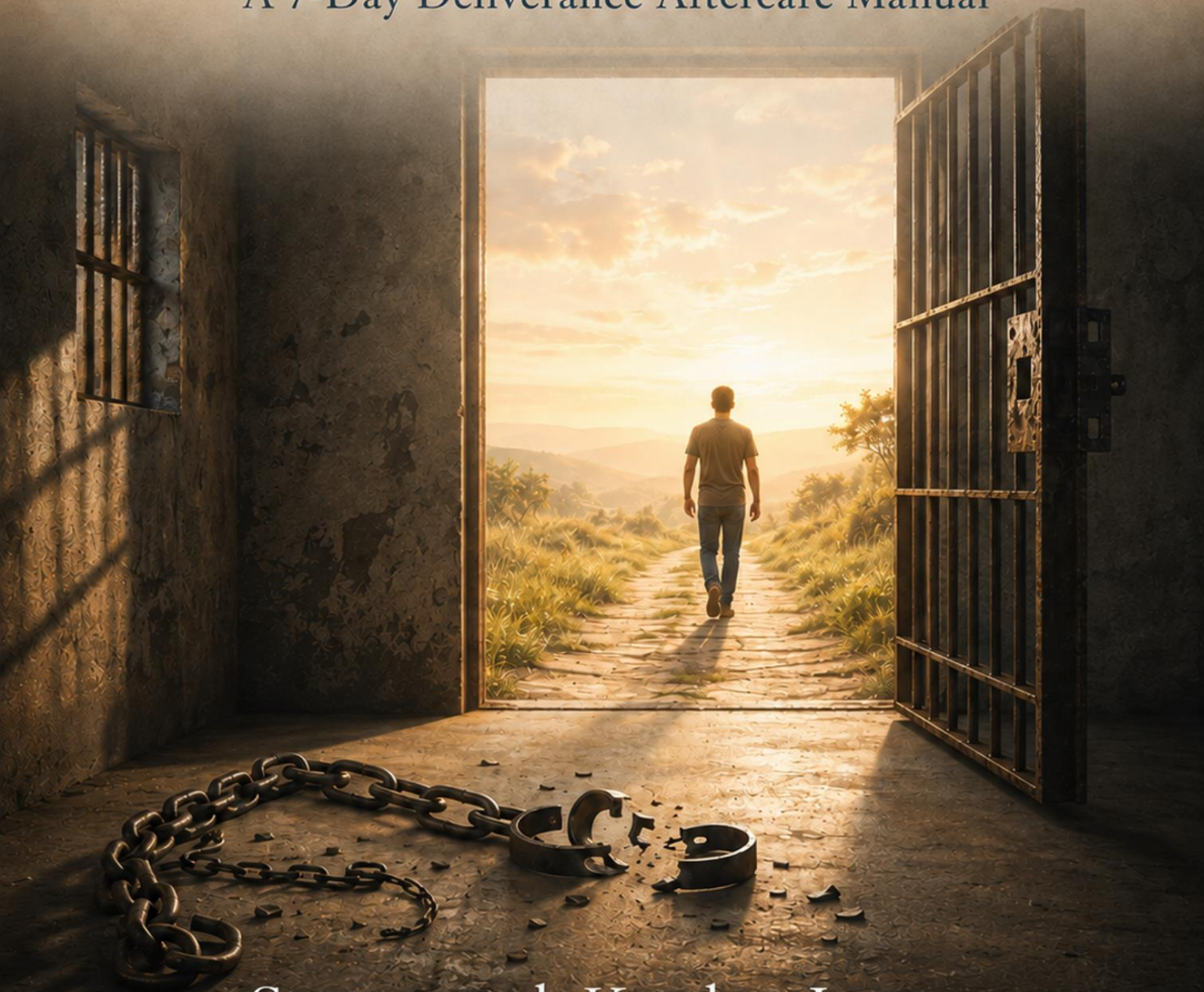


WALKING IN FREEDOM

A 7-Day Deliverance Aftercare Manual



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Trusting God, Renewing Your Mind, and Remaining Free After Deliverance

Introduction

The Door Is Open—Now Walk in Freedom

Deliverance is a powerful work of God, but it is not the end of your journey. It is the beginning of learning how to live in the freedom Jesus has already purchased for you.

During deliverance, things that had gained access to your life were confronted and commanded to leave through the authority of Jesus Christ. Doors were closed, agreements were broken, lies were renounced, and areas of bondage were surrendered to God.

But after deliverance, you must learn how to walk differently.

You are not responsible for delivering yourself. Jesus is your Deliverer. However, you are responsible for choosing what you will believe, what you will allow into your life, and what you will do with the freedom you have received.

Scripture says:

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”
— Galatians 5:1

Notice that Scripture tells us both that Christ has set us free and that we must stand firm.

Freedom has been given, but freedom must also be guarded.

What You May Experience After Deliverance

In the days following deliverance, you may feel peaceful, lighter, clearer, or emotionally relieved. You may immediately notice changes in your thoughts, emotions, habits, or spiritual life.

