



# INNER HEALING AND DELIVERANCE I

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## **Our Mission**

Called to bring the supernatural power of God to this generation.

## **Inner Healing & Deliverance I**

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# Index

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Objectives .....	5
Introduction .....	7
Chapter 1 Inner Healing and Deliverance .....	9
Chapter 2 Inner Healing .....	15
Chapter 3 Unforgiveness .....	17
Chapter 4 Bitterness .....	21
Chapter 5 Rejection .....	25
Chapter 6 Guilt .....	33
Chapter 7 The Four Spiritual Laws .....	37
Answers .....	41
Notes .....	43
Bibliography .....	47



# Objectives

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1. To fully understand the concept of man as a three-part being.
2. To detect the areas of our lives that needs inner healing.
3. To put into practice everything that is learned through this class and to become an instrument of blessing, not only for ourselves, but also, for those around us.



# Introduction

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**T**he Holy Spirit is restoring all areas within the church; it is producing a genuine understanding and solid conviction of how to live victoriously in the daily conflicts of our souls. This is happening around the world through ministries, the revelation of the Word, and the ministry of the spiritual gifts.

For a long time, many have been satisfied with the crumbs that fall from the Lord's Table, but this is the hour to receive the Heavenly Bread as a plentiful gift for everyone who has the privilege of being called a "son of God." Yes, this is an irrevocable and permanent truth; for the children, it is the bread of total healing.

It is of vital importance to objectively understand this subject. Millions of people are living in the valley of indecision; they need to be reached so they can experience total deliverance. It is extremely important to be trained and to become effective instruments in the hands of the Lord - this is how we will become a blessing to God's people.

At the end of this course, the student will fully understand the areas in his or her life that need to be dealt with. Also, the student will be able to follow step-by-step instructions on how to help others to do the same.





## Inner Healing and Deliverance

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**W**hen we accept Jesus Christ as our Lord and personal Savior we become sons of God and cleansed in His blood; when we die, we will go directly to heaven. As believers, this does not mean we are totally free and that all our problems will end. We may still be bound to our past—struggling with hurt, bitterness, or psychological and emotional problems. If we are believers, why are we still in bondage to situations from our past? The reason is that our spirit was born again, but our soul needs to be renewed and transformed. Therefore, it is the area of the soul that needs deliverance and inner healing.

### The Trichotomy of Man

\_\_\_\_\_ <sup>(1)</sup>: The spirit is the inner man; the aspect of the human being that is invisible or not material. It is the spiritual nature of the man that gives him the ability to communicate with God in three areas: communion, intuition, and conscience.

*"<sup>27</sup>The spirit of a man is the lamp of the Lord, searching all the inner depths of his heart." Proverbs 20:27*

- \_\_\_\_\_ <sup>(2)</sup>: The means through which we communicate with God and develop intimacy with him.
- \_\_\_\_\_ <sup>(3)</sup>: The inner voice is also known as the inner witness through which the Holy Spirit guides and speaks to us.

*"<sup>14</sup>For as many as are led by the Spirit of God, these are sons of God. <sup>15</sup>For you did not receive the spirit of bondage again to fear, but you received the spirit of adoption by whom we cry out, 'Abba, Father.' <sup>16</sup>The Spirit himself bears witness with our spirit that we are children of God." Romans 8.14-16*

- \_\_\_\_\_ <sup>(4)</sup>: The conscience is the means that allows us to distinguish between right and wrong. God uses our conscience to guide us to proper discernment.

*"<sup>1</sup>I tell the truth in Christ, I am not lying, my conscience also bearing me witness in the Holy Spirit." Romans 9.1*

\_\_\_\_\_ <sup>(5)</sup>: The soul is the seat of the will, the emotions, and the mind. This part of the believer is not born again; it needs to be renewed and transformed.

When we are born again, the work of Christ in our spirit is perfected. We are God's children; we are going to heaven and our name is written in the Book of Life, but our soul does not change. Now, since our soul—will, emotions, and mind—was not born again, a new question arises, "What do we do with the soul?" The soul needs two things: to be \_\_\_\_\_ <sup>(6)</sup> and \_\_\_\_\_ <sup>(7)</sup>.

*"<sup>1</sup>beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. <sup>2</sup>And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. <sup>3</sup>For I say through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith." Romans 12.1-3*

### The New Birth

*"<sup>3</sup>Jesus answered and said to him, "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God."<sup>4</sup>Nicodemus said to Him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?"<sup>5</sup>Jesus answered, "Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. <sup>6</sup>That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. <sup>7</sup>Do not marvel that I said to you, "You must be born again." John 3.3-7*

### What does the new birth do in our spirit?

*"<sup>26</sup>I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." Ezekiel 36. 26*

- It gives us the ability to communicate \_\_\_\_\_ <sup>(8)</sup>.
- It allows us to \_\_\_\_\_ <sup>(9)</sup> Him and His will.
- It gives us the ability to be true \_\_\_\_\_ <sup>(10)</sup>.

### Characteristics of the Soul

The characteristics of the soul are comparable to those of a donkey: Disobedient, stubborn, selfish, boastful, egotistical, insecure, rude, show-off, rebellious, proud, and arrogant. This nature must be renewed and transformed.

There are two types of life: the life of the spirit, which in the original Greek is called *zoe*, and the life of the soul which is *psuke*. The soul needs to be changed for us to enjoy God's abundant life.

The soul should be under the control of the renewed spirit in Christ.

\_\_\_\_\_ <sup>(11)</sup> is the aspect of a person wherein resides the ability to make decisions. The human being is a moral agent; free to choose between right and wrong. The will is the power that opens and closes every choice in our lives, including one's thoughts, passions, and emotions. Man is formed according to the way the culture and environment influences his intellectual and emotional development; these factors determine what he becomes. The man who is not restored tends to sin against God.

### How to Deal With Our Will

- \_\_\_\_\_ <sup>(12)</sup>
- Break it.
- Let go of your will and take up God's will

### How to Surrender our Will

The Word of God teaches terms which declare that to surrender our will is a choice, such as:

- \_\_\_\_\_ <sup>(13)</sup>: meaning to be dead to something.
- \_\_\_\_\_ <sup>(14)</sup>: to get rid of something bad, such as our old or sinful nature.

*"<sup>22</sup>That you put off, concerning your former conduct, the old man, which grows corrupt according to the deceitful lusts, <sup>23</sup>and be renewed in the spirit of your mind, <sup>24</sup>and that you put on the new man which was created according to God, in true righteousness and holiness." Ephesians 4.22-24*

- \_\_\_\_\_ <sup>(15)</sup>

*"<sup>31</sup>Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice." Ephesians 4.31*

- \_\_\_\_\_ <sup>(16)</sup>

*"<sup>5</sup>Therefore put to death your members which are on the earth: fornication, uncleanness, passions, evil desires, and covetousness, which is idolatry." Colossians 3.5*

Remember, God does not force us to do these things. We need to take the initiative and give up areas of our lives that are not pleasing to God: to put to death evil and to rid ourselves of anything that interferes with our spiritual growth. Starting today, you can begin to let go of all bitterness, anger, and desires of the flesh. When man decides to do the perfect will of God, God's promises will be "yes" and "Amen".

