

Identifying Sins - Breaking Curses

Overview: During the course of Semester 1 and now in Semester 2 we have been working to sensitize you to sin in your life. Not to make you sin conscious leading to guilt and condemnation, because Jesus' blood had paid for all your sins and you are the righteousness of God in Christ Jesus, but to help you identify and overcome the strongholds of the evil one in your life.

Goal: To become the Glorious Church without spot or wrinkle by identifying sins and strongholds and then breaking the curses behind those sins in order to tear down and dismantle the strongholds that the evil one has erected around our lives. The deeper and more detailed you list your sins/curses; the better will be the results of breaking the strongholds.

Process:

- A.** Start with your current/most recent sins. What sins do you find yourself committing most often? Put them into sin categories; is it fear? Offense? Unforgiveness? Anger? etc. Then take one of the categories such as fear. Pray and ask the Lord to show you ways in which fear is affecting your life and try to identify high level categories: e.g., fear of man, fear of failure, fear of dogs, fear of poverty, etc.

Using the Expanded Prayer for Breaking Curses, confess the sin of fear with a partner (see below) and read the entire prayer. At the end of each line item, your partner will agree with you by saying, "I agree with you in the Name of Jesus." Repeat the process of praying and breaking curses with each of the high-level categories.

- B.** Next, after the breaking of curses for the high-level categories, as God brings to memory the previous times when you have committed sins within a particular category, keep listing those sins, getting as specific as possible relating to persons, events, words or actions of sin. Keep it specific and avoid generalities; e.g., unforgiveness when my brother broke a window and blamed me. Note: not simply unforgiveness toward my brother.
- C.** Once you have identified the specific sins and curses within a given high level category, which has previously been broken, then get together again with your partner and break the detailed curses by using the Expanded Prayer for Breaking Curses (see below). Continue on to the next high-level category and repeat the process again. Keep doing it for all the sins of which you are aware.
- D.** The next step is to use the Word of God to stop giving into sin in those areas (i.e., find a Scripture and make an affirmation out of it). The more you implement these 2 items into your life (i.e., breaking curses and affirming the Word), the stronger your will to resist the sins will become through the power of the Holy Spirit. At the same time, the weaker the sins and the strongholds will become; and the weaker will be the demons, devils and evil spirits behind them.
- E.** It is essential to make this process into a lifestyle. As God reveals sins, sin patterns, and strongholds, keep repeating the entire process, starting with the high level and then detailed.

Below are examples of sins and some high level and detailed categories:

A. Fear.

- *Possible high-level categories:* fear of man, fear of animals, fear of heights, fear of failure, fear of public speaking, fear of sex, fear of success, etc.
- *Details within each category:* bitten by dog at 6 years old, last Tuesday did not give boss my idea, last year when I didn't call landlord to report problem, etc.

B. People who have offended you (unforgiveness).

- *Possible high-level categories:* spouses, ex-spouses, your children, family, friends, schoolmates, bosses, employees, etc.
- *Details within each category:* offended when co-worker criticized my work, last year when my daughter didn't call me for my birthday, Pastor didn't say hello last Sunday, husband criticized me in public at church 10 years ago.

C. Rejection:

- *Possible high-level categories:* parents, co-workers, friends, siblings, church members, church leaders, etc.
- *Details within each category:* last week snubbed by co-worker, my idea rejected by my brother last year, pastor did not call last Monday like he promised, last year when no one paid attention to me at the Christmas party, etc.

D. Sexual:

- *Possible high-level categories:* sexual partners outside of marriage, pornography, voyeurism, exhibitionism, sex with spouse before marriage, masturbation, etc.
- *Details within each category:* pornography on the internet, subscription to Playboy, sexual intercourse with persons by name or I.D., sexual games, watching neighbor, etc.

E. Words:

- *Possible high-level categories:* curses against you from yourself; from doctors, from parents, from siblings, from schoolmates, from teachers, etc.
- *Details within each category:* calling myself stupid, Dr. said I was sickly, Uncle said I was worthless and would never amount to anything, I said I would do anything not to be like my mother, I said I would do anything to be famous, etc.