You may also experience resistance.

Old thoughts may return. Familiar emotions may suddenly surface. Temptations may attempt to draw you back into old patterns. You may hear thoughts such as:

- Nothing really happened.
- You are not free.
- You will always be this way.
- God has not forgiven you.
- You might as well return to your old habits.
- This freedom will not last.

The return of an old thought does not mean deliverance failed.

A thought may come to your mind without originating from your heart or representing who you are. The important question is not whether a thought appeared. The important question is whether you will agree with it.

You do not have to accept every thought that enters your mind.

Scripture instructs us to take thoughts captive and make them obedient to Christ. You will learn how to recognize a thought, reject what does not agree with God, replace it with Scripture, and return your attention to Jesus.

Deliverance and Strongholds

Deliverance removes what has gained spiritual access, but strongholds in the mind may still need to be torn down.

A stronghold is a deeply established pattern of thinking built upon lies, painful experiences, ungodly agreements, fear, shame, rejection, or false beliefs about God and yourself.

For example, a spirit of rejection may leave, but you may still be accustomed to interpreting every situation through the belief: “No one wants me.”

Deliverance confronts spiritual bondage. Renewing the mind dismantles the thought patterns that supported it.

This is why Scripture says:

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

Transformation occurs as your thinking comes into agreement with God’s truth.

Fill the House

Jesus warned about the danger of leaving a house empty after it has been cleansed. Freedom is not simply the removal of darkness. It is the filling of your life with the presence and truth of God.

Fill your life with:

- The Word of God
- Prayer
- Worship
- The presence of the Holy Spirit
- Christian fellowship
- Healthy boundaries
- Obedience
- Gratitude
- Service
- Truth

The goal is not to become preoccupied with the enemy. The goal is to become deeply rooted in Jesus.

How to Use This Manual

Complete one day at a time. Do not rush.

Each day contains teaching, Scripture, reflection, practical steps, a declaration, and prayer. Ask the Holy Spirit to show you where your thinking, habits, environment, and choices need to change.

This manual is not intended to create fear or cause you to examine every thought, feeling, or circumstance for spiritual activity. Physical, emotional, relational, and mental-health concerns can have many causes. Seek appropriate pastoral, medical, or mental-health support when needed, especially if you experience thoughts of harming yourself or someone else.

You do not have to be afraid. Jesus is with you. The Holy Spirit lives within you. The Word of God is true, and the freedom Christ purchased is greater than the bondage that once held you.

The door is open and now it is time to walk out.

Day 1 – The Door Is Open

Key Scripture

“Therefore, there is now no condemnation for those who are in Christ Jesus.”
— Romans 8:1

The Fine Has Been Paid

Imagine that you were standing in a courtroom, guilty of every charge brought against you.

The evidence was presented. The verdict was given. The fine was far greater than anything you could ever pay.

Then Jesus stepped forward and paid the fine in full.

The judge declared that the debt had been satisfied. The prison door was open, and you were told that you were free to leave but imagine remaining inside the cell.

The door is no longer locked. No guard is holding you there. Your debt has been paid, yet you continue sitting inside because the cell is familiar. Perhaps you feel unworthy to leave. Perhaps condemnation tells you that you still belong there. Perhaps you are waiting to feel free before you take the first step.

But freedom is not based upon a feeling. It is based upon what Jesus has done.

On the cross, Jesus declared, “It is finished.” He bore the punishment for sin and broke the authority of darkness over those who belong to Him. You do not have to continue serving a sentence that Jesus has already paid.

You can walk out of the cell.

Condemnation Will Try to Keep You Inside

Condemnation focuses on your identity and says: “You are bad. You are hopeless. You will never change. God is tired of you.”

The Holy Spirit’s conviction is different. Conviction lovingly identifies something specific and leads you toward repentance, restoration, and freedom.

Conviction says: “This does not belong in your life. Bring it to Me and let Me help you change.”

Condemnation drives you away from God. Conviction draws you toward Him.

When accusation reminds you of your past, remember that your past has been placed under the blood of Jesus. You may still need to make wise changes or repair harm where appropriate, but you do not have to live ashamed.

Take the First Step

Walking out of the cell may mean:

- Refusing to rehearse something God has forgiven.
- Rejecting the identity, you carried in bondage.
- Removing access to something that repeatedly pulls you backward.
- Receiving God's love without trying to earn it
- Asking for help instead of hiding.
- Choosing obedience even before your feelings change

Freedom becomes visible through new choices.

Reflection

1. In what area have I continued to condemn myself?

2. Is there something Jesus has forgiven that I keep carrying?

3. What would walking out of the cell look like today?

Walking in Truth

Write down one accusation you have continued to believe. Then write Romans 8:1 beneath it.

Cross out the accusation and say aloud: "Jesus paid my debt. I am not condemned. The door is open, and I choose to walk in freedom."

Take one practical action today that agrees with that truth.

Declaration

Jesus Christ has paid my debt in full. I am forgiven, redeemed, and no longer condemned. My past does not own me. Shame does not define me. The prison door is open, and I choose to walk out. I belong to Jesus, and I will walk in the freedom He purchased for me.