### **The reality of the emotions**

Jesus came face to face with all the emotions and feelings of human life, and He did it to provide us with the resources we need to control our own. The person who is motivated only by feelings diminishes the value and importance of all biblical principles.

*"<sup>6</sup>But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind." James 1.6*

### **How Emotions Affect our Lives**

- Emotions affect our \_\_\_\_\_ <sup>(17)</sup> with others; we are the product of our past experiences. Therefore, pain suffered in the past impacts the way we react to a given situation.
- Emotions can \_\_\_\_\_ <sup>(18)</sup> our faith.

When we allow ourselves to be led by our emotions, it is difficult to believe the Word of God because we tend to base our faith on that which is tangible.

*"<sup>7</sup>For we walk by faith, not by sight." 2 Corinthians 5.7*

### **How should we deal with our hurt emotions?**

1. \_\_\_\_\_ <sup>(19)</sup>.

It is often painful to face the truth. However, keep in mind that the door through which pain once entered our lives is the same door through which it must depart.

*"<sup>32</sup>And you shall know the truth, and the truth shall make you free." John 8.32*

2. Confess the \_\_\_\_\_ <sup>(20)</sup>.

*"<sup>16</sup>Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much." James 5.16*

3. \_\_\_\_\_ <sup>(21)</sup> and forget.

*"<sup>25</sup>And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses." Mark 11.25*

4. Practice \_\_\_\_\_ <sup>(22)</sup>.

*"<sup>16</sup>I say then: Walk in the Spirit, and you shall not fulfill the lusts of the flesh." Galatians 5.16*

5. Make a \_\_\_\_\_ <sup>(23)</sup>.

A true commitment means not living under the direction of our emotions but according to the principles of the Word of God.

6. Give priority to the \_\_\_\_\_ <sup>(24)</sup> of the Holy Spirit.

We must accept the truth given by the Holy Spirit without trying to reason it out.

*"<sup>18</sup>Do not remember the former things, nor consider the things of old. <sup>19</sup>Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert." Isaiah 43.18,19*

### **What is the mind?**

The **mind** gives man the ability to reason and to make choices; the freedom to choose is what differentiates man from all other created beings.

### **How should the believer use his mind?**

The mind needs to be renewed with the Word of God.

### **How do we renew our mind?**

- We renew it by \_\_\_\_\_ <sup>(25)</sup> it the Word of God; by reading the Bible, listening to teachings, and more.
- By \_\_\_\_\_ <sup>(26)</sup> and focusing on the truths in the Word of God.

*"<sup>2</sup>And do not be conformed to this world, but be transformed by the renewing of your mind..." Romans 12.2*

The word **renew** is composed of two words: the prefix **re**, meaning repeat, and **new**, which comes from the Greek root *neo*. In other words, we continually remove the old from our mind and replace it with the new—the Word of God.

When the mind is renewed, the will is surrendered and the emotions controlled by the Holy Spirit; when there is cooperation for the unification of the total being, God is able to do something new.

### **What is the body?**

The **body** is the seat of all desires and natural passions. It projects the spirit and soul to the outside world.

In summary, man is a spirit with a soul and lives in a physical body. By studying the different parts of man—our body, soul, and spirit—and recognizing that only the spirit is born again and not the soul—our will, emotions, and mind—we learn that we need to be renewed; only then can we understand the need for inner healing.

- Our will should be surrendered and broken to do the will of God.
- Emotions should be restored and healed so the pain from our past can heal.
- The mind needs to be constantly renewed by feeding it the Word of God. This is how effective spiritual growth takes place and how the believer achieves the fullness of Christ—the perfect man.

Remember, believers can go through this process with the assurance and deep conviction that the perfect redemption of Christ on the cross was sufficient to free them and heal their pain.

## Inner Healing

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**S**ome believers have appropriated the total redemption that Jesus Christ accomplished on the cross of Calvary. His work includes salvation, deliverance, inner healing, and physical healing.

Unfortunately, when we speak of inner healing, some people think we are referring to psychology; this is not the case.

**What is \_\_\_\_\_? <sup>(27)</sup>**

It is the process through which a person is delivered and healed from past traumas and pain produced by others. These traumas and pain hinder them from enjoying Christ's abundant life. Inner healing implies a transformation and renovation of our soul—the will, emotions, and mind through the Word of God and the Holy Spirit.

**Inner healing is not...**

Healing is not dwelling on our past or our sins; it is the confession of our sins which begins and completes the healing process.

**Jesus paid the price \_\_\_\_\_ <sup>(28)</sup>**

The work of Jesus at the cross accomplished much more than the forgiveness of our sins; it also paid for the redemption of our entire being— body, soul, and spirit.

Some believe that once we receive Christ as our Lord and Savior, all our problems disappear and everything is made new. However, in what part of our being was everything made new? Our spirit was renewed, but our soul and our body continues to be the same.

The purpose of inner healing is to be set free from past traumas. The present must be lived free of sin. Without holiness, no one will see the Lord. Peter knew there was unrighteousness within him, but this has nothing to do with inner healing.

*<sup>18</sup>The Spirit of the Lord is upon me, because He has anointed me to preach the good news to the poor. He has sent me to proclaim freedom to the prisoners, and recovery of sight to the blind; to release the oppressed." Luke 4.18*

The word \_\_\_\_\_<sup>(29)</sup> means to be in pieces. A broken heart is crushed into small pieces due to pain, but Jesus came to mend our broken heart—and everything else in our life that was broken. He came to heal our pain and deliver us from rejection, bitterness, unforgiveness, guilt, and anything else that touches our lives in a negative way.

### **Why do we need inner healing?**

Believers will go to heaven because they are God's children and have the Holy Spirit living within. Nevertheless, they are still slaves to their past and affected by the painful memory of it. We fall prey to bad habits, depression, feelings of rejection, sexual bondages, fear, and insecurities. We suffer the consequences of generational curses and have the tendency to feel inferior to others; this is why we need inner healing and deliverance.

### **What is the purpose of inner healing?**

Inner healing is directly related to a person's past. There is no time or \_\_\_\_\_<sup>(30)</sup> in the area of our emotions—whatever affects a person, either during childhood or as an adult, will continue to cause pain until the person receives inner healing. There is a saying in the secular world that says: " \_\_\_\_\_<sup>(31)</sup> heals all wounds." But this is not true; only Jesus can heal a broken heart. He paid the full price for everyone who surrenders their emotional pain—He heals and delivers us, completely.

