

Tending Our Garden Hearts

We invite our Divine Gardener to guide us in uprooting the weeds, cultivating healthy soil and planting the seeds He desires to grow within us.

Before Unbound Prayer

It is very important to have a basic understanding of deliverance prayer prior to your Unbound session. We highly recommend reading Neal Lozano's book, *Unbound, a Practical Guide to Deliverance*, in addition to the bullet points below:

- Listen to our audio teaching of the 5 keys of unbound found on this webpage: <https://youaremadenew.com/unbound-ministry/>
- Print out and review the worksheets that follow on pages 2-7.
- Pray with the "list of spirits to renounce" and "list of lies to renounce," asking the Lord to reveal the "weeds" He desires to uproot within you.
- Prayerfully respond to the inquiries on the "Preparing for Ministry, Personal Reflections," page 5 herein

Bring to Your Prayer Session

- Your completed "Preparing for Ministry - Personal Reflections" worksheet.
- Printed copies of the three other worksheets, all contained herein: "list of spirits to renounce," "list of lies to renounce," and "sample prayers for each of the 5 keys."

Daily Prayers in Preparation for Your Session

I bind this wall around my heart in the blood of Jesus and in the Name of the Father and of the Son and of the Holy Spirit. I break it and all obstacles that prevent Jesus' love and grace from entering my heart. Now, I ask You Jesus to shield my heart and let Your grace flow freely upon me.
In Jesus' Name, Amen.

My Father, thank You that I am Your child. Thank you that when You look at me, You see me covered in the grace of Your Beloved Son, Jesus.
You are glad that I am here.
You thought of me before I was born.
You always wanted me.
You love me.
You have an amazing and unique plan for my life. Show me what that plan is and help me to live it day-by-day.
In Jesus' Name, Amen.

Preparing for Ministry – Personal Reflections

As you prepare to come for UNBOUND prayer ministry, you might find it helpful to reflect on and answer some of the questions below. These questions will help to bring to the surface things you will want to share in the session. This is for your private use only.

Issue Questions

What have you come to ministry for today?

Fill in the blank: “If I could be set free from just one thing today, it would be _____.”

Is there a place in your life where you feel “stuck” and unable to act/think/feel as you really want to? This could be a thought pattern, an addiction, an emotional reaction, a pattern of events that seems to recur.

Have you ever been involved in occult practices like using Ouija boards or consulting horoscopes, tarot cards, or fortunetellers? Has anyone in your family been involved in the occult? (See Appendix #1 of *UNBOUND*)

Root Questions

When did the issue you wrote about above first start?

Do you feel there are any connections with this issue and events in your past?

Have you received prayer for this before? What happened?

Do other people in your family struggle with the same thing?

Forgiveness Questions

What are the significant traumas in your life (i.e., loss, hurt, humiliation, fear, etc.)?

Have you forgiven the people involved in those events? Have you forgiven yourself? List anyone you think you still need to forgive, people you can't seem to forgive, or people you might need to forgive more deeply?

Identity Questions

Briefly describe your relationship with God. Have you ever verbally express a personal decision to receive Him as Savior and to follow Him as Lord?

Is your relationship with God personal or is it distant? Do you find it hard to relate to God the Father? Jesus? The Holy Spirit?

In relationship to God, is it hard for you to see yourself as a son/daughter, disciple, servant, beloved, vessel, instrument, valuable, forgiven, desired, liked, etc. (There is no one right answer)?



Unbound Ministry

Renunciation List

This list originated from Heart of the Father ministries, authors of the Five Keys of Unbound

How to Use This List: when we get to the third key, Renunciation, we will renounce spirits that may be present based on your experiences. As you talk through your story, the leader and the intercessor will be listening for spirits that need to be renounced. Remember, spirits are named for the action they bring about in our life.

