

Renouncing Lies and Announcing Truth – 7 Deadly 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, and 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 Ps 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, or 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 Cor. 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 (Rev. 21:5). I announce the Truth that because my hope is in Christ I will not be disappointed (Rom. 5:5); I announce the truth that ‘I am being transformed from glory to glory into the image of Christ’ (2 Co. 3:18); 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 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.”

7 Deadly 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.”

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.”

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.”

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.”

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.”

PROCESS OF FORGIVING ANOTHER PERSON

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. Speak to that person aloud 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 (the identity lie).
6. Renounce the identity lie. (For example: “I renounce the lie that I am not loved or cared for, etc? *See “Prayer for Renouncing Identity Lies,” on page 4.*)
7. Ask the Holy Spirit to reveal the judgments you hold towards the person who hurt you.
8. Renounce the judgments (*See “Prayer for Renouncing Judgments,” on page 4.*)
9. Pray a short prayer asking Jesus to forgive the person.
10. Forgive the person.
11. Pray a prayer of blessing over that person, asking God to bless them in the opposite way to the way they hurt you.
12. Are there any inner vows you have made as a result of this hurt? Renounce those inner vows now (*See “Prayer for Renouncing Inner Vows,” on page 4.*)
13. Is there an unhealthy soul tie with the person you have just forgiven? Break the soul tie. (*See “Prayer for Breaking Soul Ties.”*)
14. Ask Jesus to seal this forgiveness and heal the wounds (*See “Prayer for Sealing and Blessing,” on page 4.*)
15. Thank God for his healing.

PROCESS OF FORGIVING ONESELF

1. Make an account of what you have done to damage yourself or harm other people.
2. Say how that has affected you or the other person(s).
3. Ask the Holy Spirit to reveal to you what you believe about yourself based on your action or inaction (the identity lie).
4. Renounce the identity lie. (For example: "I renounce the lie that I am stupid, selfish, cruel, etc.?" See *"Prayer for Renouncing Identity Lies,"* on page 4.)
5. Pray a short prayer asking Jesus to forgive you for what you did and for the effects it caused.
6. Forgive yourself.
7. Pray a prayer asking God to bless you and/or the person(s) you hurt, by reversing the effects of your sins or failures.
8. Are there any inner vows you have made as a result of this hurt? Renounce those inner vows now (See *"Prayer for Renouncing Inner Vows,"* on page 4.)
9. If your actions have involved another person, do you have an unhealthy soul tie with them? Break the soul tie. (See *"Prayer for Breaking Soul Ties."*)
10. Ask Jesus to seal this forgiveness and heal the wounds. (See *"Prayer for Sealing and Blessing,"* on page 4.)
11. Thank God for his healing.

PROCESS OF "FORGIVING" GOD

1. Picture Jesus or God the Father in front of you and pay attention to what you feel.
2. Make an account of what you believe God has done to harm you or other people.
3. Say how that has affected you or the other person(s).
4. Ask the Holy Spirit to reveal to you what you believe about yourself based on God's perceived action or inaction (the identity lie).
5. Renounce the identity lie. (For example: "I renounce the lie that I am worthless, unloved, powerless, etc?" See *"Prayer for Renouncing Identity Lies,"* on page 4.)
6. Ask the Holy Spirit to reveal the judgments you hold towards God.
7. Renounce those judgments (See *"Prayer for Renouncing Judgments,"* on page 4).
8. Pray a short prayer asking Jesus to forgive you for blaming God.
9. Forgive God.
10. Pray a prayer asking God to bless you, by reversing the effects of your bitterness or sins towards him and revealing to you the truth about his love and care.
11. Have you made any inner vows with regard to God? Renounce those inner vows now (See *"Prayer for Renouncing Inner Vows,"* on page 4).
12. Ask Jesus to seal this forgiveness and heal the wounds (See *"Prayer for Sealing and Blessing,"* on page 4).
13. Thank God for his healing.

PRAYER FOR RENOUNCING INNER 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 vows). I ask you to release me from the bondage of these vows now. Amen.