The stages in our lives in which we can be hurt are: the \_\_\_\_\_<sup>(32)</sup> stage, during childhood, adolescence, the \_\_\_\_\_<sup>(33)</sup> years, and during in a marriage relationship.

The enemy desires to harm people in as many ways as possible and at every stage of their lives. If he attacked our Lord Jesus Christ, he will certainly attack others.

Everyone suffers painful events at some point in their lives. Therefore, we need to understand that trusting in Jesus is the beginning and that the pain we feel will not go away or be healed automatically; it takes time. This implies there is a process called inner healing and deliverance. Time will not heal us, only inner healing, through the Word of God and the Anointing of the Holy Spirit, can set us free. Amen!



## Unforgiveness

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**U**nforgiveness is one of the biggest problems in the body of Christ today. Consequently, many believers hurt others because of their own internal pain. \_\_\_\_\_<sup>(34)</sup> is an open door for the enemy to destroy our spiritual, emotional, and physical lives.

### What is forgiveness?

To forgive is \_\_\_\_\_<sup>(35)</sup> and \_\_\_\_\_<sup>(36)</sup> from all debt anyone who hurts and offends us; the decision to forgive is an act of will and is not based on emotions.

*“<sup>35</sup>So my heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.” Matthew 18.35*

### Forgiveness is not...

Forgiveness is not trying to forget or ignore grievances; it is not sweeping away the offense under the rug; it is not denying we were hurt; it is not letting time erase the memory of the event, and it is not excusing the offense, justifying it, or saying, “I forgive you” but not really meaning it.

Forgiveness is not an \_\_\_\_\_<sup>(37)</sup> but a \_\_\_\_\_<sup>(38)</sup> from the Lord.

*“<sup>14</sup>For if you forgive men their trespasses, your heavenly Father will also forgive you.” Matthew 6.14*

**Unforgiveness is \_\_\_\_\_<sup>(39)</sup> for the enemy.**

*“<sup>6</sup>But whoever causes one of these little ones who believe in me to sin, it would be better from him if a millstone were hung around his neck, and he were drowned in the depth of the sea. Woe to the world because of offenses! For offenses must come, but woe to that man by whom the offense comes!” Matthew 18. 6-7*

Jesus said offenses were necessary. The word **offense** is very significant. It comes from the Greek word “*skandalon*” which means a trap or bait. This word was used in ancient times to describe a curved, flexible stem with bait used to trap animals.

In other words, every time someone offends or hurts us, it could be a trap or bait from the enemy to make us bitter and cause us to miss out on our blessings. As believers, we need to learn how to block out offenses through love, keeping in mind that love does not rejoice in iniquity. When we are offended, it is not always someone else's fault. Many times it is our own. What is the root of most offenses?—insecurity and immaturity; these cause people to become easily offended and to take everything personally.

### The Consequences of not Forgiving

- It is an act of \_\_\_\_\_<sup>(40)</sup> to God.
- The enemy gains an \_\_\_\_\_<sup>(41)</sup> in our lives.

*“<sup>1</sup>For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.”*  
*1 Corinthians 2.11*

- Our prayers are \_\_\_\_\_<sup>(42)</sup>.

*“<sup>25</sup>And whenever you stand praying, if you have anything against anyone, forgive him that your Father in heaven may also forgive you your trespasses.”*  
*Matthew 11.25*

Jesus exhorts us to leave whatever we are doing and first settle our debts with those who offend us.

Other consequences of unforgiveness are:

- God will not accept our \_\_\_\_\_<sup>(43)</sup>.

*“<sup>23</sup>Therefore if you bring your gift to the altar, and there remember that your brother has something against you.”* *Matthew 5.23*

- God will deliver us to the \_\_\_\_\_<sup>(44)</sup> (demons).

Unforgiveness is a big attraction for demons; they will remind us of what we did in the past in order to torment us.

The word “tormentors” comes from the Greek word “basanistes” which are actually demons. If God delivers us into their grip, He is the only one who can set us free. Don't allow the torture to continue. Now that you are aware of the devil's plan, reject it and use your authority in Christ.

*"<sup>35</sup>So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses." Matthew 18.35*

- Our faith becomes \_\_\_\_\_ (45).
- Our Love becomes null and \_\_\_\_\_ (46).

Other consequences of unforgiveness are:

- God does not \_\_\_\_\_ (47).

*"<sup>25</sup>At that time Jesus answered and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and have revealed them to babes." Matthew 11.25*

Unforgiveness leads to resentment, bitterness, and hate which scar and defile the conscience.

### How can we forgive and forget?

God forgives and forgets. He has the ability to erase our transgressions from His memory, but we do not have that ability; He must deal with our hearts. We may remember what others did against us, but if we forgive them, these memories will no longer cause us pain. Therefore, to forget means not to attribute importance to past events. We may remember because we cannot forget, but the memory of it no longer hurts. Amen!

### Steps to Forgive

1. We must \_\_\_\_\_ (48) to forgive with all of our heart.
2. \_\_\_\_\_ (49) of the people and situations that hurt you.
3. \_\_\_\_\_ (50) for not forgiving and for the sin of judgment.
4. Express your pardon \_\_\_\_\_ (51).

*"<sup>16</sup>Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much." James 5.16*

5. \_\_\_\_\_ (52) every spirit of resentment, bitterness, hate, and unforgiveness.

Confess your forgiveness to each of the people involved and specify the reasons why you are forgiving them. You can and must forgive. Do so repeating the following out loud and with all your heart:

“Lord: I forgive (name the person) \_\_\_\_\_ because: (In detail, list the reasons, how they made you feel when they hurt you.)”

After you forgive each person for every painful memory or event, finish by praying aloud:

“Lord, I present all these people to you, and I surrender my right for vengeance. I choose not to cling to bitterness or anger, and I ask the Holy Spirit to heal me of my hurt feelings. I ask this in the name of Jesus Christ. Amen!”

### **Questions about forgiveness:**

1. How do we know if we have forgiven? When we remember what others have done, but the memory of it no longer hurts or causes us pain.
2. How should we treat those who do not accept our forgiveness? Once we ask for forgiveness, if a person does not want to forgive, it becomes a problem between that person and God. The only thing to do is pray for them.
3. How should we treat those who continually offend us? It is necessary to forgive them every time they hurt us. Jesus said, “We must forgive 70 times seven.” In this case, it may be best not to keep company with such people in order to avoid being hurt over and over again.

*“<sup>21</sup> Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?”<sup>22</sup> Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.” Matthew 18:21, 22*

Let us remember that forgiveness is a lifestyle choice, but the fact that we forgive does not mean we have to remain in that relationship. If a person continually hurts us, it may be best to keep our distance, if possible. Bear in mind that maintaining this distance or separation in order to avoid being hurt, over and over again, should be done in love.

