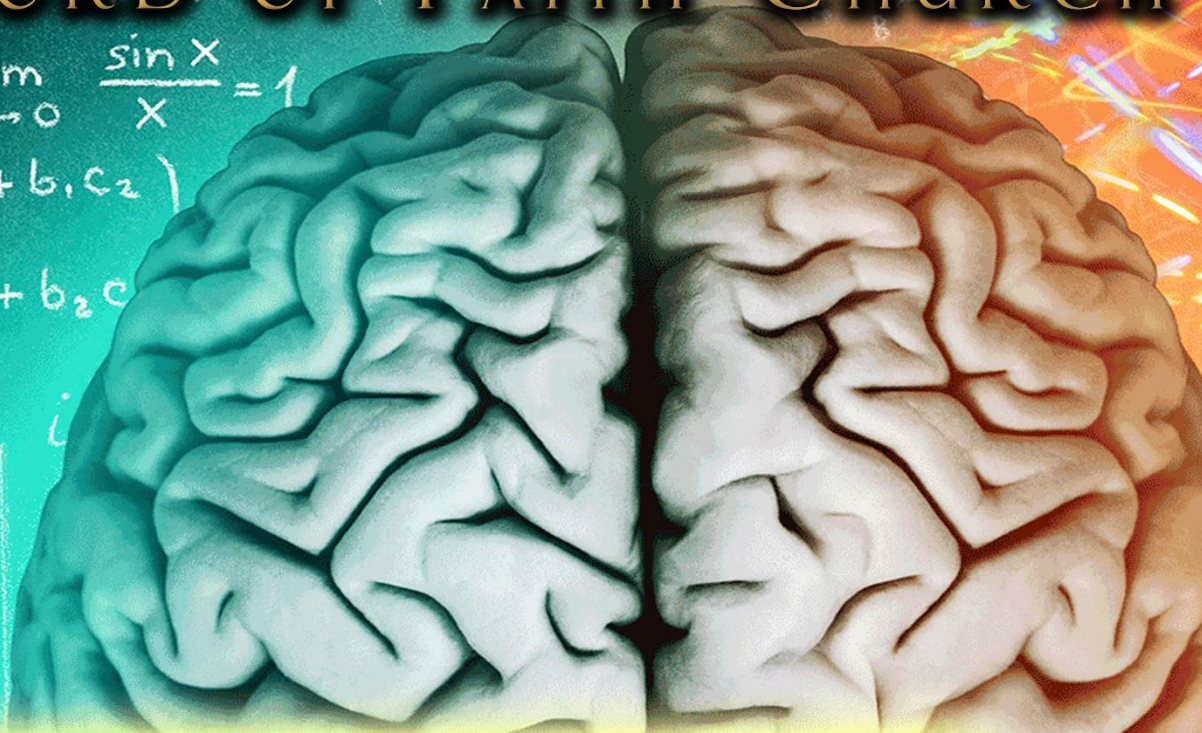
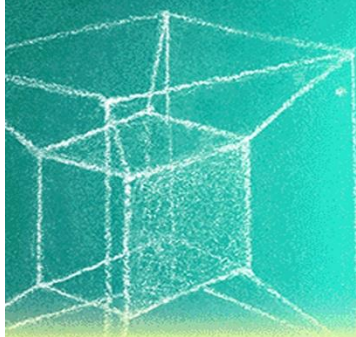




WORD OF FAITH CHURCH

$$\lim_{x \rightarrow 0} \frac{\sin x}{x} = 1$$

$$\begin{pmatrix} c_1 \\ c_2 \end{pmatrix} = \begin{pmatrix} a_1 c_1 + b_1 c_2 \\ a_2 c_1 + b_2 c_2 \end{pmatrix}$$



30 Day Consecration

RENEWING YOUR MIND

Part II:

September 15 - 21, 2025

RENEWING YOUR MIND CONSECRATION

The Importance of Fasting

Some have exalted religious fasting beyond all Scripture and reason, and others have utterly disregarded it. A lot of Christians think fasting belongs to the Old Covenant and neglect the practice. They do not see the need for or the benefit of a Christian fast. The assumption is that faith and belief are sufficient to get things done. Thus, fasting is confined to the occasional, whenever. In the pages of the New Testament, you will find that there is more teaching on fasting than repentance. Jesus taught more on fasting than He did teaching on Baptism or the Lord's Supper!!! Fasting joined with prayer and confession will accomplish things which normal faith may not!!!! "However, this kind does not go out except by prayer and fasting." (Matthew 17:20-21) "...So He said to them, "This kind can come out by nothing but prayer and fasting", (Mark 9:29). Jesus concluded that there is a higher level of operation, which demands the combined tools of prayer and fasting.

In other words, some demonic problems can only be resolved when we fast and pray. Adam and Eve fell from the Grace of God through eating; we can conquer through fasting and prayer. A very direct way of attacking the devil is to show your devotion to God by denying your flesh of whatever food is needed. If the devil cannot use food to tempt you, he has lost control over your life. Fasting, therefore, becomes a tool to fight the flesh and the devil. It is a very potent weapon of both attack and defense. You can unleash on the enemy of your soul. Food is always an area the devil will tempt you. He did that to Jesus. It was not surprising that the devil tempted Him in three areas: The lust of the flesh (eating), the lust of the eyes, and the pride of life.

Fasting is Sacrificial

Most sacrifices performed under the Old Covenant required the burning of fat. To appease God, the blood of the sacrifice and the fat were forbidden to be eaten by anyone. The fat belongs to God:

"And the Priest shall sprinkle the blood on the Altar, of the Lord, at the door of the Tabernacle of Meeting, and burn the fat, for a sweet aroma, unto the Lord." (Leviticus 17:6)

"And the Priest shall burn them, of the Altar as food, an offering made by the fire for a sweet aroma." All the fat is the Lord's. "This shall be a perpetual statute throughout your generation in all your dwellings; you shall eat neither fat nor blood."