F. Substance Abuse/Addiction:

- *Possible high-level categories:* alcohol, illegal drugs, prescription drugs, sugar, video games, television, hard rock, sports etc.
- *Details within each category:* used to binge drink in college, always had the radio on to jazz music in the car, every night played Dungeons and Dragons on computer, always stayed up too late watching TV, smoked 3 packs a day, etc.

G. Generational:

- *Possible high-level categories:* illnesses common to family line, sins common to family line (e.g., adultery, alcoholism, anger, unforgiveness), etc.
- *Details within each category:* breast cancer in the family, heart attacks in the family, fear of man, anger, greed, jealousy (your specific involvement with these sins), etc.

H. Works of Darkness:

- *Possible high-level categories:* Santeria, white magic, astrology, tarot cards, etc.
- *Details within each category:* used a Ouija Board when I was 12, used to read my astrological forecast daily, participated in a séance, had my palm read when I was 23, fortune cookies, etc.

I. Impatience:

- *Possible high-level categories:* with other people, with self, with God, with commuter traffic, with animals, with clerks, etc.; also frustration and anger.
- *Details within each category:* got angry at co-worker who was late for project, impatient with spouse who was running late, yelling at other drivers, moving too fast and injured self, etc.

J. Anger:

- *Possible high-level categories:* anger toward God, anger toward self, anger toward family, anger about circumstances, etc.
- *Details within each category:* anger toward father who always ignored me; anger toward God because my grand-father died after I prayed; anger toward spouse who rejected me, etc.

K. Self-hatred

- *Possible high-level categories:* self-hatred because of things I have done, self-hatred because of things done to me, not liking body size, not liking physical attributes, etc.
- *Details within each category:* Had abortion when a teen, don't like my nose, step father always said I was no good, I keep sinning the same sin and can't seem to stop, etc.

L. Co-Dependency

- *Possible high-level categories:* excessive emotional or psychological reliance on a partner, typically a partner who requires support due to illness or addiction, etc.
- *Details within each category:* missing church frequently to help someone, walking on egg shells around uncle Joe, avoiding disapproval from my boss, etc.

Additional Considerations:

Be on constant guard against sinful attitudes, intentions, desires, thoughts, memories, words, actions and deeds. Remember, anything which violates any one of the nine parts of the Fruit of the Spirit is a sin.

When you do sin, RRB every sin (i.e., repent, renounce, break). Also, when you are not aware of committing any sin for a given period of time, frequently, just pause and ask the Lord to cleanse you of the ones of which you are unaware and then RRB the unknown sins. Then ask the Lord to continue to reveal to you your unknown sins and help you not to do them again.

These daily lifestyle choices are essential to develop in order to make sure we are not allowing the demons we are casting out to come back in to our lives. Be particularly vigilant in the areas in which you have broken curses.

Expanded Prayer for Breaking Curses

Repent – Restore Fellowship

1. In the Name of Jesus, I repent of the sin(s) of _____
(Example: Calling myself fat)
2. In the Name of Jesus, I repent of all my sins of attitude, intention, desire, thought, memory, words, actions or deeds concerning the sins of _____
3. In the Name of Jesus, I forgive every person from my heart who has participated in these sins or caused me to sin or been affected by these sins. In the Name of Jesus, I bless them from my heart.

Renounce – Spiritual Warfare

4. In the Name of Jesus, I renounce satan and every demon, devil and evil spirit behind these sins.
5. In the Name of Jesus, I take away the legal right of satan, every demon, devil and evil spirit to operate in or on me, my body or my life because of these sins.

Break – Sever Ungodly Ties

6. In the Name of Jesus, I break every heart, soul, mind and body tie to these sins and to every person and spiritual being connected to or behind these sins.
7. In the Name of Jesus, I break every curse, every vow, every covenant, every contract, every hold, every hook, every connection to evil resulting from these sins.
8. In the Name of Jesus, I have been set free by Jesus Christ. S/He, whom the Son sets free, is free indeed.