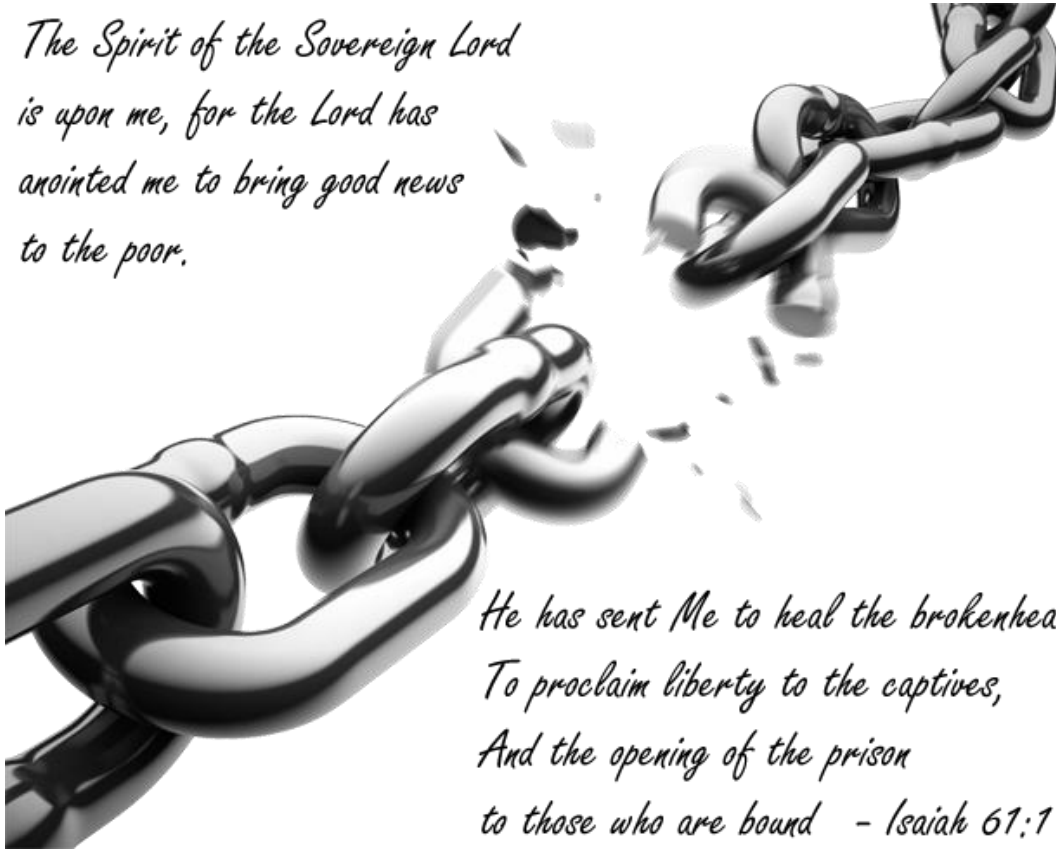


‘Burdens/Heavy Yolks’

Inner Healing and Deliverance Prayers

*The Spirit of the Sovereign Lord
is upon me, for the Lord has
anointed me to bring good news
to the poor.*



*He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives,
And the opening of the prison
to those who are bound - Isaiah 61:1*



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*******Most of the prayers in this PDF are unique and not a replica of other people's ideas ~ they are created through revelation of the Holy Spirit and our view of what He has shown us as He works with us. There may be the odd prayer or idea that has been added to our Ministry from others because it impacted us, but more often than not you will be viewing an original.***

All prayers are subject to change as God gives new insight and revelation. All prayers are to be prayed out loud. Often you will see we ask you to do a prophetic act. A prophetic act is an action of obedience as a step of faith in the natural (physical) realm that supports God's workings in the spiritual realm, to release the power, presence and victory of God into a situation.

Prayer of Protection: “Father God in the name of Jesus Christ and by the Power of Your Holy Spirit I pray that You would guide me through this journey of deliverance and healing. I thank You for the presence of the Holy Spirit.

I ask for Your protection, and that I am covered with the Blood of Jesus Christ. I also pray this protection over my loved ones, our pets, our belongings and our surroundings.

With the authority given to me by the Lord Jesus Christ of Nazareth, I bind you Satan, all demons and any other agents of Satan, my own human flesh which is antichrist, from any harm or attacks targeting me, my family, our homes and properties, our pets and belongings, our health and our finances, our businesses and our ministries.

I also bind you from any interference, distraction, transference, or blocking or counterfeiting the Holy Spirit, in Jesus name. I bind up and forbid any counterfeit gifts, un-godly manifestations, and lying signs and wonders, in Jesus name.

Father God, I thank You for Your heavenly angels and pray that they would be released in accordance with Your word.”

Please Note - Many of our prayers as an added precaution will include the term ‘ancestors’ to cover any sins that they may have participated in that you are unaware of.

Burdens – Burdens can be when we carry the weight of the world on our shoulders. Burdens, worries and life’s problems may have even become an idol in our lives. Idols can be things we put ahead of God. If we are continually focusing on our problems, we need to repent that our focus was our problem instead of our focus being on Jesus the problem solver. We may even carry others burdens when they are not ours to bear. These are false burdens. False burdens can also be believing lies from the enemy about our life and circumstances and feeling overwhelmed and burdened, turning molehills into mountains. False compassion, false responsibility and co-dependency are another false burden we can carry. We need to ask God to help us operate in His will, as satan can overload us with false compassion and empathetic gifting’s to overly burden us. Expectations that others put upon us, or that we put upon our self can create heavy burdens also. We need to forgive them and ourselves. Regrets can also be a huge burden we can carry. We need to lay them all at the foot of the cross.