- Anger, resentment, bitterness, revenge, retaliation, hatred, rage, violence, murder, unforgiveness
- Pride, rebellion, disobedience, disrespect, defiance, control, self-justification, self-righteousness, perfectionism, striving, stubbornness, arrogance, superiority, willfulness, argumentativeness
- Insecurity, fear of man, timidity, shyness, self-pity, inadequacy, emptiness, nothingness, loneliness
- Rejection, abandonment, orphan spirit, fatherlessness, hurt, insecurity, feeling unwanted
- Fear of: rejection, abandonment, judgment, condemnation, and accusation
- Fear, control, anxiety, worry, stress, overwhelm, panic, panic attacks
- Confusion, self-doubt, frustration, forgetfulness
- Shame, guilt, condemnation, unworthiness, embarrassment, humiliation, worthlessness, accusation, lying, deception, betrayal
- Self-accusation, self-condemnation, self-rejection, self-blame, self-criticism, self-hatred
- Loneliness, isolation, withdrawal, hiding, escape, fantasy, self-protection
- Judgment, criticism, accusation, superiority, comparison, insecurity, vanity, inauthenticity, fraudulency, falsehood
- Lost, homeless, purposelessness, meaninglessness, aimlessness
- Spirit of infirmity: renounce the spirit behind: cancer, migraines, arthritis
- Jealousy, envy, selfishness, greed, wealth, riches
- Suicide, death, abortion, murder
- Depression, self-pity, hopelessness, despair, discouragement, hurt, suicide, emotional pain
- Self-protection, self-dependence, self-reliance, pride, independence
- Mental illness, fear of mental illness, spirit behind mental illness
- Doubt, unbelief
- Religious pride, religiosity, scrupulosity, idolatry
- Shame, self-hatred, self-loathing, self-mutilation, sadomasochism, disgust
- Laziness, tiredness, weariness, sloth, acedia, entitlement, self-gratification, spiritual lethargy, lukewarmness, indifference
- Specific areas of pride (i.e., intellectual pride)
- Grief, sorrow, sadness, crying
- Poverty, failure, hopelessness
- Addictions, alcoholism, nicotine, drugs, gluttony
- Lust, pornography, promiscuity, masturbation, contraception, fornication, adultery, rape, incest, homosexual encounters, bestiality, worthlessness
- Victim identity, powerlessness, calumny, slander, usurpation, falsehood, helplessness, self-pity
- Homosexual identity or lifestyle
- Spirit of homosexuality, lesbianism, transgenderism, gender confusion, sexual confusion
- Spiritism, spirit guide (“The spirit that came to me when I....”), False religions, incantation, divination
- Spirit of the world, worldliness, consumerism, materialism, moral confusion, secularism, atheism, racism, narcissism, relativism, presumption, idolatry
- Occult: witchcraft, Ouija board, palm reading, fortunetelling, astrology, tarot cards, free masonry (see Appendix 1 in *Unbound*)

Lies to Renounce

The following gives you an idea of the range of lies that may be uncovered in a ministry session. The lies are as unique as the person's story. Reflecting on this list will help you pick up on lies as they are expressed.

Be aware that you can deal with the lies by renouncing the specific lie or renouncing the spirit. For example, the lie "I am a failure" may be dealt with by renouncing a spirit of failure. The lie "I am not a good mother/father" may be dealt with by renouncing self-rejection, self-criticism, self-accusation, and so on. The lie "No one needs me" may be dealt with by renouncing self-pity. It may be helpful to assist a person in naming the spirits behind the statements because you then can name related spirits that may be harassing them. On the other hand, it may be more effective to simply renounce the lie because the words of the lie precisely express their bondage. Your best guide is to listen to the heart of the person in front of you while being led by the Spirit.

Lies:

- *I'm never where I'm supposed to be – I shouldn't be here – I should be dead – I don't belong- I am always in the wrong place*
- *I'll never amount to anything – I'll never be a success – I am a failure*
- *I am of no significance*
- *I have to do it all myself – No one will help me*
- *Nobody cares if I live or die*
- *I have to get it right – I have to be perfect/the best – I can't make a mistake (or something bad will happen)*
- *My mother/father/sister/brother/spouse's illness/death is my fault – I am responsible for their illness/death*
- *I do not have a voice – I am invisible*
- *It is always my fault*
- *Something's wrong with me*
- *I am ugly*
- *I am unworthy*
- *I am a terrible mom*
- *I'm nothing – I don't matter – I'm a mistake – I am worthless – I am not worthy*
- *God won't/can't help me – God doesn't want to help me – God doesn't care about me*
- *God can't be bothered with me*
- *God's mercy/ blessing/favor is for everyone but me*
- *God is against me – God wants to punish/is punishing me – God is getting back at me*
- *God is not in control – I've destroyed God's plan for my life*
- *Someone/everyone is out to get me*
- *My life is cursed – My life is doomed – I've destroyed my life – Bad things always happen to me*
- *I am a victim – I can't do anything right – I'm not able to do anything*
- *God cannot forgive me*
- *I am in control – I can fix those I love*
- *What I want doesn't matter*
- *I am worthless – I am lazy – I am no good – I am garbage*

- *I am not normal*
- *I can't say no – Anyone can do whatever they want to me and I can't say no*
- *I should be punished*
- *Nothing good ever happens or will ever happen to me*
- *I can't do anything about it – I can't fight back – I'm too weak*
- *It's hopeless – I can never change*
- *Showing emotion means I'm weak*
- *If they knew the real me, no one would like me*
- *If I say/do the right thing, everyone will be happy*
- *God made a mistake when He made me a man/woman*
- *Their anger is my fault*
- *My father's/mother's/sister's/brother's/spouse's anger/abuse was my fault*
- *I have to earn God's love*
- *God has abandoned me – God has rejected me – God is not protecting me - God has forsaken me*
- *Nothing is ever good enough*
- *I deserve the abuse*
- *The enemy/Satan is stronger than God*
- *God wanted this to happen to me*
- *No one will ever believe me*
- *I'm stupid – I'm bad – I'm dirty – I'm shameful – I'm sick – I'm nasty*
- *I should have stopped them – I deserved it – I should have done something to stop it*
- *It's just a matter of time before it happens again*
- *If I let them into my life, they'll hurt me too*
- *Not even God can help me*
- *God could never want me because of what happened to me*
- *I am a burden*
- *No one needs me – I am unimportant*
- *God could never love me*
- *I'm never going to get any better*
- *I have no reason to live*
- *Heaven is not for me*

Remember, whether a person renounces spirits, lies, or idols, the important thing is verbally breaking any internal agreement with the enemy's plan for their life. They are saying before witnesses, "I'm done with this." Renunciation is always done in the name of Jesus.



