

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)?