## Bitterness

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**T**he root of bitterness is a primary reason why believers feel miserable, physically ill, and separated from God's grace. It is stronger than not forgiving, producing one of the biggest reasons believers feel miserable, sick, and separated from God's grace. It produces wrath, anger, and swearing. It is also an open door for unclean, tormenting spirits.

*"<sup>15</sup>Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled." Hebrews 12.15*

### What is the root of bitterness?

\_\_\_\_\_ <sup>(53)</sup> is a feeling of resentment and hostility that resides in the soul which makes people sad, discouraged, and desperate; people also feel a sense of hopelessness and easily become victims of deception. The soul feels this way in response to overwhelming circumstances. It is a deep sadness and resentment accompanied by hostility and repressed anger.

Bitterness is resentment that turns into \_\_\_\_\_ <sup>(54)</sup>, contaminating and spreading throughout the soul, until it destroys the life of God within us; thus, negatively impacting our personality. Bitterness is the only form of contamination that makes us \_\_\_\_\_ <sup>(55)</sup> every good thing that God and other people have done for us. The root of bitterness is fertile ground for the enemy, and he uses it against us. For this reason, every believer must practice a lifestyle of forgiveness. If the root of bitterness is not eradicated in time, it will developed in the following levels:

- \_\_\_\_\_ <sup>(56)</sup>
- \_\_\_\_\_ <sup>(57)</sup>
- \_\_\_\_\_ <sup>(58)</sup>

Because the roots of resentment grow secretly, they are able to spread deeper and deeper into the heart of man until they choke his soul.

This cycle of growth eventually becomes a great tree of bitterness, producing evil fruit such as resentment, wrath, and jealousy. Bitterness is easy to see in others but very difficult to see in ourselves.

### What causes bitterness?

1. When someone or something is \_\_\_\_\_ <sup>(59)</sup> from us.

*"<sup>13</sup>Would you wait for them till they were grown? Would you restrain yourselves from having husbands? No, my daughters; for it grieves me very much for your sakes that the hand of the Lord has gone out against me." Ruth 1.13*

2. Facing circumstances we cannot \_\_\_\_\_ <sup>(60)</sup>.

Overwhelming circumstances beyond our control make us feel discouraged, anguished, desperate, and despair.

3. When someone \_\_\_\_\_ <sup>(61)</sup> us.

One reason for bitterness in our lives is the pain we carry with us from past events. When we are offended, we should immediately forgive—we should never allow the sun to set on our anger—the situation must be dealt with and our heart healed as soon as possible. Remembering the cycle of emotional pain helps us to overcome difficult moments.

Offenses → Lack of forgiveness → Resentment → Root of bitterness  
→ Hatred → A seared conscience

### What are the signs that show the root of bitterness in a person?

- When he or she constantly \_\_\_\_\_ <sup>(62)</sup> about circumstances or relationships.
- The person is constantly \_\_\_\_\_ <sup>(63)</sup> or \_\_\_\_\_ <sup>(64)</sup>

*"<sup>30</sup>And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup>Let all bitterness, wrath, ire, clamor, and evil speaking be put away from you, with all malice." Ephesians 4.30-31*

- The root of bitterness becomes a registry for the offenses we receive, especially when we remember and constantly rehearse \_\_\_\_\_ <sup>(65)</sup> such as troubling names, words, or circumstances.

- \_\_\_\_\_<sup>(66)</sup> When we have a root of bitterness, the tendency is to isolate ourselves because we are afraid of being hurt again.

### Consequences of the root of bitterness

- Bitterness can \_\_\_\_\_<sup>(67)</sup> us from Christ and from our faith. This is an unacceptable risk.

*"<sup>15</sup>Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble and by this many become defiled." Hebrews 12.15*

- Many \_\_\_\_\_<sup>(68)</sup>, including arthritis, ulcers, cancer, insomnia, migraines and back pain, are caused by bitterness.
- Bitterness confines us to a \_\_\_\_\_<sup>(69)</sup>.

*"<sup>23</sup>For I see that you are poisoned by bitterness and bound by iniquity." Acts 8.23*

### How do we get rid of the root of bitterness?

- Find the \_\_\_\_\_<sup>(70)</sup> in every bad thing that happened.

*"<sup>18</sup>Why is my pain perpetual and my wound incurable, which refuses to be healed. Will you surely be to me like an unreliable stream? As waters that fail? <sup>19</sup>Therefore thus says the Lord: "If you return, then I will bring you back; you shall stand before me; if you take out the precious from the vile, you shall be as My mouth; Let them return to you, But you must not return to them." Jeremiah 15.18, 19*

- We must decide to \_\_\_\_\_<sup>(71)</sup> and ask \_\_\_\_\_<sup>(72)</sup>.
- Make a \_\_\_\_\_<sup>(73)</sup> of people who hurt you or who took something from you.
- Express your forgiveness as an audible form of \_\_\_\_\_<sup>(74)</sup>; be specific with each word or circumstance in which you were hurt, defrauded, or overwhelmed.
- \_\_\_\_\_<sup>(75)</sup> for the sin of judging the person who hurt you, and of any negative attitudes you may have towards God.

Keep in mind that unforgiveness and bitterness leads to judging others, and that is a sin that opens doors to the enemy.

Repeat this prayer:

Father, in the name of Jesus, I renounce all roots of bitterness in my life and cancel all the consequences of keeping them in my heart. I forgive (Name of person) \_\_\_\_\_ for \_\_\_\_\_. Lord, right now, I surrender all the pain and wounds that were opened when I was hurt. I give up the right to seek vengeance. I bless everyone who hurt me. Lord, I renounce every root of bitterness, wrath, hatred, resentment, cursing, or jealousy, and I declare that I am free in your name. Amen!

Bitterness can have terrible effects in our life. We must learn to forgive, trust in the Lord, and rely on Him to change the circumstances we cannot change on our own.

If we lose something, the Lord will give it back to us one way or another, but we must never allow that loss to cause a root of bitterness within us. God has beautiful things in store for us. Nothing should hold us back from continually marching forward, as Jesus Christ is right there to help us. Amen!



# Rejection

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**O**ur basic needs are satisfied by love, respect, acceptance, and security, but the root of rejection hinders us from receiving these benefits because we are needy for love.

Rejection is the \_\_\_\_\_ <sup>(76)</sup> plan of the enemy. The enemy uses rejection to destroy a large part of the Body of Christ. He steals away our opportunity to be used by God and to receive His blessings. At one time or another, all of us will face some form of rejection.

Rejection is \_\_\_\_\_ <sup>(77)</sup> recognized or diagnosed as a problem. People of all nationalities and races face some form of rejection.

