

STEPS TO FREEDOM IN CHRIST

Colossians 1:15-23

The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation— if you continue in your faith, established and firm, and do not move from the hope held out in the gospel. This is the gospel that you heard and that has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant.

2 Timothy 2:19-26

God's solid foundation stands firm, sealed with this inscription: "The Lord knows those who are his," and, "Everyone who confesses the name of the Lord must turn away from wickedness." In a large house there are articles not only of gold and silver, but also of wood and clay; some are for special purposes and some for common use. Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work. Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart. Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. And the Lord's servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful. Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.

Ephesians 6:10-18

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests.

STEP 1 | Counterfeit vs. Real

In this step, we identify and reject any spiritual practices that are counterfeit, and choose the real source of spiritual life—Jesus Christ.

- Not everything spiritual is from God.
- God doesn't work through practices that bypass a relationship with Him.
- The enemy imitates power but always leads to confusion or bondage.
- Freedom starts when we turn away from counterfeits and rely fully on Jesus.

Reflection

1. What stood out to you from the teaching?

Write a few words or a sentence below.

2. What are some spiritual practices people turn to today in search of peace or healing?

Check all that apply or add others you've seen:

- Horoscopes
- Tarot cards
- Crystals
- Séances
- Fortune telling
- Energy healing
- Manifesting
- Other: _____

3. Why do you think people are drawn to these things? What are they searching for?

Use a few words or a short sentence.

STEP 1 | Counterfeit vs. Real

4. Have you ever engaged in anything that tried to access spiritual power outside of God?

Yes No Not Sure

If yes, what was it? (optional)

5. What would it look like for you to rely fully on Jesus instead of looking for peace or power elsewhere?

Write a sentence or two.

6. Do you feel any resistance in your heart when it comes to renouncing past involvement?

If so, talk to God about it now.

Prayer

Dear Heavenly Father, I ask You to reveal to me any counterfeit spiritual involvement I've had, anything that didn't come from You. I confess and renounce every one of those practices, and I choose to walk in the light. I want to rely on You alone. Thank You that in Christ, I am forgiven and free. In Jesus' name, Amen.

Confession

If something specific came to mind, take a moment to say this out loud:

“Lord, I confess my involvement in [name it], and I renounce it in Jesus' name.”

KINGDOM OF DARKNESS	KINGDOM OF LIGHT
I break any agreement made to give my name or identity over to darkness.	I declare that my name is written in the Lamb's Book of Life and I belong to Jesus.
I renounce any ritual or experience where I was spiritually joined to evil.	I affirm that I am united with Christ and belong fully to Him.
I cancel every spiritual covenant I made-spoken or unspoken-that tied me to the enemy.	I stand in the New Covenant of grace, sealed by the blood of Jesus.
I reject every dark assignment placed on my life, including anything aimed at my family, future, or purpose.	I choose to walk in God's plan for me and follow His direction alone.
I reject all spirit guides or voices that are not from the Holy Spirit.	I welcome and follow only the leading of the Holy Spirit.
I renounce any ritual where I shed my blood in the name of darkness.	I trust completely in the saving blood of Jesus Christ, shed for me.
I reject any act of drinking blood or eating flesh in a spiritual ritual.	I receive the Lord's Supper as a reminder of Christ's body and blood given for me.
I renounce every false 'guardian' or spiritually assigned parent that did not come from God.	I declare that God is my Father and the Holy Spirit is my guide and protector.
I cancel every ritual or initiation that tried to mark me with darkness, including unholy baptisms.	I have been baptized into Christ-my identity is now rooted in Him alone.
I break every claim the enemy has tried to make over my life through sacrifice or ritual.	I belong to Jesus. His sacrifice alone defines and secures me-I am fully His.

STEP 2 | Deception vs. Truth

“Then you will know the truth, and the truth will set you free.” John 8:32

Understanding the Battle

The enemy’s greatest weapon is deception. His main strategy is to plant lies in your mind and keep you from the truth of who God is, who you are in Christ, and what is truly possible through Him.