It is a known scientific and medical fact that once the body has used up its reserve of glucose, it burns fat for energy. So, when we fast, we are burning fat as a sacrifice unto God. When we fast, we become fragile and feeble, especially with our knees. This is awesome; we truly do become the sacrificial lambs. Fasting is powerful, Glory to God. “My knees are weak through fasting, and my flesh is feeble from lack of fatness.” (Psalms 109:24)

The Actual Meaning of Fasting

Biblical fasting is going without food. The noun “fast” translates to “tsom” in the Hebrew and “nesteia” in the Greek. It means to volunteer to abstain from food and to cover your mouth!! In the Greek it means to abstain. The Spiritual meaning is “to do without food.”

“Go, gather all the Jews who are present Shushan, and fast for me; neither eat nor drink for three nights or days. My maids and I will go to the king, which is against the law; if I perish, I perish.” (Esther 4:16) Fasting relates only to food. Many people have recommended a fast from sex, cigarettes, television, social media, etc. This refrain is defined as self-denial and works very well with fasting. It is a definite aid in blocking voices other than God. Cutting these activities and other activities to focus on God will only assist but will not take the place of fasting from food. When you fast from food, it will have a noticeable effect on your body, putting your soul under subjection. Fasting this way allows you to align your spirit with the Spirit of God, so that His Omnipotence can overshadow your impotence.

“But those who wait upon the Lord (who accept, look for and hope in Him), shall renew their strength and power; they shall lift their wings and mount up close to God. As eagles (mount up to the sun); they shall run and not be weary, they shall walk and not faint or become tired.” (Isa 40:31).

Fasting/Consecration is not a requirement. It is a choice. Fasting/Consecration brings you closer to God. Whenever a Believer chooses to begin a spiritual fast for one day or for several days, he or she makes a choice to break out of the routine, desiring to draw closer to God.

You Will See Results

When you take time for Fasting/Consecration and Prayer, you will see amazing results in your life. Fasting/Consecration gives you back your sharpness and spiritual sensitivity. The first thing you need to do is to make up your mind that you are going to regain your edge.

Fasting/Consecration gives you an opportunity to get the toxins out of the body, to become renewed and restored. Many medical doctors support the healing benefits of fasting. However, Fasting/Consecration without prayer is just dieting. Fasting/Consecration makes you sensitive to the trash that tries to invade your life. Fasting/Consecration is the “Drano” of the soul.

Seasons of Fasting/Consecration and Prayer helps you get the sensitivity of the Spirit back for the things of God. When you become dull by the constant bombardment of ungodly influences all around you, Fasting/Consecration helps you regain the edge: “Glorify God in your Body.” (1 Corinthians 6:19-20)

Fasting/Consecration Builds Confidence

Time spent in Fasting/Consecration and Prayer builds confidence and helps you develop the determination necessary to run your race with endurance. Fasting/Consecration and Prayer prepares and conditions your spirit to go the distance in life's battles. Remember, Fasting/Consecration is not a requirement – again, it is a choice. Fasting/Consecration does not guarantee your salvation. Choosing to Fast/Consecrate is choosing to come away from the routine and wait upon the Lord with greater intensity, seeking His Face and His Presence in a deeper way. You must have a made-up mind. Hebrews 3:6,14; 10:35; Philippians 3:3-4; 1 John 2:28, 3:21, 5:14; Proverbs 3:26; 14:26; Psalm 71:5.

Do Not Compromise

Don't compromise. Stick to the Fasting/Consecration Plan given to you by the Pastor. As you set your mind that you will not compromise during a fast, you build confidence and endurance that can carry you through the trials and battles that come. Keep a journal. The moment you determine you have come too far with God on a fast to turn back, you will see the hand of God working in your life. At the completion of the fast, begin to make Prayer and Fasting/Consecration a regular part of your life. If Fasting/Consecration is the gateway through which God releases His supernatural power into our lives, why is it such an overlooked opportunity? All the greats of the Bible fasted: Moses, David, Nehemiah, Daniel, Elijah, Paul, Peter, even Jesus Himself. Fasting/Consecration is feeding your spirit by neglecting your flesh. Fasting/Consecration will stir-up the Power of God within you. 1 Thessalonians 2:3-4; Matthew 6:24; 1 Samuel 15:9 (compromised obedience, incomplete faithfulness to God); 1 Kings 22:43 (doing right before God); 2 Chronicles 19:2 (calling evil good); Isaiah 5:20 (desire to be like others); Ezekiel 20:32-38.

Fasting in the Old Testament/Fast for Affliction and Mercy

- | | |
|----------------|--|
| Num 29:7 | “...You shall afflict you souls.” Afflicting one's soul in the Bible refers to chastening one's soul, to strike. |
| Psalms 69:10 | “...When I wept and chastened my soul with fasting, that became my reproach.” |
| 2 Sam 15:15-23 | David sought Mercy from Sin. |

Protection Against A More Powerful Enemy

“...And Jehoshaphat feared and set himself to seek the Lord and proclaimed a fast throughout all Judah.” (2 Chronicles 20:3) Three powerful nations gathered against God's people. But King Jehoshaphat decided to seek God. He proclaimed a fast. The fast only lasted a single day, but the effects were amazing. The gathering of the spoil lasted three days. There are three

elements to this story: Fasting, Prayer, and Praise. When we turn to God in Fasting, He will move. Another very important point we must focus on and understand is that the people praised God before the Victory. That is Faith speaking. 2 Chronicles 20:1-25.

The First Order of Business for Jesus Was to Fast/His Teaching on Fasting

There is nowhere in the Scripture that Jesus commands people to fast, but He expects men everywhere to fast. There were three exercises that were very traditional to Jews: giving (Matt 6:3); praying (Matt 6:6); fasting (Matt 6:18-19). Jesus did not have to command fasting, because it was standard practice everywhere. He only corrected the practice and motive behind the fasting.

