**Adaptation of Steps to Freedom in Christ[[1]](#footnote-1)**

In war, you may use a sword. In spiritual warfare, our sword is the Word of God. Our enemy, Satan, is a liar and a deceiver. To fight him effectively, we must use the truth of God’s Word.

1. Write out John 8:31–32, 36 in your own words. Then write out and complete this sentence:

“What sets me free is …”

1. Read each of the following verses, restate them aloud in your own words, and place them under the appropriate heading (What Christ accomplished or Who you are now): Matt. 10:1, 16:19, 28:18, Rom. 8:16–17, 2 Cor. 5:17, Eph. 1:3–8, 1:13–14, 1:20–22; 2:4–6, 2:10, Col. 2:9–10, 2:15, Heb. 2:14, James 4:7–8, 1 Pet. 2:9, 1 John 3:8, 4:4, 5:18.

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| What did Christ Jesus accomplish? | Who are you now in Jesus Christ? |

1. Write your own brief summary of Jesus’ authority to defeat Satan, and your authority in Christ.

Rats and Garbage

Rats look for garbage to eat. We can shoo them away, but they will return as long as the garbage remains. To get rid of rats, we must get rid of the garbage. No garbage means no rats!

Rats and garbage illustrate how evil spirits gain access to attack us, and what we can do about it. Evil spirits look for sin in our lives just as rats look for garbage, because sin opens a door for evil spirits to afflict us. We can cast out evil spirits, but they will return as long as we harbor sin in our lives. To end the supposed “right” of evil spirits in our lives we must “throw out the garbage.”

There are at least seven categories of sins through which evil spirits can gain access to afflict you. Think of your life as a house, and these seven categories as doors into your house. After you cast out the evil spirits, you must also shut and lock the door if you want authority to keep the spirits out.

Praying in Preparation

1. Read 1 John 1:9. Write out this verse in your own words.
2. Write out this prayer to focus your mind on each point, then pray it aloud in your own words:

God, most merciful and gracious, I believe that Jesus Christ possesses all authority in heaven and on earth. I believe that when I abide in Him, I have delegated authority to bind and cast out evil spirits. In the name and authority of Jesus Christ, I bind every evil spirit which is in my presence now so that they may not manifest themselves during this study. I bind every evil spirit which would try to confuse or interfere in any way with this study. I cover myself now with the blood of Jesus Christ to protect me as I complete these assignments. In the name which is above every name, the name of Jesus Christ, My Savior and Lord, I pray. Amen.

Closing Seven Doors of Entry

Door #1 Involvement with the Occult

Explanation: Visiting shaman, prayer at sacred places, possessing talisman, speaking with the dead, making offerings to deities, using white or black magic, curses, etc.

1. Write out these verses in your own words: Acts 19:17–19.
2. Ask the Lord to reveal every involvement you have had with the occult. Make a list of everything He brings to mind, even if it was passive involvement (e.g. attending a ceremony).
3. Burn or throw away every talisman or other item related to your involvement in the occult.
4. Write out this prayer, confessing every involvement the Lord has revealed to you. Then pray it aloud in your own words:

God, most gracious and most merciful, I confess that I was involved with   (occult activity)   . Please forgive me.

In the name of Jesus Christ, I now sever all relationship with   (occult activity)   , and cast it off completely. Amen.

Door #2 Deception

Explanation: You may believe things about yourself which aren’t true. For example, you may believe you are more or less important, spiritual, intellectual, athletic, or wealthy, etc. than you really are. You may also believe something happened which never happened.

Or you may blame situations or others so you don’t have to acknowledge and take responsibility for your own weaknesses or failures. To avoid appearing responsible, you may resort to excuses, rationalization, half-truths, or exaggerating your accomplishments while downplaying your weaknesses or misrepresenting situations. You may explode in anger so others will retreat or give in. You may think only of how you will benefit, without thinking about how your actions will impact others. You may harden your heart (shut down your emotions) so you won’t be hurt again.