Prayer

Father,

Thank You for sending Jesus to pay the debt I could never pay. Forgive me for continuing to carry shame and condemnation after You declared me forgiven. Help me receive Your mercy and believe what You say about me. Give me courage to leave behind every identity, habit, and agreement connected to my former bondage. The door is open, and today I choose to walk out with You.

In Jesus' name,

Amen.

Day 2 – When the Old Thoughts Come Back

Key Scripture

“We take captive every thought to make it obedient to Christ.” — 2 Corinthians 10:5

A Thought Is Not an Agreement

After deliverance, an old thought may suddenly return.

You may think: “I thought I was free. Why am I thinking this again?”

The presence of a thought does not prove that you are back in bondage. It does not mean deliverance failed, and it does not mean the thought reflects what you truly believe.

A knock at the door does not mean someone has entered the house. You decide whether to open the door.

The enemy may attempt to reintroduce familiar thoughts because those thoughts once produced familiar reactions. Fear may knock. Rejection may knock. Lust, shame, anger, hopelessness, or self-hatred may knock.

You do not have to invite them inside.

Recognize, Reject, Replace, and Return

Use these four steps when an ungodly or intrusive thought appears.

1. Recognize

Identify the thought without panicking.

“This thought is accusing me.”

“This thought is rooted in rejection.”

“This thought does not agree with God’s Word.”

2. Reject

Refuse to accept or partner with it.

“I do not agree with that thought.”

“That is not my identity.”

“I reject that lie in Jesus’ name.”

You do not need to argue with the thought for an hour. Reject it clearly and calmly.

3. Replace

Answer the lie with truth from Scripture.

Lie: “God has abandoned me.”

Truth: “God has said, ‘Never will I leave you; never will I forsake you’” (Hebrews 13:5).

Lie: “I will always be bound.”

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

Lie: “I am condemned.”

Truth: “There is now no condemnation for those who are in Christ Jesus” (Romans 8:1).

4. Return

Return your attention to Jesus and continue with your day.

Worship. Pray. Complete the task in front of you. Call a trusted believer. Go outside. Read Scripture. Do not spend the entire day monitoring whether the thought returns.

Your attention belongs to Jesus, not to the lie.

Do Not Build an Identity Around the Battle

You are not “a rejected person fighting rejection.”

You are a beloved child of God learning to recognize and reject rejection.

You are not “an anxious person trying to become peaceful.”

You are a child of God who has access to the peace of Christ.

Your battle does not determine your identity. Jesus does.

Reflection

1. Which old thought returns most often?

2. What emotion or behavior has that thought produced?

3. What Scripture directly answers the lie?

4. What does God call me instead?

Walking in Truth

Create a truth-response card or just use a piece of paper:

The thought:

Write the recurring thought.

The lie beneath it:

Identify what the thought asks you to believe.

God's truth:

Write a Scripture that directly answers it.

My response:

"I recognize this thought, but I do not agree with it. God says _____. I choose to believe Him."

Keep the card where you can read it throughout the week.

Declaration

I do not have to accept every thought that enters my mind. I have the mind of Christ, and I choose agreement with God's Word. I recognize lies, reject them, replace them with truth, and return my attention to Jesus. My thoughts will come under the authority of Christ.

Prayer

Father,

teach me to recognize thoughts that do not agree with You. Keep me from fear, confusion, and constant self-examination. Help me respond with truth and return my attention to Your presence. Renew my mind through Your Word and teach me to think as Your beloved child.

In Jesus' name, Amen

Day 3 – Fill the House

Key Scripture

“Let the word of Christ dwell in you richly.” — Colossians 3:16

Freedom Is More Than Removal

Deliverance is not merely about removing what should not be present. It is about making room for what belongs.

Jesus taught that when an unclean spirit leaves, it seeks an opportunity to return. If it finds the “house” empty, it attempts to reenter with greater influence. This is why aftercare matters.

An empty house is vulnerable. A filled house is occupied.

Your life should be filled with the presence of God, the Word of God, and the ways of God.

What Will Fill the Space?

Patterns of bondage often occupied time, thoughts, emotions, relationships, and routines. When those patterns are removed, you must intentionally establish new ones.

If you once responded to pain by isolating, learn to reach out. If you numbed your emotions through unhealthy behavior, learn to bring your emotions to God. If fear controlled your decisions, practice obeying God while trusting Him with the outcome.

If your mind was constantly filled with ungodly content, fill it with Scripture, worship, and what is pure.

You are not merely stopping old behavior. You are building a new life with Jesus.

Seven Ways to Fill Your Life

1. Read the Word

Begin with a manageable portion of Scripture and ask:

- What does this reveal about God?
- What does this reveal about who I am in Christ?
- Is there something I need to believe or obey?

2. Pray Honestly

You do not need impressive words. Talk to God honestly and listen quietly.

3. Worship

Worship shifts your attention from the battle to the greatness of God.