Benefits

Earthly reward versus Heavenly Reward – Father will reward you. The word reward in Greeks means wages, a gift.

Fasting should not be hypocritical, but to fast in secret, private and personal, God will reward you openly.

Before Jesus began His earthly Ministry, He fasted (Matthew 4:1-3). Fasting/Consecration and Prayer were the biggest parts of the Life of Jesus Christ. Fasting/Consecration gives you a deep thirst for God (Psalm 63:1, "... early will I seek thee, my flesh longeth for thee..."). Notice, while in the desert, David thirsted for God rather than water. God is saying to us today, "You will seek Me and find Me, when you seek Me, with all your heart." (Jeremiah 29:13-14) There is a price that must be paid for hearing from God and walking in His Will. There is a work going on in us right now that we may not be fully aware of, but without Fasting/Consecration, prayer and wilderness experiences, you will never be qualified to handle what God has for you in the future. Fasting/Consecration prepares you for what is yet to come!!! Deuteronomy 9:11-18 (during national crisis); 2 Samuel 1:12 (humbled); Psalms 35:13; Joel 1:13-14; Luke 4:1-2; Mark 8:1-3 (four thousand people fasted three days), Jonah 3:7 (Animals and people fasting together).

Fasting/Consecration Brings Brokenness

Fasting/Consecration brings brokenness. Brokenness is so precious in the eyes of the Lord (1 Samuel 16:7). God sent Samuel to anoint a new king to replace Saul as leader of Israel. He guided Samuel past all the older, stronger, more experienced sons of Jesse, young men who by all appearances seemed well-suited to be King. But God told Samuel not to look at the boys' outer appearance or their physical strength. Brokenness makes room for God to release His strength through our weakness, in order to accomplish His plans. Psalm 51:17; Proverbs 15:13; 17:22.

Fasting/Consecration Restores

There is nothing that has been wasted in your life (i.e., drugs, alcohol, troubled episodes, abuse, etc.). Fasting/Consecration can restore and break the yoke of the waster (Satan). Through Fasting/Consecration, God will remove the burden and repair what seemingly has been wasted. God will pick up all the fragments of your life. (John 6:12, He said, “Gather up the fragments that remain, that nothing will be lost.”) He is a “Repairer of the Breach, the Restorer of Streets to Dwell In.” (Isaiah 58:12) Regular Fasting/Consecrating will keep your spirit strong. Joshua 14:11-12.

“Then Will I Hear from Heaven...”

“If my people who are called by My Name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from Heaven, and will forgive their sin” (2 Chronicles 7:14). Fasting/Consecration is self-humbling. “He who humbles himself will be exalted” (Luke 18:9-14). Fasting/Consecration is our body language to God. When we Fast/Consecrate, we are expressing our hunger for Him. We always ask from a place of humility.

Unforgiveness

Fasting/Consecration will loosen the grip of unforgiveness. (Matthew 18:32-33, 35; Luke 6:37; 7:45-50; Mark 11:25-26). If these scriptures pertain to you, the Spirit will identify the individuals in question.

No Expiration Date on Prayers – Persistence Breaks Resistance

As soon as you pray, God hears you, as in Daniel 10:12-14. Daniel fasted and prayed for weeks. Satan does everything in his power to stop you from receiving your answer. Your prayers will not be discarded. Believe God!!!!!!!! Stack up your prayers as you are Fasting/Consecrating. Pray, Pray, Pray!!!!!!!! Pray all night as Jesus did. “Pray without ceasing.” (1 Thessalonians 5:17)

God Needs a Clean Vessel

God needs empty vessels, not ones so full of themselves that He cannot pour Himself out through or into them. Fasting/Consecration can cleanse the DIRT and prepare us for God’s use!!!

- D** Disobedience
- I** Ignorance (zeal without knowledge)
- R** Rebellion
- T** The Tongue (words of doubt and unbelief)

Spending time in Fasting/Consecration and prayer, regardless of your circumstance, will help you to be rooted and grounded in your faith, ready to weather any storm, the economy, your health, your family, or your job, etc... These are Satan's attention-getters. NOTE: Remember, the focus of the enemy is always to cause the Work of God to cease!!!!

There are several elements we can glean from and be strengthened by during the Consecration:

- Assemble – Unity, Buddy System, Find a Friend
- Separate – Turn off the TV, computer and entertainment!!!
- Confess – Nehemiah 9:1-2, Repent!! God will bring things to your mind!!!
- The Word – Hear and Read the Word. Nehemiah 9:1-3
- Worship – Nehemiah 9:1-3

Fasting/Consecration Brings the Glory of God

His Glory is upon the earth through you as you fast before Him (Habakkuk 2:14). “Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the Glory of the Lord is thy rereward. Then shalt thou call, and the Lord shall answer; thou shall cry, and He shall say, Here I Am ... The Lord shall guide thee continually and satisfy thy soul in drought ...then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob, thy father, for the Mouth of the Lord hath spoken it.” (Isaiah 58:8-14).

No-Quit Option/The Power of a Made-Up Mind

Never make decisions based on temporary circumstances. 2 Corinthians 11:23-29. Quitting is not an option!!!! When you think about quitting, you talk about quitting. Be assured, you will then quit!! Hebrews 10:39, “We are not of those who draw back to perdition, but of those who believe to the saving of the soul.” Jesus never quit!!!! Remove the quit option!!!! When you do that the battle is won!!! Hebrews 10:35-36, “Therefore, do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the Will of God, you may receive the promise.” “We are more than Conquerors.” (Romans 8:37-39)

Duration of Fasts

No restriction. An acceptable fast is not determined by length, but by its quality and motive. A long fast is not more acceptable, if the heart of the individual is impure, than a short fast that reverses God. God inspired - If God calls a fast, He will determine its length.