(PRAYER) - (Prophetic Act) – *Envision the cross and carry your burdens and lay them down at the altar.* “In the name of Jesus Christ, I repent for life’s problems and worries becoming an idol in my life. I am sorry I put my cares ahead of You instead of casting these cares upon You. I repent for carrying burdens that were never mine to carry. In my own strength I have taken burdens and tried to help, fix and control. I renounce all false compassion, false awareness, false responsibility, over-sensitivity and co-dependent attitudes and relationships. I forgive my parents, myself and others for the burdens and expectations they have placed upon me. I renounce all false empathic

gifting’s also. I pray for discernment, so I know whether it is Your will operating Father God, or a lie from the enemy. I cast all my burdens upon You including life’s regrets and lay them at the foot of the cross. I pray for Your yolk which is easy, and Your burden which is light. In the name of Jesus Christ I break all false burdens and command all demons causing false burdens, including over sensitiveness, false empathy, false compassion, false responsibility, false awareness, co-dependency and

deception, as well as all demons with you to leave immediately. ***Come to Me, all you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light. (Matthew 11:28-30, NKJV).***

It shall come to pass in that day that his burden will be taken away from your shoulder, and his yoke from your neck, And the yoke will be destroyed because of the anointing oil (Isaiah 10:27, NKJV)."

Tormenting/Harassing Spirits – Servants of satan pray specifically for these spirits to be sent and torment people. Sometimes spoken curses from self or others can enable these spirits to come and torment also. There may also be times when we claim or accept things that we shouldn't such as when we have a symptom and start diagnosing and claiming what we have. We may even partner with an ailment and simply accept that it's ours and do nothing about it. Repentance for accepting what the enemy has put upon you is needed. Some may believe that by ignoring a symptom they are not claiming it or partnering with it but unfortunately this may not be the case because if it is already affecting you, your thoughts have already acknowledged it. ***'For as he thinketh in his heart, so is he' (Proverbs 23:7, KJV).*** If your mind has already received it you will then need to deal with it. A good place is to start rebuking it.

Write down every feeling or thing that is currently afflicting you.

(PRAYER) - "My God came to set me free from sin and death. My God came to give me freedom. No sickness, disease, curse, infirmity, or ungodly emotion shall prevail against me. I forgive all those who have sent curses and tormenting spirits against me. I call that symptom I feel (*name it*) and cast you down. I rebuke you. I cast you under the feet of Jesus Christ. I bind you and loose (*name the opposite in God*) in Jesus name. I am a Godly warrior in a Godly Kingdom - no force of hell shall prevail against me. Father God, I repent for accepting what the enemy has put upon me. In the name of Jesus Christ of Nazareth, I command all tormenting/harassing spirits as well as everything with you to leave immediately".

Mistakes - God once told me that there are no mistakes in God, only opportunities. How awesomely reassuring to know that every mistake we make, God will use it as an opportunity for Him. Mistakes though unfortunately can still open us up to unnecessary attack so repenting of these mistakes and casting out any demons is a good idea! An example of this is when we operate out of our realm of authority. Many people are taught to warfare against the demonic over their streets, towns, cities and Countries. It is our opinion that unless God Himself directly authorises and commissions you to engage in this high-level type of spiritual warfare, that you stay completely away from this kind of activity. If you try to step into this battle without God's direct mandate and protection, you could open both yourself and possibly the members of your immediate family to major attacks from these higher-ranking demons. Instead partner with God from the third Heaven and release God's fruit over an area like humility instead of Pride etc. Another common mistake is when someone decides to stand in the gap and repent for their Country, friends, etc. On their behalf. The Holy Spirit showed me that when we stand in the gap we are actually taking on their sins, guilt and punishment. We are charging ourselves guilty of the crime. Standing in the gap for our ancestors is different as we are already charged guilty for the crimes our ancestors have done until Christ cleanses us from these sins. (See Generational Prayer).

When it comes to intercessory prayer it is really important to know what God is asking you to do. We once made a terrible mistake regarding this. We had a client come through us who was battling a group of satanists involved in black magic. This client was in a real bad way as they were cursing him and sending demonic spirits to him. Firstly, we got him to forgive them and bless them and this was how I prayed during the session **“We come against the people who are using black magic against this client, we bind and break your power in Jesus name and we ask the Lord Jesus Christ to convict you, so you can repent and be saved. All invoked demons go in Jesus name”**. On the surface it looked fine. A few days after the session 18 of our tropical fish got struck down with a disease and died over one weekend. Not long after this our dog got sick and ended up with an auto-immune disorder and nearly died twice over the month he was being treated. I ended up in Hospital with severe chest pains during that time which turned out to be acid-reflux disease. Two weeks after this I ended up at the emergency dentist in excruciating pain with a cracked molar which was abscessed only to have the tooth pulled, then my son injured his wrist at touch rugby. All this happened one after the other and we knew it was an attack but from where? The Holy Spirit revealed it was the Satanists from the session we had done. He said “I never asked you to take them on. You are called to heal the sick and oppressed and cast out demons in my name. Why would you enter his battle and become a target for them?” He showed me that we should have prayed like this: ~ Firstly get the client to forgive and bless the offenders then pray **“We break off all black magic attacks coming against (name of person) in Jesus name. We cast out all invoked spirits in Jesus name. We pray for the salvation of these people in Jesus name. We pray that You Jesus would enter this battle on behalf of (name of person).**

**(In fact asking God to bless them is actually giving the fight over to God without even asking).*

When I first wrote about this mistake, I believed the original prayer we prayed was fine for the client to pray because it was his battle but the Holy Spirit since reminded me that blessing and not cursing is the way to go! Even if it is your own battle His word says to bless those who curse you, not take it upon ourselves to counter attack those who attack you. Lesson learnt the hard way – one I know I will never forget! **So what is our realm of authority?** Our homes, land and property, husband/wife, family, places of work, motel rooms/cabins/tents in which we are staying (as we have paid money), our churches (It is much better to get a group of people praying together within the church with the pastor’s authority to avoid being targeted individually by the enemy - the power of agreement), our Ministries and our children. When it comes to children who have made mistakes try and teach them to repent for themselves but if this is not possible, you can repent and stand in the gap for them also, but it does mean taking on their burdens when doing so as you are entering their battle.