## What causes rejection?

1. Rejection in the \_\_\_\_\_ <sup>(78)</sup>

Children suffer rejection even when they are still in their mothers' wombs; this is because they are spiritual beings able to perceive their mother's emotional problems.

2. Rejection during one's \_\_\_\_\_ <sup>(79)</sup>

A child's security is acquired during the first six years of life. During this time, the child develops his values, security, and identity. The following are causes of rejection in childhood:

- A lack of attention and care from the parents <sup>(80)</sup>
- \_\_\_\_\_
- Physical disabilities
- Comparison of siblings <sup>(81)</sup> or outspoken parental criticism
- Physical, emotional, or sexual abuse
- Parents' lack of interest in protecting or listening to their children <sup>(82)</sup>
- \_\_\_\_\_
- Lack of love, affection, or praise
- Excessive control and manipulation
- Abandonment

- Substitution of material things for love
- A broken home or \_\_\_\_\_ (83)

**3. Rejection during \_\_\_\_\_ (84)**

In many cases, a child growing up into his teenage years will experience different types of rejection. The following list provides us with events, attitudes, or behaviors that can cause rejection in a child's life during his adolescent years:

- \_\_\_\_\_ (85) discipline
- Mental, physical or sexual abuse by parents, friends, teachers, or other children
- Pressure from others to be the best
- Shaming the child in front of \_\_\_\_\_ (86)
- Poverty
- Excessive housework
- \_\_\_\_\_ (87) parents
- Pushing children to go beyond their ability and control

**4. Rejection during \_\_\_\_\_ (88)**

- Guilt over an unwanted pregnancy
- \_\_\_\_\_ (89), regardless of whether it was planned or not
- The inability to cope with the low \_\_\_\_\_ (90) of others
- Shame due to a physical \_\_\_\_\_ (91)
- Financial disasters
- Isolation from the family or being sent away
- Inability to communicate effectively

**5. Rejection during \_\_\_\_\_ (92)**

- Death of a partner
- \_\_\_\_\_ (93)
- \_\_\_\_\_ (94) by one of the partners
- Mental, physical, or sexual cruelty
- Inability to have children

Regardless of what causes rejection, it will affect our relationships with God, our family, our brothers and sisters, and every other interpersonal relationship we are involved in.

**There are three types of rejection which have different symptoms:**

1. The root of \_\_\_\_\_ (95) produces aggressive reactions.

Those who feel rejected:

- \_\_\_\_\_<sup>(96)</sup> to be comforted or embraced. Someone who suffers from rejection does not like to be touched physically or to express physical love.
- Experience rejection from others. People who feel rejected need time to vent their feelings, and if not allowed that time, their attitudes will cause others to reject them.
- Show emotional \_\_\_\_\_<sup>(97)</sup>. When people are rejected, they tend to be cold, lacking sensitivity, introspective, and selfish. They often use their most powerful weapon, their tongue.
- Are \_\_\_\_\_<sup>(97)</sup>. A person who feels rejected loses faith in family, friends and people in general. He also becomes suspicious of everyone, questioning their true motives.
- Are \_\_\_\_\_<sup>(99)</sup>. When stubborn people were determined to do something, no one can persuade them to change their mind. They will not consider other's opinion or advice.
- Demonstrate \_\_\_\_\_<sup>(100)</sup> attitudes. They react angrily to protect themselves from being rejected.
- Hold thoughts of \_\_\_\_\_<sup>(101)</sup>. Victims of rejection can become resentful to the point of considering or planning acts of revenge against those who hurt them, regardless of any guilt they may experience afterward.
- Swear and use dirty \_\_\_\_\_<sup>(102)</sup>. A great number of people who suffer from rejection use obscenities when they are under pressure.
- Are \_\_\_\_\_<sup>(103)</sup>. Often, their arguments make no sense, but they do it because it makes them feel better. However, if they lose an argument, their feeling of rejection will be even stronger.
- Are \_\_\_\_\_<sup>(104)</sup>. The perfect example is the child whose mother tells him to sit down, but he is so adamant to do it his way that when we sits, in his mind, he repeats to himself, "I am standing up."
- Are \_\_\_\_\_<sup>(105)</sup>. This is a common symptom in a person with a root of rejection. He finds it difficult to submit and is always arguing and asking for reasons why something needs to be done.

## 2. Symptoms of \_\_\_\_\_<sup>(106)</sup>

This is the second part of rejection, and it has to do with one's personal intimacy and self-respect which reflects in the person's concept of self.

- Low \_\_\_\_\_ (107). This person considers himself insignificant and worthless.
- Feeling inferior to others and \_\_\_\_\_ (108). This individual is self-doubting and tries to find his confidence and security in people, things, pets, or money.
- Feelings of \_\_\_\_\_ (109). The person fears he is unable to do things right or incapable of accomplishing anything.
- \_\_\_\_\_ (110) or grief. These are external manifestations of someone who is deeply hurt, sad, and depressed.
- Self-condemnation. Such people always tear themselves down and blame themselves when anything goes wrong. They have a weak temperament and are easily manipulated and controlled by others.
- The inability to communicate. It is very difficult for such a person to open his heart to others because of his inability to communicate his feelings adequately. Such people tend to be mistrusting of everyone and assume that if they open themselves up and express their feelings, they will be rejected.
- All types of \_\_\_\_\_ (111). The individual is afraid of everything, including responsibility. He constantly worries about things that are yet to happen and fears being alone.
- Anxiety, worry, and \_\_\_\_\_ (112). It is common to see these three tendencies in a person with the root of rejection, due to his insecurities.
- Negativity, doubt, and \_\_\_\_\_ (113). The person who feels rejected always speaks negatively; he is pessimistic and feels lonely, even when he is surrounded by people.
- Loss of \_\_\_\_\_ (114). As a result of all of the above, it is common to see people seek their identity in their work, gangs, sports, school, church, or any place where they can feel accepted.

**3. Symptoms of the \_\_\_\_\_ (115)**

People, who are afraid of being rejected tend to behave the same in any given situation.