Examples:

ONE NIGHT: The idea of missing dinner. Daniel 6:18

UNTIL EVENING: 2 Samuel 1:12

ONE DAY: 2 Samuel 3:35; Judges 20:26

TWICE IN A WEEK: Luke 18:12

THREE DAYS: Esther 4:16; Acts 9:9

SEVEN DAYS: 2 Samuel 31:31; 1 Chronicles 10:11-12; 12:17-18

FOURTEEN DAYS: Acts 27:9-10, 33

DANIEL FAST: No set time. Daniel 10:2-3

FORTY DAYS: Deuteronomy 9:9; 1 Kings 19:8; Matthew 4:2; Luke 4:2

Or:

A FASTED LIFE: Can be done nightly, daily, weekly, etc. It is a powerful tool. Luke 2:36-37

FASTING AND SEXUAL INTIMACY

Paul stated in unequivocal terms the incompatibility of sex, prayer, and fasting. It is fair to say that, as a married man or woman, fasting gives you time to concentrate only on God, giving Him your undivided and your wholehearted attention. 1 Cor 7:5, When you fast, fast no longer than your spouse would allow you!!!

Points on the Daniel Fast

1. Daniel Fast: Daniel, Ch. 10. Daniel fasted for 21 days; he was at that time praying for as long as it took for God to move!!
2. Listed below are some of the **Blessings** we will receive during this fast:
 - PERSONAL, DIVINE REVELATION – A personal Word from God to you
 - A TOUCH FROM HEAVEN- Healing, deliverance etc., whatever you need
 - HEAVEN’S ATTENTION – God said, “He heard Daniel as soon as he prayed.”
 - HEAVENLY REINFORCEMENT – God sent warring Angel Michael
 - ANGELIC VISITATION – Assurance Ch 10:5-9
 - PROPHETIC INSIGHT – Answer for you concerning job, family, Ministry, America, etc....
 - PEACE OF MIND AND RENEWED STRENGTH- As stated
 - DANIEL FAST TIPS:
 - (a) Go the 30 days and additional days if you need to get answers
 - (b) Keep confessing God’s Word – “Your words were heard” (v.12)
 - (c) Pray for Humility (v.12)

Some Examples of Powerful Fasting

1. FASTING WHEN FACED WITH A POSSIBLE IMPENDING DANGER OR A DIFFICULT SITUATION.

This strategy adopted by Nehemiah in the Book that bears his name. Like Esther, Nehemiah took a significant risk in seeking the help of King Artaxerxes, so he could rebuild the walls of Jerusalem. Knowing it would be a dangerous move, seeking God's help first, with Prayer and fasting was inevitable. "...I was fasting and praying before the God of Heaven." (Nehemiah 1:4; Ezra 10:6)

2. FASTING TO INQUIRE OF THE LORD

When Israel was set in a battle array against the Benjamites, they asked God which tribe to go first, God said "Judah." However, they lost. The second time going up, they lost. But the third time, they fasted from morning until evening. God not only gave them assurance of their victory, but the timing as well. Fasting shows a demonstration of our seriousness on the matter. (Judges 20:26-28)

3. FASTING FOR REPENTANCE AND REDEDICATION

The fight against Israel defeated Israel, captured the Ark (Presence of God), killing Eli's two sons. They knew their defeat was a result of sin. They were captured for seven months before they were able to beat the enemy. But before they faced the Philistines (typology of Satan), they had to fast. In a similar case the entire people of Israel separated themselves to fast for repentances for ignoring and disobeying God. (1 Sam 7:5-13; Neh 9:1-3)

4. FASTING TO AVERT THE WRATH OF GOD

When God was going to kill Ahab for supporting Jezebel, his wife, in the murder of Naboth, and for following strange gods, Ahab decided to humble himself with fasting and God changed His mind. (1 Kings 21:25-29).

5. TURNING AWAY GOD'S JUDGEMENT

When the people of Nineveh cried out to God in fasting and repentance, God changed His mind and did not destroy them as previously planned. In intercessory prayers, it is legitimate for someone to stand in the gap and ask God to pardon the sins of another, more so if the intercessor is a spiritual leader or a servant of God. Moses and Daniel

stood in the gap in repentance for the sins of Israel. (Jonah 3:4-5, 9-10; Deut 9:15-18; Daniel 9:3-5)

6. RESTORATION OF GLORY

Some of us have been wrongfully imprisoned or our glory has been destroyed. Fasting, prayer and genuine repentance will restore our glory and set us free. The Book of Joel shows that God will hear and restore His people back to their former Glory. (Joel 1:14; Joel 2:12-17; 3:18-21)

7. FASTING ON NATIONAL CALAMITIES

There are four significant events in the history of the Jews which necessitated regular or annual fasts. These fasts were observed as Memorials of the calamities that had befallen them at the time:

- a. The Burning of the Temple: The fast of the tenth day of the fifth month (Jer 52:12-13)
- b. The Murder of Gedaliah: The fast of the second day of the seventh month (2 King 25:23-95; Jer 41:1)
- c. The Beginning of the Siege of Jerusalem: The fast of the tenth day of tenth month (2 Kings 25:1).
- d. The Fall of Jerusalem: The fast of the ninth day of the fourth month (2 Kings 25:3-4)

THE CONSECRATED FAST

How long is the Consecration?

30 Days. We will begin Monday, September 8 – Tuesday, October 7, 2025.

What about medications?

Please continue to take all medications as prescribed. It is vitally important that you do not stop taking your medications without your doctor's permission.

What is the key to a successful consecration or fast?

Prayer and study of the Scriptures. Please spend time in private devotion (Prayer and Bible reading). ***See the attached scripture readings (pg.14)***. You may also want to share in a time of corporate prayer with your spouse, family members or other believers.

What are the dietary restrictions being observed?