That’s why Scripture calls us to renew our minds and tear down strongholds of false thinking.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” Romans 12:2

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5

If you’re believing something that doesn’t line up with what God says in His Word, it’s a lie. **Truth brings freedom—lies keep us stuck.**

Recognizing Lies

Ask God to bring to mind lies you’ve believed in any of these areas:

- Your identity
- Your worth
- Your future
- Who God is
- What God is like
- How He feels about you
- How you see others

STEP 2 | Deception vs. Truth

Self-Deception

These are lies we tell ourselves, often to avoid facing pain, guilt, or fear:

- Blaming others to avoid taking responsibility
- Justifying actions or choices that go against God's truth
- Minimizing past wounds or sin ("It wasn't that bad")
- Making excuses for unhealthy patterns
- Thinking "I'm fine" when deeper issues are present

Self-Defense

These are ways we try to protect ourselves instead of trusting God:

- Hiding how we really feel or what we've done
- Avoiding vulnerability or hard conversations
- Holding onto pride or needing to be in control
- Putting up emotional walls to avoid getting hurt
- Trying to manage everything on our own instead of asking for help

Renouncing Lies + Replacing with Truth

In the chart below, list out the lies God brings to mind, and then write down the truth He shows you in response. Be specific. Use Scripture if you know it.

Lies I've Believed	Truths from God's Word

STEP 2 | Deception vs. Truth

Example

- Lie: I'll never be good enough.
- Truth: I am God's workmanship, created in Christ to do good works. (Ephesians 2:10)

Then, pray through each lie like this:

"I renounce the lie that _____. I choose to believe the truth that _____."

Prayer Prompt

"Lord, I want to walk in truth. Please show me any lies I've believed—about You, about myself, or about others. Help me replace them with what's true. In Jesus' name, amen."

STEP 3 | Bitterness vs. Forgiveness

Unforgiveness is one of the most common roadblocks to spiritual freedom. Holding on to hurt, anger, or bitterness only keeps us in bondage. God calls us to forgive—not because what happened was okay, but because He wants us to be free.

“Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Ephesians 4:26-27

Forgiveness is not a feeling. It’s a decision to release the offense and trust God with the outcome. When we forgive, we close the door to the enemy’s access in our lives and take a step toward healing and freedom.

Ask the Holy Spirit

Lord, would You bring to mind anyone I need to forgive? I want to be free from bitterness and pain. Please show me who I need to release to You today.

Write down the names of people the Lord brings to mind:

-
-
-

Forgiveness Declaration

As you read each name aloud, say this prayer:

“Lord, I forgive [name]. I choose to release them and the debt I’ve been holding. I give You the pain and ask You to heal my heart.”

If you need to forgive yourself, say:

“Lord, I choose to forgive myself. I receive Your grace and let go of the shame I’ve been carrying.”

STEP 3 | Bitterness vs. Forgiveness

Reflection Questions

1. Who came to mind that surprised you?

2. What's been the hardest part about forgiving this person (or yourself)?

3. How does knowing that forgiveness is about your freedom—not the other person—change your perspective?

4. Are there ways bitterness has affected your relationships or faith journey?

5. What step can you take this week to walk in forgiveness?

Take your time here. Forgiveness is often a process, and it may take more than one prayer. But each time you choose to forgive, you take back more ground and walk deeper into the freedom Jesus offers.

STEP 4 | Rebellion vs. Submission

The next area where the enemy can gain access is rebellion.

This includes an attitude of resistance toward God and toward the authority figures He has placed in our lives.

While rebellion may not always look dramatic, it often shows up in subtle ways:

- Pushing back against God's direction
- Resisting correction
- Refusing to submit to leadership

The Bible tells us that rebellion is like the sin of witchcraft (1 Samuel 15:23). That's how seriously God takes it.

But the good news is—rebellion can be confessed and renounced just like any other sin.

When we choose submission, we're not giving up—we're trusting that God's way is best.

Reflection Questions

1. Have you struggled with a rebellious attitude toward God or those in authority over you?

2. Are there specific people (parents, employers, teachers, pastors, etc.) you've had difficulty honoring?

STEP 4 | Rebellion vs. Submission

3. Do you resist submitting your will to God in any area of your life?

Ask the Holy Spirit to show you any rebellion in your heart. When He brings something to mind, respond with confession and surrender.

“Lord, I confess my rebellion in the area of _____. I choose to submit to You.”

Prayer

God, I confess that I’ve resisted Your authority. I’ve rebelled in ways that have pulled me away from You. Today, I surrender every part of my life—my choices, my attitudes, my relationships—into Your hands. I trust that Your way is best. Teach me to walk in submission, not just once, but daily. In Jesus’ name, amen.

STEP 5 | Pride vs. Humility

“God opposes the proud but gives grace to the humble.” James 4:6

Pride can take many forms in our lives.