PRAYER FOR RENOUNCING JUDGMENT

Father I acknowledge that I have judged (*name*). I realize that I did this to protect myself from 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 he/she is (*identify specific judgments*). I know I cannot change my own heart, so I ask you to give me your heart of compassion for (*name*). Amen.

PRAYER FOR RENOUNCING IDENTITY LIES

In the name of Jesus Christ, I renounce the lie that (*examples: "I am alone"; "I am ugly", "Nothing will ever change"; "I am not loved"; "If I trust I will die" etc.*). And in Jesus name, and through the power of the Holy Spirit, I ask that you reveal the truth of my identity before the Father, where these identity lies have taken hold in my heart. Amen.

PRAYER FOR BREAKING SOUL TIES

In the name of Jesus, I renounce all unholy soul ties between me and (*name*). I repent of any sin I have committed with regard to him/her/them and I renounce these sins now, in Jesus' name. (*Bring these to confession.*) I take the sword of the Spirit, which is the word of God, and I break and cut all mental, emotional, physical, spiritual or sexual ties which are unholy between me and (*name*). Remove the effects on me of any sin on the part of (*name*). Restore me to wholeness in spirit, soul and body and reintegrate any part of me that was involved with those soul ties. I also ask for the salvation and restoration and healing of that person (those people) with whom I was involved and commit them to your care. In the name of Jesus I rebuke any evil spirits that have gained a foothold in me and command you to leave me and go to Jesus Christ for judgment. Thank you, Lord, for setting me free to live as the new person in Christ you made me to be. Amen.

PRAYER FOR SEALING AND BLESSING

Father, I thank you for this healing through the name of Jesus and by the power of your Holy Spirit. I praise you for your great love, mercy and power, and for sending Jesus in the power of the Spirit to heal our broken hearts and to free us from all bondage. I ask now for you to seal this healing and to close any remaining doorways, by the precious blood of Jesus, and the gentle ministry of your Holy Spirit. I pray that you will bless (me or other person) now with a new infilling of your Spirit and with a new understanding and authority of (my/ their) identity in Jesus Christ. Please especially bless (any area of wounding). I acknowledge that I am (re-affirm truths revealed in healing prayer). I thank you and praise you for your graciousness to me. Amen.

PRAYING FOR INNER HEALING

1. IDENTIFY THE CURRENT DISTRESS SYMPTOMS
 - a. What is currently distressing me? What do I desire?
 - b. What is the current trigger event and what am I feeling in the situation?
 - c. What do I believe in my heart about myself? (identity lie)
 - d. What do I believe in my heart about other person? (judgment)
2. ASK JESUS (FATHER OR HOLY SPIRIT) TO SHOW YOU THE ROOT OF PROBLEM
 - a. Do not try to pray or figure out—just listen and receive.
 - b. The root may be one memory or a series of memories, or a feeling.
 - c. The root may also be a womb experience or generational problem.
3. IDENTIFY THE PAINFUL EXPERIENCE AND CORRESPONDING BELIEF (LIE)
 - a. The pain and lie should match with the initial distress and lie.
 - b. If there is more than one memory, identify the common thread.
 - c. If the root problem is pre-verbal, there may not be a memory, only feelings.
 - d. If the root issue is generational, there may not be any emotion.
4. ASK JESUS TO REVEAL WHAT HE DESIRES ME TO KNOW
 - a. Some see pictures (fem: revealing Himself to child).
 - b. Some have a revelation of truth (“I am not to blame”).
 - c. Some have a release of pain (I am not feeling alone anymore).
 - d. Some have just a sense or an inner knowing (I am loved).
5. IF I DO NOT RECEIVE ANYTHING FROM JESUS—LOOK FOR BARRIERS
 - a. The problem may be control due to an inner vow or judgment.
 - b. The problem may be dissociation due to early trauma.
 - c. I may experience abandonment from God.
 - d. The barrier may be a wall of anger, fear, denial or hopelessness.
 - e. Ask the Lord to reveal and minister to the barrier and its source.
6. WHEN I RECEIVE HEALING FROM JESUS
 - a. Check to see the fruit in the memory and original issue (communion, peace, joy).
 - b. Check the belief connected to original lie and judgment.
 - c. Give thanks to Lord and seal the healing in His Blood and Spirit.