We are participating in a **"Daniel's Fast"**. The following foods are encouraged (Please Note: Those under medical care or supervision should seek to consult their physician and modify the fast by adding appropriate nutritional entrees or abstaining from other forms of activity such as television, radio, etc. except Gospel programming):

The following are acceptable (but not limited to) foods:

- Fruits
- Vegetables
- Nuts
- Smoothies
- Meats on Sundays only (Chicken or Fish, Baked) No fried
- Whole Grains (i.e., rice, chia seeds, quinoa, etc.)
- Variety of seasonings (i.e., various herbs, olive oil, coconut oil, grapeseed oil, butter, etc.)

What's for Dessert?

Fruit! No sweets during the consecration.

PLEASE DRINK PLENTY OF WATER (flavored with lemon or lime) – This serves as an excellent cleanser.

What about Unmarried or Pre-Marital Physical Intimacy?

If this question is being considered, stop the activity, and schedule an appointment with the Pastor.

What are the Corporate Prayer Days and Times?

- Morning Prayer: Sundays at 8:30 a.m.; Tuesdays, Wednesdays and Fridays at 5:00 a.m.
- Noon Prayer: Tuesdays at 12:00 p.m.

- Evening Prayer: Fridays at 7:30 p.m.
- In case of emergencies, please call the office any time during office hours.
- Please ask God to give you a Prayer Partner or someone to be accountable to.

THE CONSECRATED FAST

"I beseech you therefore, Brethren, by the Mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, Will of God." (Romans 12:1-2)

How Food Affects Your Mind

Yes, food significantly affects your thoughts through a bidirectional link known as the gut-brain axis, influencing mood, cognition, and overall brain function. Nutrients from food fuel the brain, while factors like blood sugar levels, gut microbiome health, and inflammation directly impact neurotransmitters like serotonin and dopamine, which regulate mental well-being. Conversely, processed foods and excessive sugar can harm brain function, whereas a diet rich in antioxidants, fiber, and healthy fats supports brain health and cognitive abilities.

How Food Influences Thoughts:

Blood Sugar Regulation:

Rapid spikes and dips in blood sugar, caused by eating high-glycemic foods, can lead to mood swings and affect attention span. Foods that provide a slower release of glucose help stabilize mood and attentiveness.

The Gut Microbiome:

The billions of microbes in your gut are crucial to the gut-brain connection. They break down food into chemicals that affect brain function and mood.

Inflammation:

Certain foods can promote inflammation in the body, which can disrupt brain chemicals and negatively impact mood and cognitive function.

Nutrient Supply:

The brain needs a constant supply of nutrients to function properly. Vitamins, minerals, antioxidants, and healthy fats nourish the brain, while nutrient deficiencies can contribute to irritability, anxiety, and cognitive impairment.

Neurotransmitter Production:

Nutrients from food, such as proteins, are building blocks for neurotransmitters like dopamine and serotonin, which are essential for mood, focus, and motivation.

Foods to Favor for Brain Health

Antioxidant-Rich Foods:

Dark chocolate (with high cacao content), berries, and other antioxidant-rich foods can reduce fatigue and improve mood.

Healthy Fats:

Omega-3 fatty acids, found in foods like fish, are vital for cognitive function and brain health.

Fiber and Whole Grains:

Foods high in fiber and whole grains promote a slower, steadier release of glucose, supporting stable mood and attention.

Lean Proteins:

Lean proteins, eggs, and some nuts and seeds provide the amino acids needed to produce neurotransmitters like dopamine.

Foods to Limit for Better Brain Health

Highly Processed Foods:

These can promote inflammation and oxidative stress, harming brain cells.

Refined Sugars:

Diets high in refined sugar are harmful to the brain, negatively impacting insulin regulation and promoting inflammation.

Foods High in Trans Fats:

Found in fried foods and some commercially baked goods, trans fats can negatively affect mental well-being.

Nutritional psychiatry: Your brain on food - Think about it. Your brain is always "on." It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works hard 24/7.

How Food Affects Your Mood

How does nutrition affect mental health? “There's a clear link between what you're eating, how you're eating, your well-being, and your subjective feelings.

How the food you eat affects your brain:

You are what you eat: Diet may affect your mood and brain function

The gut-brain system involves two-way communication between the central and enteric nervous system and links emotional and cognitive centers of the brain.

Nutrition and mental health:

Does what I eat affect my mind? Yes, its important to avoid or limit certain foods that have been shown to negatively affect mental health, including: * Processed foods, such as chips, de...Sweet or savory packaged snacks. Sugary drinks, Processed meats, Candy, Fast food Packaged cereals and frozen meals.

Can Food Really Rewire Your Brain?

The best foods for brain health:

The nutrients that improve cognitive function (especially Omega-3 fatty acids, antioxidants, magnesium, Vitamin C and zinc) may also improve your mood.

Every aspect of our lives is controlled by our brain—our thoughts, movements, breathing, heartbeat, senses and more.

The Powerful Link Between Nutrition and Mental Health:

When the body lacks these essential nutrients, you may experience symptoms like depression, anxiety, irritability, and cognitive impairment.

Diet and Mental Health: Can What You Eat Affect How You Feel?

Diet and mental health: Is there a link? Historically, mental health conditions have been treated with psychiatric therapies like counseling, medication, and so...

Scientists are uncovering surprising connections between diet and mental health.

Nutritional psychiatry: Your brain on food

Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.

People also ask can food affect the way you think?

How does food affect your thoughts?

Does eating affect thinking?

How Food Affects Your Mood:

They can cause chronic inflammation, spike blood sugar, and affect the gut microbiome — which can all affect mood. Some research has included: Long-term effects, Things to avoid, Foods

Food and your mood

A varied, healthy diet improves your memory, concentration and can even increase your level of optimism and protect you from depression.

A healthy, balanced meal can give you an energy boost. It can help you feel like taking on the world. But a heavy, greasy meal can leave you feeling tired and ...

Food for thought: How diet affects the brain over a lifetime

Even short-term consumption of an unhealthy diet high in saturated fats and sugar can trigger brain inflammation and potentially harm cognition and mental clarity throughout the day.

A diet heavy in carbohydrates often induces the 'postprandial swoon'. This couch-lock, lethargy, sugar stun, food shock does and will induce...