(PRAYER) - "In the name of Jesus Christ I repent for all mistakes I have made. I repent also for doing things outside of my sphere of influence and will of God that opened me up to unnecessary attack, even if it was for good intentions. If the enemy played a part and coerced me in any way, I repent for falling into deception, snares and traps. If I have stood in the gap and repented or fought on behalf of anyone or

anything I should not have I repent. I renounce those prayers that were wrong and command all attacks upon me, my family and our lives to cease immediately in Jesus name. I am sorry for the times I counter attacked others instead of blessing them. I ask Lord Jesus that You would always show me when I am operating outside the will of God. Thank You Lord Jesus for the mistakes you have allowed me to make so I could learn from them and help others avoid making them. I command every demon that came in as a result of mistakes to leave now in Jesus name".

Suppressed Person - The word suppressed according to Google dictionary means to prevent the development, action, or expression of (a feeling, impulse, idea, etc.). Many people who have been suppressed are unable to be whom God ordained them to be. They may feel trapped and afraid to break free. It is though they are imprisoned spiritually.

(PRAYER) – “I ask the Holy Spirit to show me the people in my life who have suppressed me”. *(Write them down)*. “I *(name)* have been suppressed by others in particular my *(name anyone shown)*. I forgive them for this and I ask you to break me out of this holding place. I trust You and ask You to lead me and guide me into who you say I am – In Jesus name – Amen”.

(Prophetic Act) - *Step out and declare*: “Whom the son sets free is free indeed (John 8:36)”.

Demonic Weapons - *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. (2 Corinthians 10:4-6, NKJV)*. Anything that God has or does, satan will always try and counterfeit it. He will use demonic spirits as spiritual weapons to attack people. This part of the Ministry we found life-changing in many cases. We can be suffering a pain or an infliction because of these weapons. It is a good idea to do this with another person so they can remove them from you.

(PRAYER): “Dear God please show me any spiritual weapons lodged in my body from the enemy.” *Once you discern a weapon ask the Lord Jesus to show you the open door (any sin/and or curse that is allowing the weapon)*. You will then need to repent for the sin and/or forgive the person sending any curse or offence. Break the curse in Jesus name and gently pull the weapon out and lay it down and ask the Lord Jesus to take it. Speak to any pain or ailment within that area and command it to go in the name of Jesus Christ. Lay hands on the area and pray for healing in Jesus name to repair any damage caused from the weapon.

Below is some of the weapons we have encountered. You may simply need to just remove it whilst commanding the name of the spirit/weapon to leave in Jesus name, or repentance/breaking/forgiveness may be needed before you can remove it.

Affliction Spirits - The spirit of affliction is a spirit who afflicts the righteous. ***Many are the afflictions of the righteous, But the Lord delivers him out of them all (Psalm 34, 19, NKJV).*** It can manifest in many ways. We have seen it as knives, swords, daggers, axes and many other things which are lodged into people. ***Pull them out whilst commanding the spirit of affliction to go in Jesus name. Lay hands on the area and ask for Jesus to cleanse with the blood and to heal with the healing balm of the Holy Spirit. Any poisonous arrows pray for Jesus to purge all poison out of the system with the blood of Jesus.***

Diagonal sword or spear going through the left shoulder through to the midriff - This is a witchcraft curse of death. ***Break the curse of death that came in through witchcraft and command the spirit of death and witchcraft to go in Jesus name as you pull it out. Lay hands on the area and ask for Jesus to cleanse with the blood and to heal with the healing balm of the Holy Spirit.***

Fat pole going straight through upper stomach - This is self-destruction. Needs a couple of people at the front and back to remove this as it is heavy. ***Command self-destruction, self-hatred and self-condemnation to go in Jesus name as it is removed. Lay hands on the area and ask for Jesus to cleanse with the blood and to heal with the healing balm of the Holy Spirit.***

Chains/ropes or vines around ankles or wrists or entire body - This is a religious spirit. ***Prophetically untangle it as you command the spirit of religion to go in Jesus name.***

Concrete blocks on feet - This is a spirit of fear that stops you moving ahead into what God has for you. ***Prophetically smash the blocks and command all fear to leave in Jesus name.***

Fiery Serpent bite - The fiery serpent is mentioned in Numbers 21. It is a serpent that was unleashed upon the Israelites because they were impatient and complained against God and Moses. We once had a session where the Holy Spirit showed me a rash on the left leg of a client. He told me that she had been bitten by a fiery serpent because there was an enemy assignment out against her and other children of God who were intimately spending time with God and seeking His face.

(PRAYER) - I repent on behalf of myself and ancestors for being impatient and complaining against God.

I pray for the Blood of Jesus Christ to purge and cleanse the poison from my system. I command the fiery serpent to leave immediately in the name of Jesus Christ.

Skeleton - During a session for myself one of our team members saw a huge skeleton behind me which was the spirit of death with six feeding tubes going from the skeleton to me. These tubes were sucking the life from me. They were attached to the nape of my neck, the base of my spine, both feet and both hands. To cut yourself free from this skeleton you will need someone else to prophetically do this for you. Before they cut, they must clamp each tube like a surgeon does, to stop the flow. You need to stop the flow first before cutting. Then the nourishment will flow out of the skeleton, and it will be incapacitated.