PRAYER TO REMOVE GENERATIONAL SPIRITS

Lord Jesus Christ, Incarnate Son of God the Father, who have chosen to enter into human history by being carried in the womb of your Blessed Mother Mary, grant, I beseech you, that any demons that may have been introduced into my generational line by any one of my ancestors may be blocked from passing to the subsequent generations. I ask you that if the evil spirit entered the generational line by the sin of one or more of my ancestors, that you would pardon the temporal punishment due to their sin and free us from the demon's involvement in our lives.

Blessed Virgin, we ask you to offer the Precious Body, Blood, Soul and Divinity of your Son to God the Father in reparation for the sins of those ancestors who may have introduced any evil spirits into my generational line as well as any subsequent sins that may have resulted from the evil spirits affecting those of the generational line. If any evil spirit has been introduced into my generational line as a result of a curse or malefice done by someone outside my family, I ask you to give me the grace to forgive them wholeheartedly and I ask you Jesus to break the curse or malefice, if it is still in place. God the Father, I forgive them for any of the effects of their sin that they may have committed against my family line and for any damage it may have caused.

Jesus, I ask you to forgive me for any sins that may be the result of any generational spirits in my family and I ask you to block any power the evil spirits may have gained in my generational line as a result of my own sin. Heal any damage in the lives of the members of my family as a result of the generational spirit. In the name of Jesus, I bind and completely and utterly reject, with the full force of my will any sin or spiritual defect of mine as well as any temptation, allurements or power that any generational spirit may have over me as a result of my sin or the sin of any other person. I do this in the Holy Names of Jesus and Mary and in the Name of the Father and of the Son and of the Holy Spirit. Amen.

(It is highly recommended that one pray to Our Lady of Sorrows to ask Her to reveal what the nature of the generational spirit is and how they may have entered the generational line so that specific binding prayers may be said against them and virtues may be developed to combat them. It is also salutary to have Masses offered in reparation for any sin that may be the cause of the generational spirit as well as healing of the members who may still suffer the effects of the evil spirit and for the repose of any souls in Purgatory that may still be there as a result of sins they committed at the behest of the evil spirit.)

PRAYER FOR PROTECTION (To be prayed before ministry)

In the name of Jesus Christ and by the power of his Cross and his Blood, we bind up the power of any evil spirits and command them not to block our prayers. We bind up the powers of earth, air, water, fire, the netherworld and the satanic forces of nature. We break any curses, hexes or spells sent against us and declare them null and void. We break the assignments of any spirits sent against us and send them to Jesus to deal with them as He will. Lord, we ask you to bless our enemies by sending your Holy Spirit to lead them to repentance and conversion.

Furthermore, we bind all interaction and communication in the world of evil spirits as it affects us and our ministry. We ask for the protection of the shed blood of Jesus over (name) and ask for the intercession of our Mother Mary.

Thank you, Lord, for your protection. Please send your holy angels, especially St. Michael, the Archangel, to help us in the battle. We ask you to guide us in our prayers and share with us your Spirit's power and compassion. Amen.

CLEANSING PRAYER (To be prayed after ministry)

Lord Jesus, thank You for sharing with me Your wonderful ministry of healing and deliverance. Thank You for the healings I have seen and experienced today. I realize that the sickness and evil I encounter is more than my A humanity can bear, so cleanse me of any sadness, negativity or despair that I may have picked up. If my ministry has tempted me to anger, impatience or lust, cleanse me of those temptations and replace them with love, joy and peace. If any evil spirits have attached themselves to me or oppressed me in any way, I command you, to depart — now — and go straight to Jesus Christ for Him to deal with you as He will.

Come Holy Spirit: renew me — fill me anew with your power, your life and your joy. Strengthen me where I have felt weak and clothe me with your light. Fill me with life. Lord Jesus, please send your holy angels to minister to me and my family — guard us and protect us from all sickness, harm and accidents. (Grant me a safe trip home.) I praise you now and forever, Father, Son and Holy Spirit, and I ask these things in Jesus' Holy Name that He may be glorified. Amen.