Do our thoughts depend on our food?

How does food have to do anything with your mental emotional health?

The Powerful Link Between Nutrition and Mental Health

Improving your nutrition can directly affect mental health symptoms and improve overall mental wellness.

Food and mood: how do diet and nutrition affect mental wellbeing?

Poor nutrition may be a causal factor in the experience of low mood, and improving diet may help to protect not only the physical health but also the mental health.

You are what you eat:

If you struggle with mood changes and other behavioral health issues, there's a chance that your diet has something to do with it.

Food Affects Your Mind.



KINGDOM PRAYER

Our Father in Heaven

God's Love

Hallowed be your name,

God's Holiness

Your Kingdom come,

God's Sovereignty

Thy will be done on earth as it is
in heaven,

God's Authority

Give us today our daily bread,

God's Providence

Forgive us our debts, as we also
have forgiven our debtors,

God's Mercy

And lead us not into temptation,
but deliver us from the evil one

God's Protection

- *Matthew 6:9-13*

DAILY CONSECRATION PRAYERS

PRAYER TO ENERGIZE YOUR HUNGER FOR GOD.

Lord, You Are the Reason
Why I Am Still Alive Longing For Your Presence.
I Hunger for More Of Your Presence.
Lord Jesus, Fill Me With Your Holy Spirit.
Please Come Down And Flood Every Part Of My Being, And Change
My Life For Your Glory.
Lord, I Am Nothing And Lost Without You.
You Are My All In All.

PRAYER HUNGER FOR HOLINESS.

We Exalt Thee, Oh Mighty, Everlasting Father,
We Crave Your Holy Presence.
Rain Down, Lord, Draw Near To Me,
Your Humble Servant.
I Hunger For Holiness, I Desire To Drink From The Springs Of
Living Waters; I Thirst, Quench My Spirit, Oh Eternal One.
Wash Away My Scarlet Sins,
To Become as White As Snow.
Change My Heart,
Fill Me With Kindness And Compassion
Towards My Brethren.
Lord, Today I Hunger for Holiness.
Fill Me Lord As I Seek You
And Draw Closer To You,
Each And Every day.
I Hunger for You and You Alone
Lord Jesus, I Bow At The Mention Of Your Holy Name,
Great Are You, Oh Lord,
And Greatly to Be Praised.

PRAYER FOCUS & SCRIPTURE READINGS FOR WOFC FAST: PART II

Lord, I Turn My Mind to You The Mind

1. Scripture Reading: Mark 12:30; 1 Cor 2:16b; Rom 12:2a; Eph 4:22-24a; 2 Cor 4:4a; 11:3; 10:4; Matt 16:21-26; Rom 8:6; Heb 4:12; James 1:21; 2 Pet 3:1.
2. Mark 12:30 shows that the mind is different from the soul, and the soul is different from the heart. First Cor, says, “We have the mind of Christ”, not the heart of Christ. 1 Cor 2:16b.
3. Romans 12a.. speaks of transformation. Eph 4:22 through 24a says put off, the old man (the former manner of life) that you be renewed, in the spirit of your mind and put on the new man. Col 3:10-14.
4. Whether or not we can put off the old man or woman, and put on the new man or woman, depends on the renewing of the mind. Romans 12:1-2.
5. Second Cor 4:4 tells us that the thoughts of the unbelievers are blinded, and 2 Cor 11:1-3, tells us that the thoughts of even a believer can be corrupted, confused, from the simplicity that is in, our Lord and Savior, Jesus Christ.
6. Second Cor 10:3-5 says, “For the weapons (Natural - Artillery, equipment, ordnance, bazooka, security, safeguard, position, shelter, stronghold) – (Spiritual -The Word of God, Prayer, Spiritual Language, Praise, Worship, Humility, Mercy, Fruit of the Spirit, Gifts of the Spirit) of our warfare (that is our present position, we are presently in a fight) are not carnal (earthly).
7. But Mighty, through God, to the pulling down of strongholds (a literal fortified place, a spiritual stronghold that is a false, deeply entrenched way of thinking or believe that evaluates itself against God’s Truth).
8. Casting down Imaginations- How? By actively demolishing and refuting false argument, vain thoughts and any mental constructs or intellectual theories that elevate themselves against God’s knowledge and His Truth. It is a call for us to take our thought into captivity, rejecting any thoughts that are not God’s Word. We do this by studying God’s Word, internalizing it, using it instantly, all day, with everyone and constantly within our thought life.
9. Imaginations (the ability of the mind to be creatative or resourceful. The power to form mental images, ideas and experiences of things do not present to the sense, whether they are entirely new, constructed from existing knowledge, or reinterpreted version of reality). The strongholds here are the reasoning and the thoughts. Reasonings are in the mind; thus, our mind is the stronghold. And every (high thing in the Greek “Hupsoma”). A high place (proud, self-exalting thoughts or attitudes that stand against God’s knowledge), that exalted itself against the knowledge of God, and bringing into captivity (confine the thought) every thought to the obedience of Christ.
10. Why is imagination so important? Because it is the source (birthplace) of all innovation (inventions, ideas) and creativity, allowing us to conceive of new realities, solve complex problems (allows us to mentally simulate scenarios, weight different possibilities and

understand other perspectives. It also has a direct neurological impact, activating memory and executive functions to construct mental simulations that can shape our perceptions and even influence brain chemistry, thereby changing our internal and external reality).