- 
- People push themselves to \_\_\_\_\_<sup>(116)</sup> or compete. They wish to obtain success in any area of their life so as to prove to others their worth; also to gain their approval. They may go as far as trying to achieve this success dishonestly because they think they can get other people's respect and admiration this way.
  - Independence and \_\_\_\_\_.<sup>(117)</sup> Fear of rejection influences some people to isolate themselves from others, especially during adolescence or after a broken marriage.
  - The \_\_\_\_\_<sup>(118)</sup> syndrome. "Me, me, me." Many times, the person is self-centered and develops egocentric symptoms such as self-indulgence, self-justification, and self-righteousness.
  - The "\_\_\_\_\_"<sup>(119)</sup> attitude. The rejected ego demands to be treated justly and correctly according to his standards which are not necessarily the norm.
  - They are governed by \_\_\_\_\_<sup>(120)</sup>, a \_\_\_\_\_<sup>(121)</sup> attitude, jealousy, envy, and greed. These five characteristics always go together and are part of a person's character when he has a root of rejection. For example: when he sees someone prosper or used by God or when he feels threatened that someone else may take over his position, these aspects of their character are strongly demonstrated.
  - They feel pride, selfishness, haughtiness, and \_\_\_\_\_<sup>(122)</sup>. This person tries to convince others he has something to really be proud of. He increases the measures of insecurity and of low self-esteem to an unreachable level, forgetting God's warnings in His Word.
  - \_\_\_\_\_<sup>(123)</sup> and manipulation. From birth to adulthood, in marriage and outside of marriage, victims of rejection always proclaim the message: "This is mine, leave it alone." People who feel rejected often console themselves with material possessions; they are jealous, manipulative, and extremely possessive.
  - \_\_\_\_\_<sup>(124)</sup> immaturity. Rejection in childhood and adolescence delays a person's emotional maturity. Such a man or woman could be 50 years old and still be emotionally immature.
  - \_\_\_\_\_<sup>(125)</sup>. Perfectionism can be a hereditary problem that begins when a person is rejected. He continually declares the following: "I will put up my best effort to do what is expected of me; I will please people to make them like me."

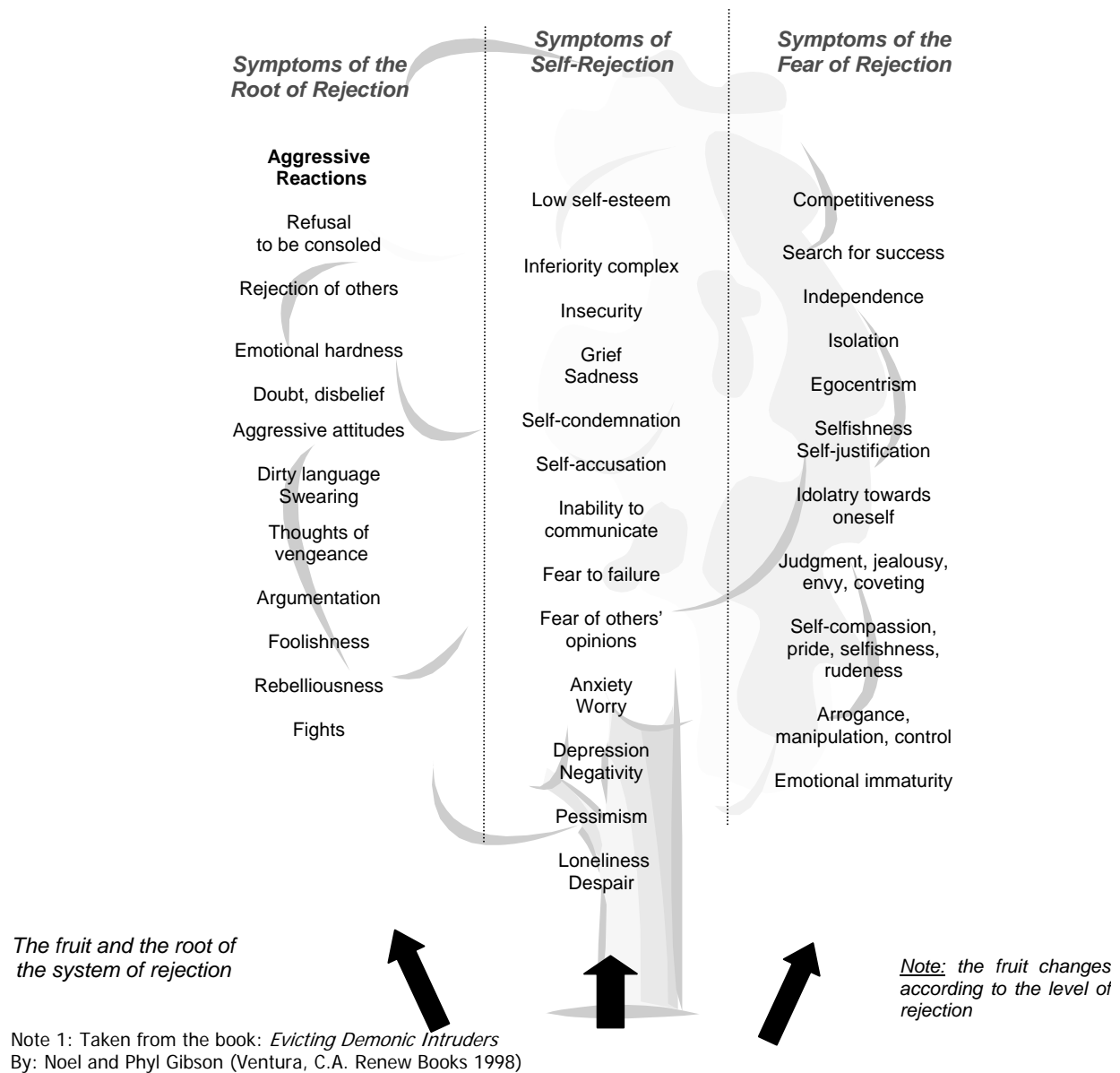
- Interrupted \_\_\_\_\_ <sup>(126)</sup> patterns. Sleep is often abruptly interrupted.

**Unhealthy ways to escape rejection:**

- \_\_\_\_\_. <sup>(127)</sup> Some people drink alcohol during times of stress because they have yet to find constructive ways to escape from the pressures of life.
- \_\_\_\_\_ <sup>(128)</sup> gratification. Men, as well as women, seek sexual solace through masturbation, pornography, and other lustful acts, but sexual gratification of any kind never cancels the root of rejection.
- \_\_\_\_\_ <sup>(129)</sup>. Some men and women become compulsive eaters in order to compensate for the feeling of rejection. When they eat too much, rejection becomes worse because over-eating increases their weight, which in turn, leads to lower self-esteem and may even give way to the spirit of gluttony.
- \_\_\_\_\_. <sup>(130)</sup> Some people become addicted to drugs in order to ease the pain of rejection. As a result, spirits of addiction enter their lives.
- "Popularity at \_\_\_\_\_ <sup>(131)</sup>" syndrome. Sadly, many people who are desperate for acceptance and affection come to us for prayer. In their desperate attempt to find these, they submit to every type of immoral sexual activity. They twist their own sense of worth by performing certain regrettable acts in exchange for acceptance and love, even though they hated doing them.

