

Preface

The aim of this book to help disciples of Jesus Christ break free of any ungodly attitudes, behaviour patterns and illnesses that are hindering them from putting on the new life that Jesus has opened up the way for us all to receive.

If you are not a disciple of Jesus Christ and you would like to become one, then help to do this can be found in Appendix One 'Becoming a Disciple'.

If you have previously responded to the gospel but feel distant from Your Heavenly Father because of ungodly things you have done or ungodly attitudes you cannot leave behind, it is suggested you pray along the lines of the following prayer to return to the Lord, then as you work through the material presented here it is my prayer that you will find release from all those things that have discouraged you and held you back. The following prayer suggestion breaks 'ungodly emotional bonding'. This is explained in Section Five 'The Restored Heart'. It is also explained later that it is important that we say prayers like these out loud.

Thank You Father God that despite my sinful ways and attitudes that You love me and have made a way for me to be restored to You. Thank You Father that this is possible due to all that Jesus Christ achieved by dieing on the cross for me and in His resurrection from the dead.

I am embarrassed to come before you Lord because I need to confess that I have stumbled and offended You. I feel my behaviour and attitudes are an insult to You and I am ashamed of myself. Thank You Lord for Your wonderful love that wants me to be restored to You.

I confess, renounce and repent of all that I have done to offend You. (It would be best to take some time here and mention all those things that come to mind.) Please forgive me and cleanse my heart of all these things.

I forgive all those who have ever hurt me (It would be best to take some time here and mention everyone who comes to mind) and I break all the 'ungodly emotional bonding' with them and with anyone that I was involved with in doing ungodly things. I ask all these things in the name of the Lord Jesus Christ. Amen.

The problems that can block our progress in Christ are not exhaustively discussed from every angle here. The emphasis is on presenting the principles that enable us to be set us free from them. These truths can then be applied to your circumstances by developing the suggested prayers as necessary for you. If you desire more details about a certain issue please refer to the books listed in Appendix Five 'Further Reading'.

The problems we can have and their causes are presented in the three sections on The Wounded, The Dis-eased and The Ensnared Heart. How to deal with these problems is presented in the two sections on the Yielded and Restored Heart. Many prayers are suggested in the section on the Restored Heart to help you break through into everything God has for you. How to stay free of these problems is presented in the section on the Victorious Heart.

Although the prayers have been very carefully thought out, there is nothing particularly special about their wording. The power of God is released by your faith in the truth of what Jesus Christ

has made available to you; any words that express that are suitable. There is no reason why you should not modify the suggested prayers, as you feel appropriate for you personally.

Jesus told us that knowing truth is vital to being set free. If you have made up your mind about something and you are wrong then not even God can change your mind because He cannot go against your will as He is not a control freak. Sometimes we need to pause and review what we thought was right and let God teach us by the Holy Spirit working in our hearts.

Being set free is a continuous process that goes deeper every day. This book is only an aid, to work through it once does not complete the job. The prayers presented are intended to enable release when the issues presented are a major problem for someone. If you feel any of the prayers do not apply to you or are over the top for your circumstances just pray about the issues in your own words and move on; although praying any of these prayers will certainly not do you any harm. At worst you have wasted a few words at best you may be released from things that you did not know were hindering you.

The earlier prayers suggested are suitable to be prayed alone, rather like applying first aid to yourself, but for some people seeking release from major issues the support and prayers of someone else may be required, rather like needing the help of a nurse or a doctor. The time to seek help is when you feel either very sleepy or agitated when reading about the issues or trying to pray the prayers.

Always remember that God's love is so graceful that He accepts **YOU** as you are no matter what you may think about yourself or what you have done. You do not have to get yourself into a particular holy mode to pray effectively. If you are concerned about how sincere you are, just talk to God about it. The more honest you are with Him the better. It is hard not to try and present our better side to people but with God you have no secrets so there is no point whatsoever of trying to present a certain image to Him. So we can always come to God just as we are but He loves us so much He will not leave us as we are.