11. What did Einstein say about imagination? "Imagination is more important than knowledge, because knowledge is limited to what we know, and understand, imagination has the potential to embrace everything and drive progress and discovery. Logic will get you from A-Z; imagination will get you everything; going beyond limitations of logic. What we imagine is crucial to our Spiritual Walk.
12. Matt 16:21-23 If we are not setting our mind on the things of God, but walking in a soulish realm, we are united and relating to satan. **Whether we are one with satan, or one with God, depends on our mind set. Peter was of a carnal mindset. Jesus was walking in the Word. Explain!
13. Romans 7:15-25— You must have the Holy Sprit to belong to God.
14. How do we save our soul and our mind?? Heb 4:12–13 The Word of God is Living. He is His Word. John 1:1-2 The Power and the penetrating nature of God's Word, can reveal the deepest part of a person's being and expose their true motivations and inner thoughts. (We are spirit beings, we live in bodies, and we possess souls. The real person inside of us is our spirit. Our soul consists of our mind, will and emotions, our understanding and our natural human mentality).
15. 1 Thess 5:23 speaks of the sanctification of the body soul and spirit. The Body is the house of the soul and the spirit. There is a class of people who were and are possessed by demons; this is a matter of the body. Then there is another class whose mind, mentality has been taken over by satan.
16. Saints are not possessed by demons in their bodies; however, satan desires to take over their minds. Some people of God are not free in their minds. How do we get free? The first step of deliverance is "Repentance", (Repent means to turn the mind, Matt 3:2) In order to have a right relationship with God in our minds, we must confess and repent. We must repent morning, noon, night and after every evil thought. IMMEDIATELY.
17. The proper direction for the Mind is to be toward the Lord. That is why satan has tampered with religions, phones, V-games, political affiliations, entertainment, relationships not of God! etc.... to keep man's mind from its Maker.
18. Remember, we were fallen creatures, Jesus came that we live in Him. Without Him we revert to a fallen man. Demons like to take over bodies, Matt 12:43-45. Before they take over bodies, they must take over minds. Spiritual warfare came in Romans 7:14-23.
19. The more we go on with God, the more we will be attacked in our mind. It is extremely dangerous to walk around with a passive mind open to the enemy.
20. Satan sends dart, Ep 6:16. Darts are full of poison. The darts are for the mind. Darts are subtle. People who are demon possessed had to open their mind. Every evil thought is a dart, from hell. That is why we must cast them down as soon they come... devils want your mind. The Pharisees, Sadducees and other self-appointed spiritual people believe they are Holy and

clever; however, satan is working on their minds.

- 21.Examples of darts- He doesn't like me. They are talking about me. I'm fat. I can't do it. She looks better than me, etc. are being sent all the time. That's why we need the helmet, the covering of God.
- 22.Brother Nee said years ago, "If you don't want a thought, but it keeps coming, that proves, it is not your thought but satan. It is not you, but it is of some other source. If an evil thought comes, we must immediately repent).
- 23.God says, "Do not argue with people, it is a waste of the mind. A person will never be saved, won or changed by an argument. He said satan likes to challenge us, to ask something in order to get us into a snare of arguing, because the more we argue, the more we are in the mind, and the more we become UNDER the ATTACK of satan, the more God is gone. The more we argue and discuss, the more we are distracted from God! Arguing brings in more options, more attacks and more poison, for satan to use against us. That's why Prayer is so good, because we are turning our mind to God.
- 24.The enemy attack against is always in our mind.
- 25.When we are taken over in our mind by the enemy, we cannot control our mouth.
- 26.The more we turn to God, the more silent we will become, about us!!!
- 27.Our mind is a battleground for satan to fight with God. He does it through our thoughts. He knows God loves us, so very, very much and when satan bothers us, he hurts God.
- 28.Cover your mind with the Blood of Jesus. We must not expose our minds to satan. We must use the Shield of Faith – The Word of God
- 29.Is 26:3 – The word keep in the Hebrew (Shamar) means to keep, guard, protect, observe. It carries a sense of active, vigilant care, like a shepherd watching their flock. The word originates from the idea of "hedging about" something for protection and denotes maintaining order and preserving life. How? Church Sermons, Studying the Word, Praise, Worship, Prayer, Speaking in tongues, listening to Anointed music, etc.... When our mind is set on anything other than God, doors are open for attacks from satan, and peace is gone.
- 30.The basic rule to victory is to always turn our mind to God, when our mind is turned to God, He will renew it, moment by moment, day by day. The more we repent, the more our mind is renewed. We will begin to walk closer to God, and gradually our whole being, our soul, will be transformed and purified. 1 Peter 1:22. And spontaneously, we will be circumcised in our mouth, and we will be more silent. The tongue will be absolutely controlled because the source is gone. The "unrepented mind" is gone.
- 31.Why is reading the Word so important? Because, the implanted Word, the Word planted in us divides the soul from the spirit, and the more the soul is divided from the spirit, the more it is saved. We should never let our spirit stay mixed up with the soul.
32. Last Friday we spoke in Morning Prayer concerning Passive Minds. A passive mind is a mind constantly under attack of evil or wicked spirits and the mind just does nothing: What are some tools satan uses to corrupt our thought life.