Rejection can be seen at three levels: at the root of one's being, as self-rejection, and as fear of rejection. To better understand this, let us look at the chart in the next page:

## The tree of rejection and its roots:



## How to be Free from Rejection

The first thing a person who feels rejected needs to understand is that Jesus Christ was <sup>(132)</sup> \_\_\_\_\_ so that we could be \_\_\_\_\_ <sup>(133)</sup>. Jesus experienced rejection, loneliness, pain, anguish, and betrayal. His own people rejected Him, and because of this, millions of people now receive deliverance from rejection.

*"<sup>1</sup>He came to His own, and His own did not receive Him." John 1.11*

## What happens when we feel rejected?

When we feel rejected, we practice rebellion, perfectionism, control, and manipulation. We isolate ourselves from people, become prideful, criticize, and judge others. If we keep acting the same way, deliberately, what we do becomes a habit, and then, it becomes a way of life. Without a doubt, this opens doors for demonic spirits to influence and oppress those of us who are in this condition.

## Renounce the Spirit of Rejection

Every oppressed or demonically influenced person should desire to be free from the spirit of rejection; to do this, they should:

- Make sure they are not harboring an unforgiving heart.
- Be sure they are not holding onto any sin they have yet to repent of.
- Not live in sin.

## Steps to be set free from the spirit of rejection:

1. Forgive and renounce all \_\_\_\_\_ <sup>(134)</sup>. Include every person who rejected you at any stage of your life.
2. \_\_\_\_\_ <sup>(135)</sup> renounce all spirits of rejection, self-rejection, and fear of rejection. Also, renounce any generational curse inherited through the bloodline of parents and ancestors, and order every spirit behind that curse to get out of your life.
3. Renounce to related \_\_\_\_\_ <sup>(136)</sup> such as: fear, jealousy, envy, lust, masturbation, pride, grief, abandonment, sadness, and others.
4. Ask the Lord to \_\_\_\_\_ <sup>(137)</sup> the void left in your life with the Word of God and the Holy Spirit.
5. Meditate on Scriptures that affirm your acceptance in Christ.



## Guilt

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**G**uilt is one of society's greatest problems. It is a consequence of the abundance of sin in the world, and it is also a problem in the church. Many believers still feel guilty for past sins and have yet to forgive themselves or fully believe in the work that Jesus accomplished at the cross.

### What is guilt?

The Greek word for guilt is "*hupodikos*" which means: one under \_\_\_\_\_<sup>(138)</sup> or one who is suffering the consequences or punishment for his evil actions. It is a feeling of being in a bad relationship with God.

### The Difference between Condemnation and Conviction

Condemnation is when the enemy makes us feel guilty; it comes into our mind and brings \_\_\_\_\_<sup>(139)</sup> for something we did in the past, even after we ask the Lord for forgiveness.

\_\_\_\_\_<sup>(140)</sup> is a sense of having done something wrong, it is revealed by the Holy Spirit, into our conscience, and it usually happens when a sin is recently committed.

Guilt is the result of two things in our lives:

- Not forgiving \_\_\_\_\_<sup>(141)</sup>
- Not appropriating Jesus' \_\_\_\_\_<sup>(142)</sup> work

Sometimes, when people live in guilt and hear about freedom, they perceive it as a threat because guilt has already become part of their lives.

### What are the characteristics of a person with a sense of guilt?

1. \_\_\_\_\_<sup>(143)</sup>. When people sin, they expect to suffer the consequences before obtaining forgiveness. When they think they have suffered enough, then they seek to be pardoned.

2. \_\_\_\_\_<sup>(144)</sup>. The enemy sends such thoughts as: why should God answer my prayers? Could I be worthy of God's forgiveness after all I have done? Can God use me?

*"<sup>10</sup>That you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God." Colossians 1.10*

*"<sup>19</sup>Therefore, brethren, having boldness to enter the Holiest by the Blood of Jesus, <sup>20</sup>by a new and living way which He consecrated for us, through the veil, that is, His flesh, <sup>21</sup>and having a High Priest over the house of God..." Hebrews 10.19-21*

3. \_\_\_\_\_<sup>(145)</sup>. The person who feels guilty tries to rise above it by taking on compulsive behaviors, such as:

- \_\_\_\_\_<sup>(146)</sup>
- Alcohol
- \_\_\_\_\_<sup>(147)</sup> adventures
- Materialism
- Being a workaholic
- Exercise
- Food
- Shopping

4. \_\_\_\_\_<sup>(148)</sup>. Many people have the mistaken belief that the more impoverished they are the more God will love them.

### Why is it so difficult to forgive ourselves?

- Because we believe God forgives based on our good works, but that is not true. His forgiveness is based on the redemptive work of Jesus Christ, on the cross. We receive forgiveness because of His grace.
- Because a spirit of \_\_\_\_\_<sup>(149)</sup> is in operation. We cannot believe God can forgive us because we do not know how to forgive ourselves.
- Because we \_\_\_\_\_<sup>(150)</sup> to a sense of guilt. We can live a long time with guilt and self-condemnation, believing that deliverance is impossible to achieve.
- Because they expect to \_\_\_\_\_<sup>(151)</sup> the sin. We know God can forgive, but the reason many are unable to forgive themselves is because they believe they are going to keep repeating the same sin. Christ died for our sins regardless of whether they were committed yesterday or today. He even died for every sin we may commit in the future.

## What are the consequences of guilt?

1. Guilt drains our \_\_\_\_\_<sup>(152)</sup> and makes us physically and mentally ill.
2. Guilt \_\_\_\_\_<sup>(153)</sup> our relationship with God.

## How to be Free of Guilt

- \_\_\_\_\_<sup>(154)</sup> from the sin of disbelief
- \_\_\_\_\_<sup>(155)</sup> every spirit of guilt and the reasons for it
- Confess your freedom and make the decision to receive it by faith

## What to do if the enemy accuses us and reminds us of our past.

- \_\_\_\_\_<sup>(156)</sup> the Word of God

*“<sup>32</sup>He who did not spare His own son, but delivered Him up for us all, how shall He not with Him also freely give us all things? <sup>33</sup>Who shall bring a charge against God’s elect? I am God who justifies. <sup>34</sup>Who is he who condemns? Is it Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us?” Romans 8.32-34*

- Walk in the Spirit

*“<sup>1</sup>There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the spirit.” Romans 8.1*

*“<sup>25</sup>If we live in the Spirit, let us also walk in the Spirit.” Galatians 5.25*

In conclusion, if we are born again, we need to appropriate, for ourselves, the redemptive work of Jesus Christ. First, we must accept God’s forgiveness; and second, forgive ourselves. Remember, we need to accept this by faith.



## The Four Spiritual Laws

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**M**any who received inner healing may still feel like they have unresolved issues. This happens because they violated the four spiritual laws. We are the product of our actions (Ephesians 6:1; Galatians 6:7; Matthew 7:1-2; Romans 2:1).