4. Practice Gratitude

Thankfulness trains your mind to recognize God's presence and goodness.

5. Remain in Community

Stay connected to mature believers, healthy church leadership, and people who encourage obedience.

6. Obey Promptly

Delayed obedience leaves room for old negotiations. When God clearly shows you what to do, respond.

7. Serve

Freedom is not only about what you have escaped. It prepares you to love God and serve others.

Reflection

1. What previously occupied the areas God has now cleansed?

2. What healthy practice should replace that pattern?

3. Where have I been spiritually isolated?

4. What can I begin doing consistently today?

Walking in Truth

Create a simple daily freedom rhythm:

Morning:

Pray, surrender the day to God, and read Scripture.

During the day:

Pause, when necessary, reject lies, and return your attention to Jesus.

Evening:

Thank God for His help, confess anything that needs to be addressed, and rest in His care.

Choose one worship song and one passage of Scripture to use throughout this week.

Declaration

My life belongs to Jesus. I will not leave my spiritual house empty. I welcome the presence, truth, and leadership of the Holy Spirit. The Word of Christ will dwell richly within me. My life will be filled with worship, obedience, truth, and godly community.

Prayer

Holy Spirit,

fill every area of my life. Show me what must replace the habits, relationships, and thought patterns I have left behind. Give me a hunger for Scripture and a desire for God's presence. Establish new patterns of prayer, worship, obedience, and fellowship within me. Let my life become a dwelling place filled with Your truth.

In Jesus' name,

Amen.

Day 4 – Tear Down the Strongholds

Key Scripture

“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God.”

The Battle After the Breakthrough

Deliverance addresses spiritual bondage, but established ways of thinking may remain. These patterns are called strongholds.

A stronghold is not merely a passing thought. It is a lie that has been believed, reinforced, and used as a foundation for interpreting life.

A person may receive deliverance from rejection but still believe:

- No one truly wants me.
- Everyone eventually leaves.
- I must perform to be accepted.
- If someone corrects me, they are rejecting me.

These beliefs may have been repeated for years. Although the spiritual influence has been removed, the mind must now learn a new way of thinking.

How Strongholds Develop

Strongholds often follow a pattern:

1. Something painful happens.
2. A lie is formed around the experience.
3. The lie is repeatedly rehearsed.
4. Emotions and behaviors begin responding to the lie.
5. The lie eventually feels like truth.

For example:

Experience: Someone you trusted abandoned you.

Lie: “Everyone will leave me.”

Expectation: You begin looking for signs of rejection.

Reaction: You withdraw, become controlling, or reject others first.

Reinforcement: The damaged relationship appears to prove the original lie.

God wants to interrupt this cycle with truth.

Identify the Root Belief

Ask the Holy Spirit:

“What have I believed because of what happened to me?”

Do not deny the pain. Something real may have happened, but the conclusion formed from that experience may not be true.

Someone may have rejected you, but that does not mean you are unwanted.

Someone may have betrayed you, but that does not mean no one can be trusted.

You may have failed, but that does not mean you are a failure.

Your experience matters, but it does not have greater authority than God’s Word.

Tear Down the Argument

Second Corinthians 10 describes strongholds as arguments that exalt themselves against the knowledge of God.

A stronghold argues with what God says.

God says you are loved, but rejection argues that you are unwanted.

God says you are forgiven, but shame argues that you are permanently stained.

God says He will provide, but fear argues that you are alone and unprotected.

God says you are a new creation, but your past argues that you will never change.

Tearing down a stronghold means withdrawing your agreement from the lie and establishing your thinking upon God’s truth.

Reflection

1. What painful experience has influenced the way I see myself?

2. What conclusion did I form because of it?

3. How has that belief affected my relationships and choices?

4. What does God's Word say instead?

Walking in Truth

Complete the following:

What happened:

Write the experience honestly.

What I came to believe:

Identify the lie or conclusion.

How the belief affected me:

Name the emotions, habits, and reactions it produced.

What God says:

Write the truth and supporting Scripture.

Then pray:

“Father,

I acknowledge that this experience affected me, but it does not have authority to define me. I renounce agreement with the lie that _____. I choose to believe that _____. Renew my mind and teach me to live from Your truth.”

In the Mighty name of Jesus,

Amen

Declaration

The weapons God has given me are mighty for tearing down strongholds. I withdraw my agreement from every lie that contradicts His Word. My experiences do not define me. My past does not determine my future. God's truth is becoming the foundation of my thoughts, emotions, choices, and relationships.

Prayer

Father,

Reveal every stronghold that remains in my thinking. Show me where pain became a lie and where that lie became an expectation. I surrender those beliefs to You. Tear down every argument that opposes Your truth. Heal the wounds beneath my reactions and establish my mind upon Your Word.

In Jesus' name,

Amen.

Day 5 – Cleanse Your Environment and Guard Your Gates

Key Scripture

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

Your Environment Matters

After deliverance, ask the Holy Spirit to show you whether anything in your home or environment is connected to your former bondage.