FIRST KEY: REPENTANCE AND FAITH

Declarations of Faith

Lord Jesus, I believe that You love me
Lord Jesus, I believe that You love me personally and unconditionally
Lord Jesus, I believe that You have a plan for my life
Lord Jesus, I believe that You made me just the way you want me to be
Lord Jesus, I believe that You are here with me
Lord Jesus, I believe that in You, all things are possible
Lord Jesus, I believe...

Repentance

Jesus, I am sorry for not trusting You
Jesus, I repent of the ways I try to control things rather than entrusting myself to You
Lord, I am sorry for...

SECOND KEY: FORGIVENESS

In the name of Jesus, I forgive [name the person] for [name what they did]
In the name of Jesus, I forgive myself for ...

THIRD KEY: RENUNCIATION

Renounce Lies: “beliefs” that are not part of God’s truths that tend to govern your thoughts

In the Name of Jesus, I renounce the lie that I am unlovable
In the Name of Jesus, I renounce the lie that I am not good
In the Name of Jesus, I renounce the lie I am not enough
In the Name of Jesus, I renounce the lie I am too much
In the Name of Jesus, I renounce the lie my life is meaningless
In the Name of Jesus, I renounce the lie I have no purpose
In the Name of Jesus, I renounce the lie I am not important
In the Name of Jesus, I renounce the lie God doesn’t have a plan for me
In the Name of Jesus, I renounce the lie God’s plan will make me unhappy

Renounce Spirits: patterns of emotion or behavior in your life that are not from God

In the Name of Jesus, I renounce fear
In the Name of Jesus, I renounce unworthiness
In the Name of Jesus, I renounce anger
In the Name of Jesus, I renounce rejection
In the Name of Jesus, I renounce abandonment
In the Name of Jesus, I renounce despair
In the Name of Jesus, I renounce loneliness
In the Name of Jesus, I renounce isolation
In the Name of Jesus, I renounce pride

In the Name of Jesus, I renounce self-hatred
In the Name of Jesus, I renounce control
In the Name of Jesus, I renounce the fear of letting go
In the Name of Jesus, I renounce the fear of intimacy
In the Name of Jesus, I renounce the fear of failure

Renounce Curses: words **others** have spoken to you that were negative in nature and exert power over you (You are a failure, you are stupid, you are a burden, I wish you were never born, you always screw up)

- In the name of Jesus, I renounce any spirit that was at work in [my mother, father, husband, wife...] when he/she said [state what they said], and I break the power of those words over my life.

Renounce Vows: words **you** have spoken that were binding in nature and contradict God's plan for you (I will never forgive myself, all men are evil, I will never trust anyone again, etc)

- In the name of Jesus, I renounce the vow I made when I said [state what you said] and I break the power of those words over my life.

Renounce Occult Activity: all participation in occult activity and any words spoken to you by anyone involved in the occult, especially about your life, your future, your relationships

- In the Name of Jesus, I renounce any spirit that came to when I [occult action, i.e.: visited the fortune teller, played with the Ouija board, etc.] and I take back the authority I gave to him/her/it
- In the name of Jesus, I renounce any spirit that was at work in [name of fortune teller, palm reader, etc] when he/she said _____, and I break the power of those words over my life.

Renounce Soul Ties: bondage that formed between you and someone else because of emotional, physical or sexual abuse or because of sexual activity outside of marriage. Soul ties also form through unholy emotional attachments or manipulation.

- In the name of Jesus, I break every physical and spiritual tie with [name] and I take back what I gave to him/her.
- In the case of rape/sexual abuse: In the name of Jesus, I break every physical and spiritual tie with [name] and I take back what he/she took from me.

FOURTH KEY: AUTHORITY

- In the name of Jesus, I break the power of every spirit [lie, vow, etc] I have renounced and every related spirit and I command them to leave me right now.

FIFTH KEY: THE FATHER'S BLESSING

- Listen to the audio "Beloved Meditation" and soak in God's words of love and delight in you:
<https://youaremadenew.com/wp-content/uploads/2019/03/Beloved-Meditation-Victorious-Identity-calm-piano.way>
- Meditate on scripture verses that speak God's words of love, delight and blessing over you:
 - 1 John 3:1-2, Jeremiah 29:11, Isaiah 40:11, Jeremiah 31:3, Luke 3:21-22, Zephaniah 3:17, Romans 8:37-38, Romans 8:14-17, Galatians 4:6-7, Isaiah 62:1-5, Psalm 103:11-14, Matthew 11:28-29