Anchor - Once during a session the Holy Spirit revealed to me a huge metal anchor entrenched deep within the soul and inside the body of a client. The anchor represented disappointment, fear, burdens, stress, anxiety and all those things which weigh us down and preventing us moving freely ahead into the calling God has for us. There was a chain attached to the anchor and the chain was connected to satan as an umbilical cord because of the fact he was playing the role of 'Father' to our sole. He is literally feeding fear through that umbilical cord. We needed our whole team of four of us to prophetically pull it out of the client and lay it at the foot of the cross. You cannot pull this out yourself. If you don't have another person to assist you then ask God to send His ministering angels to assist and remove it from you. Discern first however whether you can simply remove it by asking God if there is anything that needs to be done before you do so. Deal with whatever He shows you then do the prophetic act and prayer: -

(Other Person to Pray) - "I break the ungodly umbilical cord that is connected to satan and remove this anchor from your spirit, soul and physical body which represents all the things that weigh you down and lay it at the foot of the cross. I pray for Jesus to cleanse with the blood and to heal with the healing balm of the Holy Spirit. I prophetically wrap you in a garment of praise which counteracts heaviness. I now invite Jesus to be the anchor of your soul. ***Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek***" (Hebrews 6:17-20, NKJV).

Baggage – Galatians 6:2 tells us that we are to bear one another's burdens. One day the Lord spoke this to me: - ***"You are carrying baggage that is not yours to carry. 'Baggage' is those things that weigh you down. When you take on someone else's burdens you take on their baggage. As soon as you allow someone to cast their cares upon you a link between you and them is made. This link can enable what is burdening them to become cumbersome on you. No wonder My children are walking around with such heavy burdens. People are laying their cares upon you – in turn you need to cast these cares upon Me. Many times you lay down your burdens but forget to hand over those burdens you are carrying for others. All my children should cast their cares upon Me. Praying and interceding for each other is good but not every burden is meant for you to carry. You can enter into things that are a distraction from the enemy. Sometimes I will give you a God-given burden for another, but I will always remove it when you have finished interceding for them. It will never linger longer than I deem necessary. Ungodly soul ties created 'one between the other' can also result in the receiving of another's baggage that is not yours to carry"***.

(PRAYER) - "I repent in Jesus name for every ungodly soul tie I have formed with another that creates a burden on me that I am not meant to carry. I cast upon the

Lord Jesus Christ every care, baggage and burden that weighs me down, including every care, baggage, and burden that I have been carrying on behalf of others. I now accept Your yoke Lord Jesus which is easy and your burden which is light. Thank You, Amen."

Putting Yourself in Others Shoes - There is a Godly gift called empathy and also an ungodly gift of empathy. This prayer is to break off the ungodly empathetic gifting and strengthen the Godly empathetic gifting. Empathy is defined as a highly sensitive person capable of acute perception with a sense or senses to identify with and understand another's situation, feelings, and motives. Jesus operated in this many times but only when the Father activated it. The devil can activate this gift also so you feel others anguish, burdens, torment and pain. It may be toward people, animals or even objects and things. The Lord showed me that I operated in false empathy when it came to my children and animals. I felt their pain all the time until it came to the point where I didn't want them to do things that could endanger them or cause pain. My daughter had to go to the dentist to have a tooth that was growing from the roof of her mouth pulled and I prolonged it as long as I could because the mere thought of it caused a physical tug and pain within my innermost soul. Fear got into this false gift also so that every time the kids got on their bikes and skateboards, I was seeing and feeling pain toward what may happen if they fell off and hurt themselves. This as you can imagine became a huge burden for me. I started to over-protect my children trying to prevent them from normal activities because these activities became a source of torment and fear for me. God showed me that this false empathetic gifting came in on lack of nurture.

The word nurture is defined the care, protection and attention given to someone or something that is growing or developing. The moment you connect or bond with another a soul-tie is formed - this is a God-given connection which God uses to develop friendships, love and understanding within our lives with others. A God-given connection is formed the moment you are formed in your mother's womb with both your mother and father. When you have a disconnection with your natural mother or father through a lack of nurture and protection from them you will either want to start to want to nurture and protect others to compensate for the lack of nurture within your own wounded soul (which is where false empathy develops) or you will find it incredibly difficult to be empathetic towards others. In the case of wanting to nurture others it is because you want to give to another what you yourself is missing. You may then start to take on what they think and feel. You can literally take on their pain. It is the fathers and mothers role to nurture their child into adulthood. Each parent has a different role in this developmental process, but each is equally as important. Surrogate parents can help fill in this role within a child's life but the natural God-given soul tie is unique and the one that if inadequate causes the most wounding. Love and nurture are two different things with different elements of functionality. You can grow up in a loving environment but lack nurture. You can grow up in a nurturing environment and still lack love. God showed me that too much nurture can also have a detrimental effect on a child.

They may grow up disconnected with a lack of empathy towards others (which is from withdrawing away from the over-protective parent) or continue onwards with the

generational pattern of over-nurturing others. You may even find that one parent gave you too much nurture whilst the other not enough. You may even find that you can operate both in false empathetic gifting's at times, whilst operating with a lack of empathy other times, in which case you may need to do both prayers in the one category or both prayers in both categories.

LACK OF NUTURE

(False Empathy)

(PRAYER) - "Father God please show me any people, animals or things that I have an ungodly connection of false empathy with" *(Write them down)*

"Dear God in Jesus name I forgive my natural father and mother as well as those who were assigned to me as caregivers or surrogate parents for their lack of nurture toward me. They did not give me what I needed to develop into a healthy adult but I do not blame them and proclaim today that I honour my Father and Mother. This lack of nurture caused me to develop an unhealthy empathetic gifting toward others. I repent for exerting my wounds of emptiness on to others. Holy Spirit the Bible says that Your role is to comfort and nurture us from born-again babies to adults so I pray that You would fill this void within my soul and heal all wounds that have formed through lack of nurture as I was growing up.

