

1

LAY IT DOWN

Father, you gave me life and now I give my life back to you. I lay down at your feet everything that has happened to me, especially ... (name).

I believe that you were with me then and that you are with me now to heal me and set me free.

I am sorry for my sinful, wrong responses to what happened, for the negative ways I tried to cope and take care of myself; lay down my self-reliance and my sins ... (name).. I am sorry for the ways I have hurt myself and others; most of all, I am sorry for hurting your heart.

2

LET IT GO: RECEIVE AND GIVE MERCY

Jesus, I now receive the mercy and your love you offer me today. You died to save me, to rescue me. I choose to let go of all my shame, guilt, regret, disappointment, and self-judgment; I choose to stop condemning myself and to rejoice instead that I have such a wonderful Savior.

Jesus, because you have forgiven me and because you command it, I now forgive others for the wrongs they have done to me, the ways they have hurt me, the damage they have caused in my life ... (name). I offer forgiveness to all these people in union with your forgiveness from the cross, knowing that I can't do it on my own.

In your name, Jesus, I put aside *all* unforgiveness, all self-pity and blame, all grudges, all jealousy, all resentment and bitterness, all anger, revenge, and hatred. I will no longer hold onto these injuries. I release all the debts I am owed and I pray for your mercy to flow now to those who have hurt me.

MAKE NEW CHOICES: SAY NO TO EVIL AND YES TO GOOD!

General: In your name, Jesus, I renounce all the ways that the enemy works against me ... (name). I choose your way for me, your will, and your truth.

[There are various other ways to speak renunciation and declaration. Some of the options below may fit your situation; use them as a guide. However, this collection is not meant as a script or a checklist. The important thing is to know what you are renouncing and make a firm decision to put it away and make a new choice.]

I reject the lies I once believed about myself ... *I declare the truth that ...*

I revoke the negative judgments I have made... *I choose to view others as God does.*

I renounce the power of any promises and decisions that have bound me ... *I make a new decision today—*

I reject all patterns of sin and bondage that I have accepted as a part of my life, including those received from my family of origin ... *I am a new creation. My family is now the family of Jesus Christ and my culture is the culture of his kingdom.*

I renounce any ties with the occult/non-Christian religions/anti-Christian sects/atheism ... *I choose faith in Jesus Christ.*

I reject the influence of all unhealthy or unholy relationships and I renounce any ties formed through sexual or emotional intimacy outside of God's order ... *I take back the power and the purity that I gave away.*

I renounce unhealthy/unholy ties with anyone who has abused me, misused me, or controlled me ... *I take back what was taken from me.*

And in your name, Jesus, I now take authority over the enemy and all the ways he works to deceive and destroy me. I command him to leave me alone.

SAY YES TO GOD'S BLESSING

Lord Jesus, you came to show me the Father. Through your death and resurrection, you have made me a son/daughter of heaven. I welcome now your promised gift of the Holy Spirit.

Holy Spirit, I receive your graces, your healing, your power. I receive your counsel, your comfort, your help. I receive your truth. Pour into me the spirit of adoption, crying "Abba, Father!" I receive the blessing of God my Father now.

Last revision May 27, 2020 - Michelle Kazanjian