This is not an invitation to become fearful or superstitious. Objects do not possess greater power than Jesus. However, some items represent agreements, practices, relationships, or influences you have renounced.

Keeping them may preserve emotional attachments, reopen temptation, or communicate continued agreement with something God has told you to leave.

Walk through your home prayerfully and peacefully. Ask: “Holy Spirit, is there anything here that no longer belongs in the life You are building?”

What May Need to Be Removed?

The Holy Spirit may bring attention to:

- Occult or New Age materials
- Divination tools or objects used in spiritual practices outside of Christ.
- Pornographic or sexually explicit material
- Substances connected to addiction
- Music, movies, books, or games that repeatedly draw you into darkness.
- Gifts or keepsakes tied to ungodly covenants or unhealthy relationships.
- Written vows, manifestations, rituals, or agreements contrary to Scripture
- Anything God specifically tells you to release.

Do not throw something away merely because another person fears it. Allow Scripture and the Holy Spirit to guide you.

The question is not simply, “Is this object bad?”

Ask: What does this represent?

What influence does it have upon me?

Does it tempt me toward my former bondage?

Can I keep this with a clear conscience?

Is the Holy Spirit asking me to remove it?

When God makes something clear, obey Him.

Guard Your Gates

Your spiritual environment includes more than physical possessions. You must also guard what enters through your eyes, ears, thoughts, and relationships.

Pay attention to:

- What you watch
- What you listen to
- What you repeatedly read
- Who has influence over you?
- What conversations do you participate in?
- What you entertain in your imagination
- What you repeatedly expose yourself to online

Guarding your gates does not mean withdrawing from the world in fear. It means using wisdom about what you allow to shape your heart.

Pray Over Your Home

After removing anything the Holy Spirit identifies, pray through your home.

You do not need a complicated ritual. The authority is in Jesus, not in a formula.

Thank God for your home. Dedicate it to Him. Ask the Holy Spirit to fill it with His peace and presence. Worship, read Scripture aloud, and establish new habits that honor Christ.

Reflection

1. Is anything in my home connected to what I have renounced?

2. What media or influence weakens my desire for God?

3. Is there a relationship in which I need a healthier boundary?

-
4. What would help make my home peaceful and Christ-centered?
-

Walking in Truth

Prayerfully walk through your home.

Create three categories:

- Remove
- Reconsider prayerfully
- Keep with peace.

Remove what God clearly identifies. Do not remain in prolonged fear or indecision. Once you have obeyed, thank God and move forward.

Choose one positive change for your environment, such as playing worship music, establishing a prayer space, limiting harmful media, or placing Scripture where you will see it.

Declaration

My home and my life belong to Jesus Christ. I will guard my heart and use wisdom concerning what I allow to influence me. I reject fear and welcome the peace of God. My home will be filled with worship, truth, prayer, and the presence of the Holy Spirit.

Prayer

Father,

everything I have belongs to You. Show me whether anything in my home, habits, entertainment, or relationships conflicts with the life You are building in me. Give me wisdom without fear and obedience without hesitation. I dedicate my home to You. Let it be filled with Your truth, peace, holiness, joy, and presence.

In Jesus' name,

Amen.

Day 6 – Follow the Holy Spirit

Key Scripture

“For those who are led by the Spirit of God are the children of God.” — Romans 8:14

You Are Not Walking Alone

After deliverance, it can be tempting to become overly focused on watching for the enemy.

You may begin examining every thought, emotion, dream, inconvenience, or physical sensation. This can create fear and spiritual exhaustion.

Your freedom is not maintained by constant fear of what might return. You remain free by staying surrendered to Jesus and following the Holy Spirit.

The Holy Spirit is not merely present to warn you about danger. He teaches, comforts, strengthens, corrects, guides, and reminds you of truth.

Your Christian life should be centered on relationship with God—not constant spiritual threat detection.

Conviction Versus Condemnation

Learning to recognize the Holy Spirit’s conviction will help you respond without fear.

Conviction	Condemnation
Specific	Vague and overwhelming
Leads toward God	Drives you away from God
Produces repentance and hope	Produces shame and hopelessness
Identifies what needs to change	Attacks your identity
Allows a clear response	Keeps accusing after repentance
Agrees with Scripture	Twists or misuses Scripture

When the Holy Spirit convicts you, respond promptly:

1. Acknowledge what He revealed.
2. Confess it to God.
3. Receive forgiveness.
4. Make the necessary change.
5. Continue forward.

Do not keep punishing yourself after you have repented.

Invite God to Search You

David prayed:

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.”— Psalm 139:23–24

This is a prayer of trust, not fear.

You are inviting a loving Father to reveal what needs attention. You are not desperately searching yourself for hidden faults.

God knows how to lead you. You do not have to uncover everything at once.

Establish Daily Rhythms of Freedom

1. Begin with surrender

Give God your thoughts, body, plans, relationships, and decisions.

2. Read Scripture

Allow truth to shape your thinking before other voices do.

3. Listen and obey

When the Holy Spirit clearly prompts you in agreement with Scripture, respond.