1. Write out these verses in your own words: Eph. 4:25, Phil. 2:3–4.
2. Ask God how you deceive yourself and write down everything God reveals.
3. Write out this prayer, confessing every deception the Lord has revealed to you. Then pray it aloud in your own words:

God, most gracious and most merciful, I confess that I deceive myself by   (deception)   .

Thank you for your forgiveness. Renew my mind so my patterns of thinking and acting, and all my thoughts and actions, are based on who I am in Christ. Amen.

Door #3 Unforgiveness

Explanation: You may feel hatred, bitterness, or anger toward those who have hurt, frustrated, or disappointed you. You may even want revenge. Unforgiveness leads to anger, which opens a door for Satan to have a foothold in your life.[[2]](#footnote-2) You must forgive those who hurt you, not because they are deserving of forgiveness, but so you can be freed from your pain and bitterness. (Trust God to punish the person who hurt you with perfect justice.)

1. Read each of the following verses, restate them aloud in your own words, then write a summary: Matt. 6:14–15, Rom. 12:19, 2 Cor. 2:10–11, Eph. 4:26–27, 4:31–32.
2. Ask God to reveal every person you haven’t forgiven. Make a list of each person and circumstance which God reveals.
3. Write out this prayer, listing every person and offense the Lord has revealed to you. Then pray it aloud in your own words:

God, I forgive    (name)    for    (offense)   . Amen.

Door #4 Rebellion

Explanation: God has set the authorities of our world in place[[3]](#footnote-3) (e.g. governmental leaders, parents, employers, older family members, religious leaders and teachers). Rebellion against authority opens a door for Satan to enter. However we must also listen to God ourselves, and obey Him even when the authorities over us disapprove.

1. Read each of these verses, restate them aloud in your own words, and write a summary: Eph. 5:21, 6:1–3; Col. 3:23; Heb. 13:17 1 Pet. 2:13, 3:1–6.
2. Ask God to reveal any rebellion you are harboring against the authorities He has placed over you. Write down each form of rebellion God reveals.
3. Write out this prayer, listing every rebellion the Lord has revealed to you. Then pray it aloud in your own words:

O Lord, I confess my rebellion against    (authority)   . Please forgive me.I choose to obey every authority you have instituted. Above all, I choose to obey you, the ultimate authority. In Jesus’ name. Amen.

Door #5 Arrogance

Explanation: Our talents, abilities, experiences, and opportunities are gifts from God. We receive everything from God, and use everything to glorify Him. There are many symptoms of underlying pride: self-reliance, wanting praise, doing things to be noticed by others, thinking we are always right, putting others down, boasting of our accomplishments, being easily offended, or ordering others around.

1. Read each of the following verses, restate them aloud in your own words, and write a summary: Acts 12:21–23, 1 Cor. 4:7, Phil. 2:3–8, 3:4–8; James 1:17.
2. Ask God to reveal times and places in which you have exhibited pride. Make a list of every instance God reveals.
3. Write out this prayer, listing every evidence of pride the Lord has revealed to you. Then pray it aloud in your own words:

God, most gracious and most merciful, I confess I was prideful when I   (evidence of pride)   . Please forgive my arrogance. I choose to humble myself, and to base my self-worth on who I am in Christ. Amen.

Door #6 Sins of the Flesh

Explanation: There are many sins of the flesh (old nature), including drunkenness, pornography, gluttony, attempting suicide, or having an abortion. The more we give in to sins of the flesh the wider we open the door for evil spirits to come in.

1. Read each of the following verses, restate them aloud in your own words, and write a summary: John 8:34, Rom. 6:11–13, 13:14, 1 Cor. 6:19–20, Gal. 5:19–21, James 4:1, 1 Pet. 2:11.
2. Ask God to reveal your sins of the flesh. Make a list of each sin God reveals.
3. Write out this prayer, listing every sin of the flesh the Lord has revealed to you. Then pray it aloud in your own words:

Father, I confess    (sin of the flesh)   . I acknowledge that when I succumb to sin I become a slave to sin. Please forgive me. Strengthen me to live a holy life and always see the door of escape you provide. Train me to be constantly led by the Holy Spirit. In the name of Jesus. Amen.