### Four Great Biblical Laws

1. \_\_\_\_\_<sup>(157)</sup> thy father and thy mother
2. \_\_\_\_\_<sup>(158)</sup> and you will not be judged
3. As a man \_\_\_\_\_<sup>(159)</sup>, so shall he reap
4. When we judge others, we suffer the \_\_\_\_\_<sup>(160)</sup> thing

Each spiritual law is a principle in the Word of God. If any are violated, we will reap of its fruit.

### Each law warrants a detailed explanation:

1. Honor thy father and thy \_\_\_\_\_<sup>(161)</sup>.

What does "honor" mean? To honor means to obey, value, highly regard, respect, love, and forgive. It also means to help our parents financially. Perhaps our parents were not the best, but that does not excuse us from the responsibility as children of God to love and honor them.

*"<sup>16</sup>Honor your father and your mother, as the LORD your God has commanded you, so that you may live long and that it may go well with you in the land the LORD your God is giving you." Deuteronomy 5.16*

### How can we honor our parents?

- Honor them \_\_\_\_\_<sup>(162)</sup>. We need to express our love for them during the difficult moments in their lives and spend time with them as often as possible. Sometimes, parents go through trials and loneliness; children should support them during these difficult times.

- Honor them \_\_\_\_\_ <sup>(163)</sup>. Even when parents have wrong ways of thinking, this does not give the child the right to disrespect them verbally. As an authority over us, we should obey them.

*<sup>1</sup>Children, obey your parents in the Lord, for this is right." Ephesians 6:1*

- Honor them \_\_\_\_\_ <sup>(164)</sup>. When our parents reach the point when they cannot support themselves, we have the responsibility to help them financially. This pleases the Lord.

### What are the benefits of fulfilling this first law?

Things will \_\_\_\_\_ <sup>(165)</sup> with you, and you will have a long life on earth. If things are not going well for you, ask yourself if you have been honoring your parents. Depending on your conscience, ask for forgiveness, then respect them, honor them, and uphold their worth.

2. \_\_\_\_\_ <sup>(166)</sup> and you shall not be judged.

To *judge* is to sentence or to condemn. It also means to put yourself in the judge's seat to decide someone's guilt or innocence.

*<sup>37</sup>Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you shall be forgiven." Luke 6.37*

*<sup>1</sup>Do not judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves. <sup>2</sup>For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance with the measure you [use to] deal out to others, it will be dealt out again to you." Matthew 7.1-2*

When we judge, we take the following risks:

**Incorrect judgment:** many people judge others by their appearance without knowing what is in their hearts. In Matthew 7:1-2, it is said that judgment is accompanied by envy and jealousy. The person lacking forgiveness should not only ask to be pardoned for this offense but also for judging others.

People and groups sometimes judge organizations, nations, races, leaders, politicians, employers, spouses, pastors, and many others.

**Roots of bitterness and judgment:** Those who expect to be rejected, betrayed, hurt, or criticized always expect something bad to happen. When it does, they say:

"I knew this was going to happen." Their negative expectation becomes a self-fulfilling judgment.

### How do judgmental people justify themselves?

- They \_\_\_\_\_ <sup>(167)</sup> their reasons. They believe what they are doing is correct, but this is not enough of a reason to judge.
- For example, a pastor who was delivered from the habit of smoking but three years later is judging another person for doing the same. Yes, smoking is bad, but that does not give us the authority to condemn others, especially if we used to do it. On the contrary, we should feel compassion and the desire to help him be free from this bondage.
- With comments or "constructive \_\_\_\_\_" <sup>(168)</sup>. For example, they may say, "That person should not be up there singing because they are of the world." This is still a judgment, whether your justification is your interest in the sanctity of the service being rendered to God.
- They make an \_\_\_\_\_ <sup>(169)</sup> before commenting. Phrases such as "I never say anything about anyone, but..." or "I have never judged anyone and it's not that I am judging them, but..." Often, we want to alleviate the conscience before making the judgment.

### 3. When we judge others, we fall under the \_\_\_\_\_ <sup>(170)</sup> judgment.

James is a good example. He was a married man who had a good relationship with his wife; he seemed serious and responsible, but at night, he would frequently visit bars, consume alcohol, meet various women, and commit adultery. He really did not want to do this and felt bad because he loved his wife and she trusted him. He would repeatedly tell himself: "I don't understand, I don't want to do this, but I can't stop." What James could not recall was that in the past, he himself would constantly judge his dad for the same behavior. His dad had been an alcoholic and a womanizer; this judgment had brought upon him the same spirit that had dominated his father.

James dishonored his father by judging him, but with time, he followed in his footsteps—as he judged, he was also judged. What he had criticized in his dad happened to him. Praise God someone prayed for James and he repented and was set free. Amen!

*"Therefore you are inexcusable, o man, whoever you are who judge, for in whatever you judge another you condemn yourself; for you who judge practice the same things." Romans 2.1*

### How does one stop judging?

- \_\_\_\_\_<sup>(171)</sup> for the sin of judgment; be specific
- Confess the sin
- Let go of the judgments you made against others
- \_\_\_\_\_<sup>(172)</sup> the people you judged

When you judge a person, you create an invisible \_\_\_\_\_<sup>(173)</sup>.

4. As a man sows, so shall he \_\_\_\_\_<sup>(174)</sup>.

This law is the equivalent of the worldly saying: "Don't do to others what you don't want them to do unto you," and to this I would add: "Do to others what you want for you and for yours."

*"<sup>12</sup>So then, whatever you desire that others would do to and for you, even so do also to and for them, for this is (sums up) the Law and the Prophets."  
Matthew 7.12*

To sow is to give someone something good or bad; to reap is to receive or get back.

What do we sow? Love, money, and/or time? Whatever we sow, whether it is to the spirit or the flesh, we will reap it.

*"<sup>7</sup>Do not be deceived and deluded and misled; God will not allow Himself to be sneered at (scorned, disdained, or mocked by mere pretensions or professions, or by His precepts being set aside.) [He inevitably deludes himself who attempts to delude God.] For whatever a man sows that and that only is what he will reap. <sup>8</sup>For he who sows to his own flesh (lower nature, sensuality) will from the flesh reap decay and ruin and destruction, but he who sows to the Spirit will from the Spirit reap eternal life. <sup>9</sup>And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint. <sup>10</sup>So then, as occasion and opportunity open up to us, let us do good [morally] to all people [not only being useful or profitable to them, but also doing what is for their spiritual good and advantage]. Be mindful to be a blessing, especially to those of the household of faith." Galatians 6.7-10*

More than likely, we will not reap when we sow; it may take months and even years, but eventually, the harvest will come, unless, of course, there is no repentance.





# NOTES

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