4. Reject lies quickly

Do not allow an ungodly thought to become a prolonged inner conversation.

5. Maintain healthy boundaries

Do not repeatedly expose yourself to what God delivered you from.

6. Remain accountable

Stay connected to trustworthy, mature believers.

7. End the day with gratitude

Thank God for His faithfulness and receive His rest.

These practices are not a formula for earning freedom. They help you live from the freedom Jesus has already given you.

When You Struggle

If you fall into an old pattern, do not hide from God.

Come to Him immediately.

Confess what happened, receive forgiveness, identify the doorway, make the necessary changes, and seek help when needed.

A struggle does not erase your identity. A mistake does not require you to return to bondage.

Get up and continue walking with Jesus.

Reflection

1. Have I been more focused on the enemy than on Jesus?

2. How does the Holy Spirit normally bring correction to me?

3. Is there an area in which I need to obey promptly?

4. Who can provide healthy Christian support and accountability?

Walking in Truth

Pray Psalm 139:23–24 slowly.

Write down anything the Holy Spirit brings to your attention. Then place each item into one of these categories:

- Confess
- Correct
- Seek counsel
- Release to God

Take the next clear step without condemning yourself.

Declaration

I am a child of God, and I am led by the Holy Spirit. I will not live in fear or become preoccupied with darkness. The Holy Spirit teaches, corrects, comforts, and guides me. I receive conviction without condemnation, and I choose prompt obedience. My attention belongs to Jesus.

Prayer

Holy Spirit,

teach me to recognize Your voice and follow Your leadership. Keep me from fear, confusion, and unhealthy self-examination. Search my heart and lovingly reveal anything that needs to change. Give me grace to respond quickly and confidently. Thank You that I do not walk alone. Lead me in the way everlasting.

In Jesus' name,

Amen.

Day 7 – Walk Out and Stay Free

Key Scripture

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” — Galatians 5:1

The Door Is Still Open

Seven days ago, you were asked to picture yourself inside a prison cell.

Your case has been heard. The fine had been paid. The debt had been satisfied. The door had been opened.

You were free to walk out.

As you completed this manual, remember that Jesus has not changed His verdict. Your freedom is not withdrawn every time you experience a difficult thought, emotional day, temptation, or spiritual battle. As Christ followers, we are on our way to sanctification. Picture it as a person walking down a hallway and they fall, then get back up and think they have to start over. No, get back up, repent and keep walking down the hallway to sanctification.

You are learning to walk as someone who is free.

The enemy may point toward the old cell and tell you that you still belong there. Familiar feelings may tempt you to return because bondage can feel familiar even after it has become painful.

But familiarity is not identity. You do not belong in the cell.

Freedom Must Become a Way of Life

Lasting freedom is not built upon one emotional moment. It is cultivated through daily agreement with God.

You remain free by:

1. Abiding in Jesus
2. Believing God’s Word
3. Renewing your mind
4. Rejecting ungodly agreements
5. Guarding your gates
6. Walking in obedience
7. Remaining connected to healthy Christian community

These practices do not replace the finished work of Jesus. They help you live in agreement with it.

Continue Renewing Your Mind

Strongholds may not disappear simply because you identified them once.

A lie that was rehearsed for years may need to be answered with truth many times. This is not failure. It is training.

Each time rejection says, “You are unwanted,” answer with God’s truth.

Each time shame says, “You are still your past,” remember that you are a new creation.

Each time fear predicts disaster, return your mind to the character and promises of God.

Each time condemnation tells you to hide, come boldly to your Father.

Your mind is being renewed as you repeatedly choose truth.

When Intrusive Thoughts Return

Remember:

- A thought is not automatically your belief.
- Temptation is not the same as agreement.
- An emotion is not a prophecy.
- A difficult day does not erase your progress.
- Spiritual resistance does not mean God has abandoned you.
- You do not have to fear every thought or sensation.
- You can recognize, reject, replace, and return to Jesus.

If intrusive thoughts become persistent, severely distressing, or involve harming yourself or someone else, seek immediate support from a qualified professional and a trusted spiritual leader. Asking for help is wisdom, not spiritual failure.

If You Fall

Do not remain on the ground rehearsing condemnation. Get up and keep looking forward.

Return to God.

Ask:

- What happened?
- What lie did I believe?
- What boundary was missing?
- What truth do I need?
- What change should I make?

- Who should I contact for support?

Repentance is not returning to prison. It is turning back toward your Father.

Go Live Free

Freedom is not meant to become a lifelong preoccupation with what you escaped.

God delivered you so you could know Him, love Him, worship Him, serve Him, and become who He created you to be.

There will come a time when you no longer count the days since deliverance. You will simply be living with Jesus.

Your testimony will no longer center only upon what left. It will reveal what God built in its place.

Where fear once ruled, faith will grow. Where rejection shaped your relationships, love will take root. Where shame silenced you, grace will give you a voice and where darkness occupied your attention, the presence of Jesus will become your focus.

