



Renouncing Lies and Announcing Truth

Wounds

Rejection: “In the name of Jesus Christ, I renounce the lie that I am unloved and unlovable. I renounce the lie that I am not wanted, not desired and not good enough. In Jesus name, I announce the Truth that by virtue of my baptism I am a beloved son / daughter of the Father. I announce the truth that he loves me so much that Jesus gave his life for me, and that there is no greater love possible (Jn. 15). I announce the truth that the Love of God has been poured out into my heart through the Holy Spirit. I announce the truth that I am loved and valued, wanted and desired, and that I am precious in the Father’s eyes.”

Abandonment: “In the name of Jesus Christ, I renounce the lie that I am alone, that no one understands me or cares for me. I renounce the lie that I am unprotected, and that God has abandoned me.” In Jesus name, I announce the Truth that Jesus himself promised me, ‘I will never leave you nor forsake you’ (Heb. 13:5); ‘I will be with you always till the end of time’ (Mt. 28). I announce the Truth that I am connected and understood and deeply cared for. I announce the Truth in Holy Communion I am united with Christ and the Communion of Saints. They are always with me, so I am never alone.”

Fear: “In the name of Jesus Christ, I renounce the lie that if I trust I will be hurt, disappointed or die. In the name of Jesus I renounce all fear, anxiety, mistrust and distrust. I renounce the lie that I am not safe and not protected. And I announce the Truth that God is my rock, my fortress, my deliverer and my protector (see Psalms 23, 27, 91). I announce the Truth that God’s perfect love casts out all fear (1 Jn. 4:18). I announce the Truth that I am safe and secure.”

Shame: “In the name of Jesus Christ, I renounce the lie that I am bad, dirty, ugly, stupid, worthless, perverted... And in Jesus name, I announce the Truth that Jesus died for my sins and that I am forgiven, washed, cleansed, justified and accepted (see 1 Co. 6). I announce the Truth that Jesus did not come to condemn me but to save me (John 3:17-21; Romans 8:1; John 8:10-11). I announce the Truth that in the Sacrament of Reconciliation, I am forgiven and set free. I announce the truth that I am pure and worthy, not because of what I have done, but because of what Jesus has done for me.”

Powerlessness: “In the name of Jesus Christ, I renounce the lie that I am powerless, weak, unable to change, not capable; that I am stuck, trapped, that I don’t know what to do”. In Jesus name, I announce the Truth that Jesus promised that his grace is perfected in my weakness, so that when I am weak, then I am strong. (2 Co. 12:8-10). I announce the Truth, that “I can do all things through Christ who strengthens me” (Philippians 4:13). I announce the Truth that “Where the Holy Spirit is there is freedom. (2 Co. 3:17). Therefore I accept the truth that I am empowered by Christ and liberated by the Holy Spirit. I announce the Truth that through Confirmation, I am anointed with the power of the Holy Spirit, who lives and dwells in me.”

Hopelessness: “In the name of Jesus Christ, I renounce the lie that nothing ever changes and I will never have what I want. I renounce the lie that my life is meaningless and that I have nothing to live for. In Jesus name, I announce the Truth that my hope is steadfast in Christ, and that He makes all things new (Jn. 21:5). I announce the Truth that because my hope is in Christ and I will not be disappointed (Ro. 5:5); I announce the truth that ‘I am being transformed from glory to glory into the image of Christ’ (2 Co. 3:18); and that God is at work in me, and what he begins he will bring to completion (Php. 1:6). Therefore I am filled with hope in the good things to come.”

Confusion: “In the name of Jesus Christ, I renounce the lie that everything is confusing, that I don’t understand anything and that it is up to me to figure things out on my own. In Jesus name, I announce the truth that I have the mind of Christ (1 Co. 2:16) and that the Holy Spirit reveals whatever I need to know when I need to know it (1 Co. 1:7). I announce the truth that the Lord gives wisdom and understanding to anyone who asks (Jas. 1: 5). I announce the Truth that God has given His Church to lead me into all Truth. I announce the Truth that I have understanding and enlightenment from the Lord.”

Sins

Pride: “In the name of Jesus Christ, I renounce the sin of pride and any idolatry of myself. I renounce self-righteousness, self-deception, and self-promotion. I ask for your forgiveness Lord, and I choose instead to humble myself before you.”

