not being enough, fear of men, marriage, etc. These are just some examples. Listen to what Holy Spirit is saying about this situation.

4. Person's Name, I forgive you for opening the door to _____

Opening the door to _____

Opening the door to _____

Opening the door to _____

Example: anger, self-hatred, passivity, accusation, defensiveness, feelings of worthlessness, shame, self-protection, sexual perversion, shutting down, depression, etc. These are just some examples. Listen to what Holy Spirit is saying about this situation.

5. Person's Name, I forgive you for the lack of _____

Lack of _____

Lack of _____

Lack of _____

Example: Protection, love, nurturing, relationship, knowing me, affection, attention, care, provision, stability, etc. These are just some examples. Listen to what Holy Spirit is saying about this situation.

6. Person's Name, I forgive you for all of the effects of the pain and suffering that I've had to deal with (throughout my life) because of what you did.

7. Pray and bless the person that you just forgave.

(Scroll down for the Generational prayer)

Generational Prayer (adapted from Nothing Hidden Ministries Tool Booklet)

All of us have sins in our family bloodline that get passed down through the generations. However, Jesus, conquered the cross to adopt us, graft us into His family and deliver us from sin and disease.

Before leading yourself or someone else through this prayer, bless your / their spirit to connect with Holy Spirit to reveal ungodly patterns, beliefs, sins, and diseases in your / their natural heritage. Make a list and then name them in this prayer. Examples: passivity, violence, abuse, anger, jealousy, infidelity, lust, insecurity, low self-esteem, anxiety, worry, prejudice, depression, divorce, addiction, poverty, arrogance, perfectionism, control, materialism, mental illness, specific ailments/diseases, etc.

I place the cross of Jesus in my family bloodline

(actually gesture this action as you say it).

I sever all ties with this ungodly part of my natural heritage that has manifested through.... (recite your list).

I claim the power of the cross

**ALL GENERATIONS BACK and ALL GENERATIONS FORWARD
to break the power of all the demonic spirits assigned to me and mine to
perpetuate this in my family line.**

By the power of the cross, in the name of Jesus Christ,

I command these demonic spirits and lies

Out of my life

Out of my health

Out of my thoughts

Out of my perceptions of myself and others

Out of my feelings and emotions

Out of my relationships

Out of my ways of relating to others

Away from my marriage (or future marriage)

Away from my children (or my future children)

Out of my destiny and calling

And completely out of my future!

I seal this in my spirit in the name of Jesus!