I now break in the name of Jesus Christ every ungodly empathetic soul tie I have developed with *(name all the people and things)* and command all demons of false empathy as well as those demons who transferred to leave immediately. I pray that You would strengthen all Godly empathetic gifting's in Jesus name".

(Lack of Empathy)

(PRAYER) - "Dear God in Jesus name I forgive my natural father and mother as well as those who were assigned to me as caregivers or surrogate parents for their lack of nurture toward me. They did not give me what I needed to develop into a healthy adult but I do not blame them and proclaim today that I honour my Father and Mother. This lack of nurture caused me to develop a lack of empathy toward others. I pray Holy Spirit that You would give me the empathy of Jesus so that I can be empathetic toward others and nurture them as You did. I repent for exerting my wounds of emptiness on to others. Holy Spirit the Bible says that Your role is to comfort and nurture us from born-again babies to adults so I pray that You would fill this void within my soul and heal all wounds that have formed through lack of nurture as I was growing up. I pray for Godly connections to be formed between me and those whom You would like me to develop friendships of love and support with. I command all demons that cause lack of empathy to operate in my life to leave immediately in Jesus name".

If you are a parent and know you are doing the same thing to your own children then pray - "Father God I repent for lack of nurture toward my own children. I ask that You would teach me the Godly and correct way to nurture them, Amen".

OVER PROTECTIVE

(Lack of Empathy)

(PRAYER) - "Father God I forgive my natural father and mother as well as those who were assigned to me as caregivers or surrogate parents for their over protectiveness and over-the-top nurture toward me. The love and care they gave me came from a well-intentioned place but actually had counter-productive effects within my life. I do not blame them for this and proclaim today that I honour my Father and Mother. This over emphasis of nurture caused me to develop a lack of empathy toward others. I pray Holy Spirit that You would give me the empathy of Jesus so that I can be empathetic toward others and nurture them as You did. I pray for Godly connections to be formed between me and those whom You would like me to develop friendships of love and support with. I pray that You Jesus would heal any damage caused from having been over protected. I command all demons that cause lack of empathy to operate in my life to leave immediately in Jesus name".

(False Empathy)

(PRAYER) - "Father God please show me any people, animals or things that I have an ungodly connection of false empathy with" (*Write them down*)

"Father God I forgive my natural father and mother as well as those who were assigned to me as caregivers or surrogate parents for their over protectiveness and over-the-top nurture toward me. The love and care they gave me came from a well-intentioned place but actually had counter-productive effects within my life. I do not blame them for this and proclaim today that I honour my Father and Mother. This over emphasis of nurture caused me to develop an unhealthy empathetic gifting toward others. I now break in the name of Jesus Christ every ungodly empathetic soul tie I have developed with (*name all the people and things*) and command all demons of false empathy as well as those demons who transferred to leave immediately. I pray that You Jesus would heal any damage caused from having been over protected.

If you are a parent and know you are doing the same thing to your own children then pray: "Father God I repent for overprotecting and over nurturing my children and not trusting enough in You to protect and provide for them. Please help me to overcome this in Jesus name".

Unforgiveness - Unforgiveness is one of the biggest areas satan uses against Christians. He has a legal right to oppress us when we hold unforgiveness towards anyone. Unforgiveness is a sin. The Lord's Prayer says 'Forgive us our debts as we forgive those who sin against us'. Any wounds or infirmities we carry as a result of the trauma that caused the unforgiveness cannot be healed until the sin of unforgiveness is released. In Ministry we once came across unforgiveness that flowed through the generational bloodline. The ancestors of the client had not forgiven before they died so that unforgiveness kept going. The unforgiveness was broken when the client forgave the people who had wronged her ancestor. The first step to releasing forgiveness is to repent of unforgiveness. You then have a decision to make a choice to release forgiveness towards that person; it may be **yourself**, **someone else** or even **God**.

If there is someone that you carry unforgiveness towards and you find it too difficult to truly mean the forgiveness from your heart, ask Father God to help bring you to that place of true forgiveness. Forgiving will allow God to release us from the hurt, hatred and pain we are carrying. After we have verbally confessed the forgiveness we need to give the hurt and pain to Jesus. This is truly letting go. We sometimes choose to hold on to the unforgiveness, hurt and pain thinking we are letting the guilty party off the hook if we choose to forgive them. This is not the case. We are leaving the outcome in God's hands, after all His word says 'He does not leave the guilty unpunished'. We are guilty of holding the offence if we have not forgiven. The choice to confess the forgiveness is the first step as confession of what we **speak** has the power to bring **life** or **death**. Many believe if they confess forgiveness to another but don't truly mean it from their heart then it won't work. This is untrue. The choice to choose to forgive as a first step unties the hands of God to work in your situation. We may even feel that we don't want to forgive, especially if we believe we were right. Giving the means to be vindicated over to God, instead of doing it in our strength means we are trusting God for the outcome, which will far surpass anything we could attempt to do anyway! If there is unforgiveness toward self, there will be unworthiness and self-condemnation present. How we see ourselves, as opposed to how God sees us will rob us of the blessings God has for us because we don't see ourselves as righteous. Righteousness is given to us through God's grace and is a free gift. Not seeing ourselves as righteous nullifies this free gift.

How do you know when you have truly forgiven? How do you know when you have truly forgiven? When you can pray for them to be blessed and truly want God to shower His blessings upon them. This means you have totally let go.