Final Reflection

1. What has God shown me during these seven days?

2. Which lie no longer has my agreement?

3. What new daily rhythm will I continue?

4. What boundary must remain in place?

5. Who will walk with me in healthy accountability?

6. What is God inviting me to pursue now that I am free?

Walking in Truth

Write a personal freedom commitment:

“I belong to Jesus Christ. Because He has set me free, I will no longer agree with _____. I will renew my mind with _____. I will guard my freedom by _____. When I experience resistance, I will _____. I will remain connected to _____. I choose to walk forward with Jesus.”

Sign and date your commitment.

Then do one thing that represents walking out of the cell. Begin the ministry assignment, healthy habit, relationship boundary, act of service, or step of obedience you previously avoided.

Declaration

Jesus Christ has set me free, and I will stand firm. I am forgiven, redeemed, and made new. My past does not own me, condemnation does not define me, and fear will not direct me. I will tear down strongholds, renew my mind, guard my gates, and follow the Holy Spirit. I belong to Jesus, and I choose to walk out and stay free.

Closing Prayer

Father,

Thank You for the freedom, Jesus purchased for me. Thank You for breaking bondage, exposing lies, healing wounds, and teaching me to walk in truth.

I surrender my mind, emotions, body, relationships, home, habits, and future to You. Continue renewing my mind through Your Word. Teach me to recognize lies without fearing them and to reject anything that contradicts Your truth.

Fill every area of my life with Your Holy Spirit. Strengthen me to obey You, maintain healthy boundaries, and remain connected to godly community. When I stumble, remind me to return to You instead of hiding in shame.

My life belongs to Jesus Christ. Use my freedom for Your glory. Let my testimony point others toward Your love, mercy, authority, and truth. I declare that I am free and who the Son sets free, is free indeed.

In Jesus' name,

Amen.

Final Words

The debt has been paid and the door is open.

You are no longer a prisoner.

Now walk out and walk in freedom.

As you finish this manual, remember who you are and whose you are.

You are a child of the King.

Picture a king calling his son or daughter before him. He places a declaration in their hand bearing his name and his authority and says, **“Go. You represent me.”**

They don’t walk out wondering whether they have authority. They know who sent them.

That is how we want you to picture yourself.

Jesus said:

“I have given you authority...to overcome all the power of the enemy.”
— Luke 10:19

You are not walking in your own strength. You belong to the Most High God. You are seated with Christ in heavenly places (Ephesians 2:6).

And as you go, remember **Psalm 91**. Make it a prayer for yourself and your family. You dwell in the shelter of the Most High and rest under the shadow of the Almighty. He is your refuge and your fortress. When fear or attacks come, don’t forget where you dwell and Who covers you.

Keep your eyes on Jesus. Submit to God, resist the enemy, and continue walking in truth.

Appendix A

Who I Am in Christ

Use these Scriptures to answer lies about your identity. Read them slowly, write them down, and speak them aloud.

I Am Forgiven

“In him we have redemption through his blood, the forgiveness of sins.”
— Ephesians 1:7

Declaration: Through Jesus, I am redeemed and forgiven.

I Am a New Creation

“If anyone is in Christ, the new creation has come: The old has gone, the new is here!”
— 2 Corinthians 5:17

Declaration: I am not defined by my former life. In Christ, I am new.

I Am God’s Child

“See what great love the Father has lavished on us, that we should be called children of God!”
— 1 John 3:1

Declaration: I am wanted, loved, and received by my Father.

I Am Chosen

“You are a chosen people, a royal priesthood, a holy nation, God’s special possession.”
— 1 Peter 2:9

Declaration: I am chosen by God and called to declare His goodness.

I Am Not Condemned

“There is now no condemnation for those who are in Christ Jesus.”
— Romans 8:1

Declaration: I refuse condemnation because I belong to Jesus.

I Am Free

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

Declaration: Jesus has set me free, and His verdict is true.

I Am Accepted

“Accept one another, then, just as Christ accepted you.” — Romans 15:7

Declaration: Christ has accepted me. Rejection is not my identity.

I Am God’s Workmanship

“For we are God’s handiwork, created in Christ Jesus to do good works.” — Ephesians 2:10

Declaration: God created me with purpose, and He is working in my life.

I Am Never Abandoned

“Never will I leave you; never will I forsake you.” — Hebrews 13:5

Declaration: God is with me. I am not alone or abandoned.

I Am Secure in God’s Love

“Neither death nor life, neither angels nor demons...nor anything else in all creation, will be able to separate us from the love of God.” — Romans 8:38–39

Declaration: Nothing can separate me from God’s love in Christ Jesus.

I Have the Mind of Christ

“We have the mind of Christ.” — 1 Corinthians 2:16

Declaration: My mind belongs to Jesus and is being renewed by His truth.

I Have Authority to Resist

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.” — James 4:7

Declaration: I submit to God, resist the enemy, and remain under Christ’s authority.

Appendix B

When You Feel Spiritually Attacked

Use this guide when old thoughts, temptation, accusation, fear, or spiritual resistance appear.

1. Pause

Do not panic. Take a breath and turn your attention toward Jesus.