Door #7 Curses and Generational Sins

Explanation: Evil spirits can enter our ancestors through their sins, then be passed down from generation to generation. Evil spirits also can enter through curses cast by others. Even if we had no involvement with the sins of our ancestors or curses cast by others, Satan can still take advantage of these “doors.”

1. Read each of the following verses, restate them aloud in your own words, and write a summary: Gen. 12:3, 27:29, Num. 22:12, Deut. 23:5, Josh. 24:9–10, Ps. 25:15, 27:1, 109:28, Prov. 26:2, Luke 6:28, John 8:36, Rom. 8:11, Gal. 3:13, Rev. 22:3.
2. Ask God to reveal anything He wants you to consider regarding the sins of your ancestors and curses against you or your family. Make a list of anything that comes to mind.
3. Write out this prayer, then pray it aloud in your own words:

I reject and cancel all relationship with    (sins of ancestors)   , and any other sins of my ancestors. As someone who has been redeemed and moved from the kingdom of darkness to the Kingdom of Light (Col. 1:13), I sever all work of Satan that has been passed down through my family.

As someone who has been crucified, buried, and resurrected with Christ, and now sits with Christ in the heavens, I cancel and destroy   (curses)   , and every other curse and attack of the evil one against myself, my family, and my ministry.

I declare to Satan and all his angels that Christ became a curse for me (Gal. 3:13) when he died on the cross for my sins. I declare that I am a child of God, a new creation, and I have been sealed by the Holy Spirit.

I surrender myself to my Savior and Lord, Jesus Christ. In my authority as a child of God, I command every evil spirit to flee from my presence.

I commit myself to doing only your will, O God. In the name of Jesus. Amen.

Guarding Your Freedom

Daily Prayer

This prayer assumes you have already spent time in worship and confessing sin. It can be used to pray for yourself, your family, or others. Rewrite this prayer in your own words, incorporating, and adapting it as the Lord leads for use in your daily prayers:

Heavenly Father I approach Your throne this morning not on my own merits, but on the basis of what Christ has done for me. Jesus, I thank and praise You that You paid for my sin on the cross. Through Your death and resurrection, You broke the power of the evil one. When You ascended as the victorious warrior, You publicly humiliated all rulers and authorities. You are now seated at the Father’s right hand, with all rule, authority, power, and dominion in subjection under Your feet. I praise You that You have absolute power and victory over all the forces of darkness. You affirmed Your authority before Your ascension, when You declared, “All authority on heaven and earth has been given to Me.”

Father, I thank and praise You that I have been crucified, buried, and raised with Christ, and am right now seated with Him in the heavenly realm. Thank You for giving us the wonderful privilege of interceding for our loved ones and standing in the gap on their behalf. Today as I pray, I apply the victory which the Lord Jesus Christ has already secured to our lives. I do so in faith.

In the name of the Lord Jesus Christ, I smash every plan and every scheme the evil one has made against me and    (those you are led to pray for)   . I break every curse and every spell the evil one has cast against us. I render every plan, scheme, curse, and spell powerless today by faith in the name and authority of Jesus Christ.

In the name of the Lord Jesus Christ, I declare God’s presence and power in the present Kingdom of God, breaking forth in our community today to heal and deliver. I tear down every stronghold and foothold the evil one has in our lives and our community. I take back any ground that any of us, knowingly or unknowingly, have surrendered to Satan. Believing in Christ’s teaching that what we loose on earth shall be loosed in heaven, I loose each one of us in any way we have been held captive, deceived, influenced, or confused by the evil one.

By the same authority of the Lord Jesus Christ, I bind Satan in any way he would try to harm, tempt, deceive, accuse, kill, steal, or destroy us, or keep lost people from turning to Christ. I bind every evil spirit sent to hinder God’s Kingdom, or to bring accident, illness, terrorist attack, or criminal act against God’s people. I bind Satan in any way he would try to disguise himself as an angel of light, or to interfere with, hinder, distort, hurt, or counterfeit the Holy Spirit’s work in our lives and community today.