It can sound like:

- “I’ve got this.”
- “I don’t need help.”
- “I already know what’s best.”

But God’s Word makes it clear: if we want His grace, we must walk in humility.

Humility says:

- “God, I depend on You.”
- “I need help.”
- “I don’t have it all figured out.”

Pride blocks us from God’s best and keeps us isolated. Humility invites God in. It’s not about putting ourselves down—it’s about lifting God up.

Reflection Questions

1. In what areas of your life do you tend to rely on your own strength?

2. Are there places where you resist help or correction?

STEP 5 | Pride vs. Humility

3. How might pride be keeping you from deeper freedom?

4. What would it look like to invite God into those areas with humility?

Prayer of Confession

Father, I confess that I've allowed pride to shape my thoughts, my responses, and my decisions. I've depended on myself instead of You. I choose humility. I choose to surrender. Thank You for Your grace that meets me right here. In Jesus' name, Amen.

Personal Declaration

"Lord, I renounce the pride of _____, and I choose to walk in humility."

STEP 6 | Bondage vs Freedom

“Therefore do not let sin reign in your mortal body so that you obey its evil desires... For sin shall no longer be your master, because you are not under the law, but under grace.” Romans 6:12, 14

Even as believers, we can still find ourselves stuck in patterns of sin or spiritual heaviness. The good news? Jesus has already won our freedom—we don’t have to live in bondage.

This step invites us to take a deeper look at where sin may have taken root—especially in the area of sexual sin, which Scripture says affects not only the body but the soul. We’ll bring those things into the light through confession and renouncing, so we can walk fully in the freedom Jesus offers.

Reflection Questions

1. What patterns or habits in your life feel like they have control over you?

2. Have you experienced any emotional, physical, or sexual relationships that still carry a weight or hold in your life?

STEP 6 | Bondage vs Freedom

3. Have you opened doors to sin—through media, actions, or thoughts—that need to be closed?

Prayer

Take time to pray, listen, and confess. Ask the Holy Spirit to reveal any areas of bondage, especially in your sexuality, relationships, or thought life. Speak out your prayers as a way to break agreement with the enemy and step into freedom.

“Father, show me where sin has taken hold in my life. I confess any sexual sin or bondage I’ve participated in, and I surrender it to You.”

“Lord, I confess [name specific sin], and I renounce it. I break its hold and receive Your cleansing and freedom.”

“Lord, I renounce any emotional or sexual bond formed with [name]. I ask You to break that connection and heal that part of my story.”

STEP 7 | Curses vs. Blessings

“If the Son sets you free, you will be free indeed.” John 8:36

As we close this journey toward spiritual freedom, this final step is about breaking any generational patterns of sin—habits or strongholds that may have been passed down through your family line. These might include things like addiction, fear, abuse, anger, or spiritual confusion.

Jesus came to break every curse and offer a new legacy of freedom. In Him, we are not bound by our family history—we are part of a new family with a new inheritance.

Reflection Questions

1. What are some generational tendencies or family patterns you’ve seen in your life or lineage?

2. How have those patterns affected your thinking, behavior, or relationships?

3. What truths about your identity in Christ stand in contrast to those generational influences?

STEP 7 | Curses vs. Blessings

4. Are there any areas where you feel you've "acquiesced"—just accepted something because it's always been that way?

5. What would it look like to fully renounce those patterns and walk in freedom?

Reflection

Take a moment in silence and ask the Holy Spirit to reveal any generational sin or agreement that needs to be renounced.

Write down anything that comes to mind

STEP 7 | Curses vs. Blessings

Prayer

Father, I come before You in the name of Jesus and ask You to reveal any generational sin that has affected my family. I confess and renounce those patterns and break every agreement I've made with them. I declare that, in Christ, the curse is broken and I am free. Thank You for making me part of Your family and giving me a new identity. In Jesus' name, Amen.

Personal Declarations

Write in any specific patterns you want to break:

"In Jesus' name, I renounce the pattern of _____ in my family line and break its power over me."

"I close the door to every generational sin and choose to walk in the freedom Jesus has given me."

Aftercare Encouragement

Even though this is the final step of the seminar, it's not the end of your journey. Keep declaring who you are in Christ.

When old thoughts or patterns try to return, reject them and stand firm in the truth:

- You are no longer a prisoner of the past.
- You belong to the family of God.
- He is faithful to complete the good work He started in you.