

Your Freedom Journey

Using the Who Did It? form, follow these steps for every bad action you experienced.

1. When someone hurts, offends and/or disappoints us, the emotions that we feel can leave a mark, a wound on our soul.

Isaiah prophesied that Jesus bore our sorrows and carried our griefs (53:4), so all we have to do is ask Him to take the negative emotions from us and heal the wound(s) they caused.

You can pray something like this:

“Jesus I give to You the emotion(s) of [name them]. Please heal the wound in my soul. Jesus I receive Your healing. Thank You for healing me.”

2. It’s important to release the person who did that to you from what they owe you (forgiveness), as Jesus taught us in Matthew 18:23-35.

You can pray something like this:

“Father God, I hereby release [name them] from all they owe me. I forgive them and they now owe me nothing. Bless them, Father, in Jesus’ name.”

3. The emotions that were created by that incident also created a lie that was communicated to you by their words and actions. The emotions you felt about yourself caused you to believe that lie and see yourself like that.

So now you must renounce every lie and declare that you will no longer agree with it.

You can pray something like this:

“God I renounce the lie that I am [name it], I will no longer agree with it, in Jesus name!”

4. Next you can ask Jesus to erase that incident from your past timeline and by the power of His blood redeem it and make it as if it never happened. (2 Corinthians 5:17)

You can pray something like this:

Jesus I ask You to go to the time and place (or times and places) in my past where the incident(s) occurred. Please take Your precious blood and cleanse my timeline, and I ask You to cause my “right now” experience to change from the negative effects of that incident to the blessing that is now flowing to me because You are giving me a new timeline where that negative incident never happened. Thank You for removing it from my past and causing what flows to me now to be only blessings.”

5. Finally, you get to “flip the script!” Because God turns what the enemy meant for evil into something good for us (Genesis 50:20), you can literally reverse the lies and write the exact opposite. That opposite statement is actually the blessing God is speaking and releasing over your life and that is who He truly is for you.

Write down the opposite of each lie you renounced and pray something like this:

“Father God I receive the blessing of You saying that I am [state the blessing(s)]. Thank You for revealing to me that this is who You really are for me, in Jesus’ name.”

You might want to pause a few moments to praise and worship Him for healing and setting you free.

6. Read the “My Child” letter from Father God and find at least one Bible verse that reveals who He truly is for you instead of the lie you believed about Him before. Write that reference in the Scripture column.

You can pray something like this:

“Father God, thank You that You are always [name the characteristic] for me. I receive and believe that now and forever, in Jesus’ name!”