

Ministry Time Handout

1) **Recognize** - what's stealing my peace of mind?

a) I felt _____ when _____

2) **Confess**: Father forgive me for...

a) Unloving things I've done or said: _____

b) Unloving feelings I've had: _____

3) **Renounce**: Father forgive me.... Lord I renounce the lie....

a) Negative / judgmental labels I've thought or said about them or myself
They are (a) _____

I am _____

b) Negative beliefs that I concluded they have about me
They don't _____ *me ie. love, respect, etc*

c) Standards or expectations that are ruining my relationships
If you loved, accepted or respected me you would (not) _____

To be loved and accepted I must _____

d) Beliefs that are contrary to the word or character of God
God won't, doesn't or can't _____

4) **Forgive**: Father, I forgive... _____ for _____

5) **Rebuke**: I rebuke the spirit of.....
Demonic spirits which could be influencing me _____

6) **Declare**: Lord I declare... or Father I bless...
a) Truths about God, myself & others _____

b) Blessings over others _____

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Helpful Hint Guide

- 1) **Recognize:** This is a summary statement that should encompass the key issue that stole your peace. The format should help you take responsibility for you feelings.
Example: I felt bitter and angry when my best friend yelled at me when I forgot to call her back.
- 2) **Confess:** This section is focused on helping you pinpoint all of the different feelings and actions that are currently “wedges of sin” that you need to confess.
 - a) What did you say or do in response to the situation that was not done out of love? These are often retaliatory words or actions meant to hurt others.
 - b) Use the front of the bookmark to help identify feelings and attitudes which are causing a wedge between yourself and the other person or negative feeling about yourself and/or God.
- 3) **Confess & Renounce:** This section is focused on helping you pinpoint all of the lies.
 - a) Negative / judgmental labels. The first section is to help you identify conclusions you have come to about others based on their actions. We often ascribe meaning to their behaviors:
Example: They are a liar, untrustworthy, a cheater, loser, etc.
The second section is to help identify conclusions you have come to about yourself.
Example: I am not enough, unloveable, unwanted, etc.
 - b) Based on the other persons actions or words, you may have come to conclusions about what they think about you. These thoughts are typically speculation on your part.
Example: They don't love, respect, want, care about, me.
 - c) We have beliefs (often unconscious) regarding the ways we expect to be treated. Some of these expectations come from past instances where we got hurt, and out of fear, we've created rules to control others and to keep from getting hurt again. Other beliefs may just be learned patterns. Either way, you need to break the reactionary retaliatory patterns.
Example: If you loved me you would not raise your voice at me. If you respected me you would not talk to other men/women.
Standards regarding what you must do to be loved / accepted are rooted in fear and point to places where you are not grounded in God's perfect love or know your identity in Christ.
Example: To be loved and accepted I must avoid conflict, be right, etc
 - d) When you find yourself in fear or thinking negative thoughts about God, there is something you are believing that is not aligned with the word or character of God.
Example God doesn't heal, God won't provide for me, God won't forgive me, etc.
- 4) **Forgive:** This section may be very similar to the answers to the first question, but it simply is here to ensure you have complete clarity in regards to who you need to forgive and for what.
- 5) **Rebuke:** Demonic spirits often are associated with very strong destructive emotions such as betrayal, anger, fear, self rejection, or shame. Look for places you feel emotionally locked up.
- 6) **Declare:** Identifying truths about God is typically quoting or paraphrasing scriptures which speak to who He is, and/or what He can do. Identifying truths about yourself and others requires you to get in touch with your Father's heart. What does the bible say about how your Heavenly Father sees His children? Declare those positive powerful truths over yourself & others.

What does that person who hurt you really need? What does their heart yearn for? Pray God would meet their needs and be merciful to them.