I submit each of us to You, Jesus, as our Lord and Master, for indeed You alone are worthy. I resist the evil one in any way he would try to work his evil plans in our lives. Submitting myself to God, in Jesus name I command Satan to flee from each of us. I cover each of us in the blood of the Lord Jesus Christ.

I invite You, Holy Spirit, to work in our community and in each of our lives today, perfecting what the Father has begun in and through us, conforming us to the image of Christ, leading us into all Truth, convicting us of sin, righteousness, and judgment, and using us to bring forth Your kingdom here on earth as it is in heaven. Fill and empower us. I give You free reign in our lives today, to work in us and through us for the Father’s good pleasure.

Lord God, You are our Heavenly Father. As Your child I ask You boldly to encamp around each of us, and be a hedge of protection around us. Protect us from all evil, keep our soul, and guard our going out and coming in. Charge Your angels to be a shield around each of us.

Assign Your angels to thwart every scheme, frustrate every plan, defeat every attack, and drive back and utterly humiliate every evil spirit sent against us today. Assign Your angels to remove every roadblock, hurdle, obstacle, diversion, and distraction the evil one will throw our way to keep us from obeying You today.

I put on the full armor of God around each of us, that we may stand firm against the evil one.

Lead us not into temptation, but deliver us from evil. For Yours is the kingdom, and the power, and the glory forever and ever. Amen.

Discovering Your Identity

Meditate often on these verses about your new identity in Jesus:

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| I am Accepted | |
| I am a child of God. | Jn 1:12 |
| I am a friend of Christ. | Jn 15:15 |
| I have been justified. | Rom 5:1 |
| I am united with God and one spirit with Him. | 1 Cor 6:17 |
| I have been purchased and belong to God. | 1 Cor 6:19,20 |
| I am a member of the body of Christ. | 1 Cor 12:27 |
| I am a saint. | Eph 1:1 |
| I have been lifted up as a child of God. | Eph 1:5 |
| I have access to the Father through the Holy Spirit. | Eph 2:18 |
| I have been redeemed and forgiven of my sins. | Col 1:14 |
| I am in Christ. | Col 2:10 |

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| I have Meaning | |
| I am the light of the world. | Mt 5:14,15 |
| I have been chosen to bear fruit. | Jn 15:16 |
| I am a witness for Christ to the world. | Acts 1:8 |
| I am a worker of God. | 1 Cor 3:9 |
| I am a temple of God. | 1 Cor 3:16 |
| I am an ambassador for God. | 2 Cor 5:17 |
| I sit with Christ in the heavens. | Eph 2:6 |
| I am God’s workmanship. | Eph 2:10 |
| I can freely come before God. | Eph 3:12 |
| I can do all things through Christ who strengthens me. | Phil 4:13 |

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| I am Safe | |
| I am free from condemnation. | Rom 8:1,2 |
| I believe God will work all things for my good as I love Him. | Rom 8:28 |
| I know God is for me. | Rom 8:31,32 |
| I cannot be separated from God’s love. | Rom 8:35–39 |
| I have been sealed by God | 2 Cor 1:21,22 |
| I have been hidden with Christ in God. | Col 3:3 |
| I believe God is working to complete His good work in me. | Phil 1:6 |
| I am a citizen of heaven. | Phil 3:20 |
| I was not given the spirit of fear but of love and a sound mind. | 2 Tm 1:7 |
| I can receive grace and mercy in a time of need. | Heb 4:16 |
| I am born of God and the evil one cannot touch me. | 1 Jn 5:18 |

1. This material has been adapted, with permission, from Steps to Freedom in Christ by Dr. Neil Anderson ([ficm.org](http://ficm.org)). [↑](#footnote-ref-1)
2. Eph 4:26–27 [↑](#footnote-ref-2)
3. Rom 13:1 [↑](#footnote-ref-3)