Envy: “In the name of Jesus Christ, I renounce the sin of envy, and any idolatry of position or status. I renounce coveting what anyone else has and bringing them down. I ask for your forgiveness Lord, and I choose instead contentment and kindness toward my neighbors.”

Anger: “In the name of Jesus Christ, I renounce the sin of anger, and any idolatry of power, control or justice. I renounce all bitterness, judgments, and retaliation. I ask for your forgiveness Lord, and I choose instead the virtue of patience and long-suffering, to bless those who hurt me.”

Lust: “In the name of Jesus Christ, I renounce the sin of Lust, and any idolatry of sex or relationships. I renounce all immorality, fornication, adultery, pornography...I ask for your forgiveness Lord, and I choose instead the virtue of chastity and to see everyone in purity.”

Gluttony: “In the name of Jesus Christ, I renounce the sin of Gluttony, and any idolatry of food, drink or drugs. I renounce all self-indulgence and false comfort through what I take into my body. I ask your forgiveness Lord, and I choose instead temperance and fasting to combat self-indulgence.”

Greed: “In the name of Jesus Christ, I renounce the sin of Greed, and any idolatry of security, wealth or money. I renounce all sins of hoarding, stealing, or using people to get ahead. I ask your forgiveness Lord, and I choose instead generosity and trusting you for my provision.”

Sloth: “In the name of Jesus Christ, I renounce the sin of Sloth, and my idolatry of ease and false comfort. I renounce laziness or giving up when things get difficult. I ask for your forgiveness Lord, and I choose diligence and perseverance.”

APPENDIX 4

PRAYER FOR RENOUNCING INNNER VOWS

Father I acknowledge that I have tried to save myself rather than rely on you for my salvation. Please forgive me for my sin of pride and self-sufficiency. I acknowledge that my effort to protect myself has left me imprisoned behind walls that keep me from freely giving and receiving love. I desire to be free of this bondage that has come as a result of my own choices.

In the name of Jesus I renounce the inner vow that _____ (details of inner vow). I ask you to release me from the bondage of this vow now. Thank you. Amen.

PRAYER FOR RENOUNCING JUDGEMENT

Father I acknowledge that I have judged (name _____). I realize that I did this to protect myself from the feelings of vulnerability and powerlessness in order not to be hurt. I also realize that this judgment is sin and keeps me bound. I ask you now for your forgiveness and to release me and _____ (the person judged) from the bondage of this condemnation and isolation. In the name of Jesus I renounce the judgment of _____ (name) that _____ (identify specific judgments). I know I cannot change my own heart so I ask you to give me your heart of compassion for _____.

(For more on judgments and prayer for release see www.kclehman.com)

PRAYER OF FORGIVENESS

1. Ask the Holy Spirit to show you who you need to forgive (could be family, friend, abuser, God, yourself).
2. Picture the person in front of you and pay attention to what you feel.
3. Make an account of the debt they owe you (what did they take from you, how did they hurt you? It is okay to feel angry.)
4. Imagine yourself telling them what they did to hurt you and how it has affected you.
5. Ask the Holy Spirit to reveal to you what you believe about yourself based on that incident (identity lie).
6. Renounce the identity lie. (For example: "I renounce the lie that I am not loved or cared for, etc.")
7. Ask the Holy Spirit to reveal the judgments you hold towards that person who hurt you.
8. Renounce the judgments (see prayer above)
9. Ask Jesus to forgive the person. 8.5. Renounce Inner Vows (see prayer above)
10. Forgive the person.
11. Pray a prayer of blessing over that person-ask God to bless them in the opposite way that they hurt you.
12. Ask Jesus to seal this forgiveness and heal the wounds.
13. Thank God for his healing.

INNER VOWS

Promises we make to ourselves out of fear, wounds, or judgments.

*“I will never be like my mother, father, brother, abuser”
“I will not trust or be vulnerable”*

BELIEFS

*Lies - what we believe about us
Judgments - what we believe about others*

WOUNDS

*filled with
PAIN*

3. Using the diagram to the left, identify your wounds, beliefs, and vows and record in your journal:

a. Identify an event where you were wounded. Describe it. What happened?

b. Which of the Seven Deadly Wounds did you experience through that event?

WOUNDS
Abandonment
Shame
Fear
Powerlessness
Rejection
Hopelessness
Confusion

c. What beliefs about yourself are held in those wounds? (e.g. Abandonment: I am alone, unprotected, not understood).