(PRAYER) – “I ask the Holy Spirit to show me anyone I need to forgive” (*Write them down*)

“Dear God in Jesus name on behalf of myself and ancestors I repent for carrying unforgiveness in our heart. I repent for allowing unforgiveness to become a festering root of bitterness and hate. I repent and renounce hate, destruction, judgements, hurt, suspicion, retaliation, revengeful thoughts and actions, spite, self-condemnation, shame, self-hate, unworthiness and guilt. I forgive Father God all those who have wronged me and my ancestors. I choose to forgive all those whom my ancestors could not forgive and pray blessings on them and their descendants. I forgive my ancestors and all those whom destroyed my God-given heritage by their sinful choices and actions. I choose Father God to give up my right to vindicate myself, and allow You to vindicate me. I choose to forgive (*name them*) and ask You God to bless them. If there is still unforgiveness in my heart towards anyone which I have not truly released, then I ask You Father God to help me forgive them. I now hand over the pain, hurt, anger, offence and resentment to You Lord Jesus and pray for healing. I pray for all blessings that have been withheld to be released in Jesus name”.

(a) (SELF UNFORGIVENESS) - “I command all demons of unforgiveness towards self, self-condemnation, self-hate, shame, false burdens, judgements, oversensitiveness, self-pity, heaviness, depression, fatigue and unworthiness, as well as all demons with you to leave in the name of Jesus Christ”.

(b) (UNFORGIVENESS OTHERS) - "I command all demons of unforgiveness towards others including bitterness, retaliation, revenge, destruction, hate, as well as all demons with you to leave in the name of Jesus Christ.

Striving/Perfectionist spirit - Striving can be a direct result of rejection. A spirit of bondage called perfectionism gives us false protection because when we do things perfectly we are not rejected. We try and try in our own strength to be perfect only to end up feeling condemned because we fail. God revealed to me through a painful lesson that when I made a mistake and messed up I really condemned myself for my failures. I would get so angry and hate myself because I wasn't perfect. I had a spirit with me called 'fear of failure' and it manifested its presence within my chest which felt incredibly heavy. It was a heavy burden to carry. We can strive for many reasons, one being recognition and approval from others, or God. Another is striving for God's gifts so we perform and look good in front of others. We may even strive to do things in our own strength to receive God's healings and blessings by frantically going from Ministry to Ministry to try and find our answers. Striving can also be when we try to become more righteous in our own strength. None of these things work for God. We need to simply put on the righteousness of Christ and enter into His rest, which trusts Him to bring about our change in our lives and circumstances. When we frantically seek to do things to activate God's power, this is unbelief, because we are not trusting and waiting on Him to show us the keys, we are instead searching for them in our own strength.

Striving can also be when we do things to satisfy the flesh which is a selfishly motivated desire for the things of God for one's own benefit. Do we seek God's approval because we simply love Him, or because we want to be accepted by Him? Many of us find it is the latter. We don't understand the love of the Father. We don't need to be good to have God's love or approval. He loves us in our imperfections. He loves us even when we make mistakes. We need to leap in faith onto the back of the eagle. ***(Isaiah 40:31 NKJV - But those who wait on the Lord, shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint).*** We don't need to strive, we can simply rest in Him. We can build many walls of protection which can block us from receiving the fullness of God's love. A mind-set of believing the lie that 'we need to be good enough' actually blocks us from receiving the Love of God. God wants to freely infill us with His love whenever we need it, but if we believe we can't have it unless we are pleasing God, this is unbelief, unbelief that God's Love is free and unconditional. We put conditions on God's love, not God. When we are in filled with God's love, there is no room for striving, we are motivated by love. Love for God and love for people. We need to allow God to knock down those walls of protection, so He can infill us with His perfect love. When we operate out of love we are not striving - we are automatically walking in the spirit. Pursue love, desire it, and seek to possess it, make it the object of your desire.

(PRAYER) – "Dear God I repent for striving. I have strived in my own strength to unleash your power into my life and circumstances. I repent for striving to please You and others and be perfect when perfection is not what You ask of me. Trusting

You and being obedient to Your promptings is what You want from me. I have strived in my own strength to become righteous, when it is the power of the righteousness of Christ working through me that changes me. I have strived to satisfy the flesh because of selfish motivations, when my biggest motivation should have been love. I have strived for approval and acceptance from You and others, when clearly I am already approved by You. I have built a wall around myself that has prevented You from imparting Your fullest love. I now lay down that wall and give You Lord Jesus permission to knock down that wall. Fill me to overflowing with Your perfect love, so I can walk in the spirit and not in the flesh. I forgive myself for not being perfect and declare that it is okay not to be perfect because the righteousness of Christ within me will transform me into perfection. In the name of Jesus Christ I address all demons associated with striving, including martyrdom, pleaser, pride, self, perfectionism and fear of failure and command you all to leave now”.

Despondency/Loss of Hope – Have you ever been in a place where you feel all hope is lost and that things are just doom and gloom? You are waiting on God and it seems as though He is unreachable and simply not helping. Recently I was in this place. I got asked to minister to a lady and really didn't want to do it. I was suffering so much in my health and every day was a struggle let alone doing Ministry for another. I prayed to God and asked Him to cancel the session as I was in such a hopeless place that I felt I would be a hindrance rather than a help. I didn't want to cancel the session myself as I hate to let anyone down. The day of the session I was sitting with the client and other team members when the Holy Spirit spoke to me about the spirit of despondency. He showed me that I and her was encompassed by this spirit. He then a few days later gave me more. This is what He spoke: -
“Despondency is loss of hope. Disappointment, yearning, waiting and hoping with your own expectations which are not fulfilled causes this. Always expect good things from Me but these things will happen in My timing – not when you want it to. Why is it so hard? Perseverance develops character. I need to see what unfolds – are you a fighter or do you give in easily? What character do you become in these trials? Someone I can use for My Kingdom or one who is of no use to Me? The one who is of no use is the one who leaves. I can use both a fighter and the one who gives in easily to the disappointment. The one who fights goes on to be a great intercessor and the one who becomes despondent simply needs more. Neither is wrong. I can use both. How can God use the one who is despondent? And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us (Romans 5:3-5, NKJV). How does character produce hope? Hope is the beginning of faith. Faith is the substance (absolute assurance) of things hoped for. If you lose hope then you also lose faith. The enemy wants to steal your hope. God produces hope through the trials. This is of course opposite to how man thinks and acts. In normal circumstances trials bring loss of hope but not so in God. The Bible tells us that Jesus is the anchor of our soul. Jesus is also our hope. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the

veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek (Hebrews 6:19-20, NKJV).