Say: “Jesus, I belong to You. Help me respond in truth.”

2. Identify What Is Happening

Ask:

- Is this conviction or condemnation?
- Is this a temptation, memory, emotion, or recurring lie?
- Is there a practical or physical factor affecting me?
- Have I neglected sleep, food, medication, community, or healthy boundaries?
- Did I knowingly reopen a door through sin or an unhealthy choice?

Not every struggle has the same cause. Respond with wisdom.

3. Submit to God

Before resisting the enemy, submit yourself to God.

“Father, I surrender this situation, my thoughts, and my response to You.”

4. Reject the Lie

State clearly:

“I do not agree with the lie that _____.”

“I reject condemnation and accusation in Jesus’ name.”

“This thought does not define me.”

5. Replace It with Scripture

Choose a truth that directly answers the attack.

When accused: Romans 8:1

When afraid: 2 Timothy 1:7

When rejected: Ephesians 1:4–5

When tempted: 1 Corinthians 10:13

When discouraged: Philippians 1:6

When feeling abandoned: Hebrews 13:5

When thoughts feel chaotic: Philippians 4:8

When resisting the enemy: James 4:7

When questioning freedom: John 8:36

When remembering the past: 2 Corinthians 5:17

6. Check for Necessary Action

Ask whether you need to:

- Confess and repent.
- Remove a temptation.
- Reestablish a boundary.
- Forgive someone.
- Contact an accountability partner.
- Rest or care for your body.
- Seek pastoral counsel.
- Seek medical or mental health support.

Prayer and practical wisdom work together.

7. Return Your Attention to Jesus

Do not continue arguing with the thought. Worship, read Scripture, complete a healthy task, or connect with a trusted person.

Short Response Prayer

“Father,

I submit myself to You. I reject every lie, accusation, and temptation that contradicts Your Word. Jesus Christ is Lord over my life. Renew my mind, guard my heart, and fill me with the Holy Spirit. I choose truth, obedience, and peace.

In Jesus’ name, Amen

When to Seek Additional Help

Seek trusted pastoral and professional support if:

- You feel unable to function normally.
- Fear or intrusive thoughts are becoming more intense.
- You are repeatedly returning to destructive behavior.
- You are experiencing severe depression, panic, confusion, or sleeplessness.
- You are hearing commands to harm yourself or others.
- You are unsure whether a concern is spiritual, emotional, or medical.
- You feel isolated or unsafe.

Needing additional care does not mean you failed. Freedom grows in truth, wisdom, community, and appropriate support.

Appendix C

Daily Freedom Prayer

Father, thank You for this new day.

I acknowledge that Jesus Christ is Lord over my life. I belong to You—spirit, soul, and body. Thank You for saving me, forgiving me, and setting me free.

Today I surrender my thoughts, emotions, desires, words, choices, relationships, plans, and circumstances to You. Fill me with the Holy Spirit and lead me in truth.

I renounce agreement with fear, rejection, shame, condemnation, bitterness, unforgiveness, pride, lust, control, hopelessness, and every lie that contradicts Your Word.

Teach me to recognize thoughts that do not agree with You. I will not accept every thought that enters my mind. I choose to take my thoughts captive and make them obedient to Christ.

Renew my mind through Scripture. Where I once believed lies, establish truth. Where I developed strongholds, tear down every argument that exalts itself against the knowledge of God.

Guard my eyes, ears, mouth, heart, and imagination. Give me wisdom concerning what I watch, hear, read, speak, and allow to influence me.

Show me whether I need to confess anything, correct a choice, strengthen a boundary, forgive someone, or ask for help. I receive Your conviction, and I reject condemnation.

I forgive those who have hurt me, and I release them into Your hands. Help me maintain wise boundaries without hatred, revenge, or fear.

Thank You that I am Your child. I am forgiven, accepted, chosen, redeemed, and made new. I am not abandoned. I am not condemned. My past does not define me. Jesus defines me.

Help me remain close to You today. Let Your Word dwell richly within me. Let my home be filled with Your peace, my conversations with grace, and my choices with obedience.

I submit myself to You and resist the enemy. I refuse every invitation to return to former bondage. When old thoughts knock, remind me that I do not have to open the door.

Jesus paid my debt and the prison door is open, and I choose to walk in freedom today.

In Jesus' name,

Amen.

Daily Freedom Check-In

What truth from Scripture am I carrying today?

Did an old thought or pattern attempt to return?

What lie did it ask me to believe?

What does God say instead?

Is there anything I need to confess, correct, or release?

What is one act of obedience I will complete today?

What am I thanking God for?

Closing Declaration

I belong to Jesus Christ.

My debt has been paid.

My sins have been forgiven.

My identity has been made new.

My mind is being renewed.

My home belongs to God.

My future is in His hands.

I will not return to the cell Jesus opened.

I will stand firm, remain close to Christ, follow the Holy Spirit, guard my freedom, and continue walking in truth.

The door is open.

I am walking out.

I am walking with Jesus.

I am walking in freedom.

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