

## Power Habits for Victory

**Overview:** These are foundational lifestyle actions that, when done on a regular basis, will result in an overcoming lifestyle.

**Every time you know you have sinned stop and confess your sin and receive forgiveness:** “In the Name of Jesus I confess my sin of ‘fear’; I repent of this sin; and I receive my forgiveness. I thank you Father for forgiving me of my sin and cleansing me from all unrighteousness.” (See Removing Curses Part 1 S1D1)

**Confess unknown sins:** After some defined period of elapsed time (i.e., 1 to 4 hours) or before any spiritual interaction (i.e., prayer, affirmations, communion, tithing etc.) during which you are not aware of committing any sins. “In the Name of Jesus, I am not aware of any known sins but I repent of any unknown sins and I receive forgiveness for them.” (See removing Curses Part 2 S1D2)

**Receive Communion on a daily basis using 1Cor 11:23-25.** (See Holy Communion – The Lord’s Table S1D2)

**After confessing known and/or unknown sins then go on to RRB in order to cut off the demonic attachments associated with your sin:** “In the Name of Jesus, I repent of these sins, I renounce satan and every demon, every devil and every evil spirit behind these sins and I take away their legal right to influence me because of these sins. In the Name of Jesus, I break every ungodly soul tie and every connection to these sins and to the demons, devils and evil spirits behind them and cast them out of my life.” (See Removing Curse Part 3 S1D3)

**After every interaction with any person (in person, media, internet, print etc.) evaluate if you were offended in any way:** “In the name of Jesus I forgive \_\_\_\_\_ from my heart and I bless them from my heart.” Repent of sins of unforgiveness and receive your forgiveness. (See Living as a Loving, Forgiving Person S1D4)

**Each morning incorporate the Foundational Prayers into your daily prayer time.** These prayers will set a spiritual tone for your day that will help you recognize and fight off the attacks of the evil one. (Foundational Prayers S1D5)