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit (Romans 15:13, NKJV).

Paul, an apostle of Jesus Christ, by the commandment of God our Savior and the Lord Jesus Christ, our hope (1 Timothy 1:1, NKJV). The more severe your trial becomes the more you seek Jesus who is your hope. The character that God wants to produce is the one that is reliant solely on Jesus. Each time we feel like hope is lost we continually time and time again come back to Jesus. Character produces hope! The trials make us reliant on our creator. God likes it this way. His ways are higher than our ways. Seeking Him is the first and foremost thing to do. God needs us to be completely reliant on Him for all things. Although He gave us free will He wants for us to always choose His will. If you are needing hope again then ask Jesus the God of hope to fill you again. Trust in Jesus to do this. The enemy wants nothing more than for you to walk away from God. God has to put to death the things in you that prevent His glory outworking through you. He is using these trials to also change your character into a more Christ-like creation. The more you seek Jesus and His ways the more you become like Him!"

(PRAYER) – “Father God I have wavered, stumbled and lost hope in You. I repent for this. I pray that You would fill my heart afresh with the living Lord Jesus Christ, which hope we have as the anchor of our soul. I command despondency, loss of hope, disappointment, lack of faith and every demon with you to leave immediately in the name of the all-powerful Lord Jesus Christ. ***In Him was life, and the life was the light of men (John 1:4, NKJV).*** I pray for an infilling of light and life in Jesus name.”

Condemning Others - *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit (Romans 8:1, KJV).*

Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven: Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again (Luke 6:37-38, KJV).

For God sent not his Son into the world to condemn the world; but that the world through him might be saved (John 3:17, KJV).

For if our heart condemn us, God is greater than our heart, and knoweth all things. Beloved, if our heart condemn us not, then have we confidence toward God (1 John 3:20-21, KJV).

What is condemnation? Meriam Webster describes condemnation as ‘to declare to be reprehensible, wrong, or evil usually after weighing evidence and without

reservation'. Condemnation in the Bible in Greek is **Krisis** and means judgement, damnation, opinion or decision given concerning anything 3a1) esp. concerning justice and injustice, right or wrong 3b) sentence of condemnation, damnatory judgment, condemnation and punishment.

Condemn in Hebrew is **Rasha'** and means to judge or condemn as guilty.

Recently I was given three words to release about Donald Trump winning the election. The words I received were 'he would win', 'he would overturn' and 'justice would prevail'. In the natural as it currently stands it appears very much like my words are wrong. I have spent much of my walk learning to discern God's voice as opposed to hearing my own flesh, or an evil spirit. Testing my discernment in this way (in the public arena) with a very specific word like this was my first time and very scary. It would prove to me one way or another if I was truly discerning God or not. I had originally prayed to God and told Him that I would stop ministering if it proved wrong as I did not want to be a false prophet, and especially did not want to lead people astray if I was listening to a counterfeit spirit. In times like this other people have their varying opinions and are happy to share them. Some quickly told me from the beginning I was wrong and needed to repent, others agreed with me and told me to keep standing while giving me encouragement, and to 'wait and see', whilst others vocally executed judgment against those who were believing they had it wrong, telling them that they were weak in their faith and were bowing down to fear of man instead of fear of God. During some of these moments I felt very condemned. Although I had started doubting my own discernment I never once doubted God. If it was God I heard and if God said He would overturn the result then He will do it. I had no doubt about this – my problem was, was it really God? Throughout this God showed me that I could still trust in Him and to believe that He had this and no matter which way it turned out that He would use it for good. Throughout this God never once condemned me. In fact He did the very opposite and enveloped me in His love and presence (in the same way as when I was first born-again and filled with His Spirit) as I wept one morning so that I had no doubt that this was Him. He told me in that moment not to give up the Ministry because He needed me and His body (the Church) needed me, and He gave me peace that He had it no matter the outcome. God knows me so well and knew that I would have condemned myself if I had of gotten it wrong, and even if I had of gotten it right I would have still condemned myself for my lack of faith when the doubts came.

Condemnation is something that many of us fall into. People seem to be guilty of condemning one another and themselves frequently.

As I was pondering all this (especially the fact that the body of Christ was so in disunity and condemning one another) I heard the words 'condemnation' echoing in my spirit and I knew that God wanted to share with me His thoughts on condemnation, and that I was to also go to the word of God (His Bible) to see what it said on this subject. Armed with pen and paper this is what I heard and what I believe He spoke, ***"It is time to rise up as one body – the body of Christ. It is time to receive the mind of Christ. My children are all over the place – there is so much disunity in the body of Christ. It is time to rise up. It is time to love one another as I love you. Why are you condemning and attacking one another in a way that I don't and never will? The devil is in the flesh of man. You need to repent and lay down your flesh and rise up in the new man. You cannot rise***

*up in the new man until the old man is dead. I am not highlighting these things to condemn you, but to convict. Ask Me if you have ever condemned anyone and I will show you. Condemnation is a sin and against the ways of God. If you have entered into this you need to repent and confess your sin to Me and apologise to those whom you have condemned. If you are condemning yourself you need to apologise to yourself. You wound yourself with your own words when you condemn yourself. This is a sin and how can healing come if you have not confessed your sins? **If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness (1 John 1:9, KJV).** If you confess your sins I can forgive you. If you also have unforgiveness toward anyone how can God forgive you? Condemnation in the Church toward each other is condemnation against My own body. Now you [collectively] are Christ's body, and individually [you are] members of it [each with his own special purpose and function] (1 Corinthians 12:27, AMP).*

*And if a kingdom be divided against itself, that kingdom cannot stand (Mark 3:24, KJV). Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life (John 5:24, KJV). I do not condemn you so neither should you condemn one another. Condemnation in the body of Christ is rife. I have used this event (about Trump) to reveal the hearts of My children. How did you react? Were you just and holy toward each other or did you judge and condemn one another with unrighteous judgment? Did you judge one whose faith was not as strong as yours? Or did you condemn one who believes differently to what you believe? Did you react in love when one rebuked you? Love one another as I loved the Church and gave Myself to you. Would you lay down your lives for one another? Let go of the judgements and the fleshly responses you make toward one other. How do you let them go? You repent, you apologise and ask Me to raise you up into the new creation. You put on love – My love for one another. **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] (Colossians 3:14-15, AMP).** This is not condemnation but a rebuke and a convicting of your flesh to repent so I can clothe you in the armor of love. **But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation (1 Thessalonians 5:8, KJV).** Without this you cannot love one another as I do. It is not man's fault that you react to each other in this way. Man is fleshly and the uncircumcised heart is wicked until it is laid down and exchanged for Mine. Wherever you have a weakness I need to expose it so I can rest My strengths upon it. Before I can do this you must first 'see' your weakness and those things that are contrary to My Kingdom. Many things you cannot change yourself. Can you see that you react in a way that is contrary to My Kingdom? If so then with a sincere heart turn away from this by confessing your sin and asking Me to help you. I do not expect you to turn away from these things without My help because you cannot achieve perfection yourself. This is what I have been outworking in My*

children – for you to see your own inability to be perfect as I am perfect. Men can never be perfect without God. God is perfection and through Jesus He is perfecting you into His image. The only way to receive all I have for you is to lay down yourself and this can only come in your weakness so I can raise you in My strength.”

After I received this word I wondered if all this could be backed up by the word of God. I found many Scriptures (which I included) to back up what the voice of God spoke to me. However the one in Isaiah 54:17 confused me. ***No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD (Isaiah 54:17, KJV).*** This Scripture is telling the servants of God that every tongue that rises up in judgment against us we will condemn as this is our heritage from God, but yet on the other hand God was telling me that although He chastises and disciplines He does not condemn His children, and once you accept Christ as your Lord and Savior you are saved and made right before God through His Blood. He was also telling me that condemnation toward each other was a sin and it meant that you were condemning Christ's own body because we are the body of Christ and we are sinning against His body when we do this. I asked the Holy Spirit why these Scriptures contradicted each other and He told me to read the passages before Isaiah 54:17. After reading this I realised that this was referring to the world coming against the believers in Christ. This was not written for believers to condemn other believers in Christ. This passage in Isaiah I believe is also specifically about the end-times (particularly the millennial time where Jesus and His Bride live together in the Promised Land). When the world (who is antichrist) refuses to be saved and it is time for Jesus to execute His final justice and judgment against all of mankind the word of God also tells us that we are given the power to judge and condemn the world alongside Jesus when He does this. ***Do ye not know that the saints shall judge the world? and if the world shall be judged by you, are ye unworthy to judge the smallest matters? (1 Corinthians 6:2, KJV).*** God's ultimate goal is to save all of mankind through Jesus, but when the end comes He has no choice but to condemn the world who follows and worships the antichrist who is ruled by satan.

(PRAYER) – “Father God in Jesus name I ask that You would reveal to me anytime I have condemned anyone.” (Wait on God and see what He shows you – He may also show you that you have to apologise to anyone you have condemned). “I repent in Jesus name for the sin of condemnation. I am sorry for condemning others and I am sorry for condemning myself. I apologise to myself for condemnation. I forgive those who have condemned me and I bless them in Jesus name. I am sorry if my responses to any rebukes were condemning and not done in love. I confess the sin of condemning Your body Lord Jesus when I condemned those within the Church, as they are ‘Your’ body. I lay down my flesh and my weakness and ask You to perfect me into the true image of God - which is Jesus Christ, Who is sinless and Who is perfect. Perfect me Lord God by Your Holy Spirit into that image. Cover me in Your love which is the perfect bond of unity. Infill me with Your love so I can love You, love myself and love one another through Your love. These things I pray in Jesus name, Amen.”

Post Deliverance Infilling Prayer - "I break every curse over my life from preconception to the present day in the name of Jesus Christ. I ask Father God that every curse would be replaced with a blessing. In the name of Jesus and by the stripes He bore on His body I pray for healing within every area of my spirit/soul and body. (*Pray specifically for all ailments*). I command all misalignments to come into divine order in Jesus name. I cast out the spirit of infirmity in Jesus name. I cast out fear, shock and trauma in Jesus name. I command every fibre, every cell and every part of this body to come into divine order. I command all pain to leave in Jesus name. I pray for a creative miracle in all areas where body matter needs to be regenerated. I command all cells, cell structure, DNA, RNA, and all parts of the spirit/soul and body not to remember all traumas in Jesus name. I pray for the fire of God to burn off all remaining remnants and dross in Jesus name. I command every demon who has access to me to leave immediately in Jesus name. With the blood of the lamb I seal all doorways closed to the demonic and declare that demons can only exit and not re-enter. I bind the demonic doorkeepers and terminate their assignment against me in Jesus name. I ask for the Holy Spirit to infill with light all areas that were once dark in Jesus name. I pray for a hedge of protection to be placed around me and for any holes to be repaired in Jesus name. Thank You Father God in Jesus name for delivering me".