- Abrupt Thoughts – Thoughts from outside, unclean, lust, religious, rebellious and blasphemous, gossip. They come in waves. Accusations against Saints. Evil thoughts about Authority. 2 Cor 11:3 Saint having corrupt minds.
- Pictures (movies) or Dreams in your mind about others materialistic things, spouses, employment, belonging etc. Ps 101:3 – I will set no evil thing before my eyes.....
- Insomnia or Day Sleeping – Pr 3:24 Is a very common disease among believers. It is evidence that evil spirits are working against the mind. and thou sleep shall be sweet. The bed is a place for sleep. Sleep refreshes us. Sleep is a time to rest your mind, however satan fights for us to never rest our mind! Or you sleep all day so he can keep you inactive.
- Forgetfulness – The Devil is a liar. God has not given us the spirit of fear but of Power, Love and a Sound Mind. Most of those leaving and losing things are works of the devil. There is nothing wrong with our minds, if you say there is nothing wrong with your mind. You are not momentarily failing in your mental power; this is a phenomenon of the attack of evil spirits on the mind.
- Lack of Concentration – When praying, reading the Bible, projects or at work. Plead the Blood on your mind.
- Inactivity – This is very, very dangerous. Evil spirits can make you lose your ability to think if you do not stay active in your mind. Inactivity leaves doors open to the enemy. We must fight for our minds. We must exercise our memory or satan will imprison us to his evil thoughts. When we lose our sovereignty over things, we have no way to think of things anymore. We will not be creative, we cannot deduce, recall, compare, decide or even think. These people dread things that require them to use their mind. They don't like conversing with others. To ask them to do the smallest things is a war. After the mind has suffered such an evil attack by satan, the will is spontaneously affected because the mind is the light of the will. Then the individual allows life to toss him around, and he cannot choose anything for himself. He has no Peace and cannot fight against this bondage to gain victory. As soon as he tries to do something, a kind of impulse feeling swells up in his mind and prevents him from going on. It seems as if his life is filled with difficulty and nothing can satisfy him. This inactivity in the believer is different from the ordinary inactivity. If a believer's mind is just "inactive", it can still become active when it wants to. However, if it cannot become active, it means that it cannot think. It is as if something is over his head pressing him down. This is a symptom of the severe working of evil spirits. He feels imprisoned, dizzy, and mentally bound. He begins to exaggerate (lie) a lot. They have no strength, full of worries, unhappy thoughts, they cannot explain why. They stay in a stupefied state all day long.
- Instability – Thoughts are undependable, because they are not responsible for their thoughts. Unstable character, I want; I do not want it. Evil spirit wakes them up in the middle of the night and tells them to do things. Tells them to change important

documents, buy things you don't need or tell them to do evil things.

- Stubbornness – They will not listen to the explanation or evidence of others in a matter, because they have already made a decision. They do not want to hear anything anyone says. Satan has them thinking that others are invading their freedom. They think you are foolish. Their thoughts might be completely wrong. Their passive mind has made them lose their reasoning. The evil influence is upon him. They hear supernatural voices and consider them to be the Will of God. They are very defensive and can be absolutely closed.

25 Confessions Over Your Mind

Beloved of God, have you been in a dark place of worry, fear, depression, hate, envy, lust, etc... for a long time—or even for a short time? If so, speaking these 25 confessions over your mind everyday and speaking the Word of God out loud over yourself will eradicate those thoughts.

Saints, if you have been struggling in your mind, you are not alone.

The Lord wants you to know today that He is with you. I know it doesn't feel like He is sometimes—but He is. And I know that you might not be able to sense Him taking care of you at all; but He is doing that too. Here is His promise to you today:

“The poor and needy seek water, but there is none, their tongues fail for thirst. I, the Lord, will hear them; I, the God of Israel, will not forsake them.

I will open rivers in desolate heights, and fountains in the midst of the valleys; I will make the wilderness a pool of water, and the dry land springs of water” (Isaiah 41:17-18 NKJV).

Beloved, the Lord knows you are seeking water for your heart, mind, and soul—but it feels like you are not finding any.

He also knows that it feels like your tongue is failing for thirst. He knows you are poor and needy. Nevertheless, He is promising you

- That He will hear you;
- That He will not forsake you (that means He's with you right now, and He's going to stay with you through this and always);
- That He is going to open rivers for you in the desolate heights you are in;
- That He is going to open fountains of water for you, even in this valley of the shadow of death;
- That He is going to make your wilderness turn into a pool of water—a refreshing pool of plenty; and That He is going to make the dry land you are in—where nothing seems to be producing fruit—turn into absolute springs of water.

Beloved, there is hope for you in Jesus Christ.

He IS your Hope and He will never leave you nor forsake you. I know things may seem like He is not with you, or that He is not working on your behalf; but, He IS with you and He IS working on your behalf. And He will help you and perfect all things that concern you.

However, we play a huge part in God's ability to perfect the things concerning us and our words must not reflect our human feelings.

We can't live based on our feelings; we have to live based on the Word of God. As it says in

Deuteronomy 8:2-5:

“And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not.

So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.

Your garments did not wear out on you, nor did your foot swell these forty years. You should know in your heart that as a man chastens his son, so the Lord your God chastens you” (Deuteronomy 8:2-5 NKJV, emphasis mine).

Man does not live by bread alone, but by every word that proceeds from the mouth of God.

That means not only do we have to live by adherence to God’s Word, but we have to speak God’s Word out of our mouths. As it says in Joshua 1:8-9:

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go” (Joshua 1:8-9 NKJV).

We have to speak the Word in order to do the Word. “This Book of the Law shall not depart from your mouth ... that you may observe to do” If we do not speak the Word of God out of our mouths, out loud, over ourselves and our situations, then we will not see the fruit of that Word.

If you will speak these 25 confessions over your mind, you will see the fruit of them forming and being released in your life!

Here are 25 Scriptural Declarations and Confessions for you to speak over your mind and for you to read out loud over yourself. RECITE ONE SCRIPTURE, MULTIPLE TIMES A DAY. Saints, let’s speak these Declarations with a sincere desire to see their manifestation in our lives:

- 1. God has not given me a spirit of fear, but of POWER, love, and a sound mind. (See 2 Timothy 1:7.)**
- 2. I have the Mind of Christ. I think the Thoughts of Christ; I walk in the Joy of Christ; and I do the Deeds of Christ. (See 1 Corinthians 2:16.)**
- 3. “This is the day the Lord has made; we will rejoice and be glad in it” (Psalm 118:24).**

4. The Lord makes me perfect in His love today, and His perfect love casts out all fear from my life. (See 1 John 4:18.)
5. Because I am poor and needy, the Lord hears me; the God of Israel will not forsake me. (See Isaiah 41:17.)
6. I do not fear, for God is with me; I am not dismayed, for He is my God. He will strengthen me; yes, He will help me. He will uphold me with His righteous right hand. (See Isaiah 41:10.)
7. I dwell in the secret place of the Most High, and I abide under the Shadow of the Almighty. The Lord keeps me stable and fixed under the shadow of His wings. (See Psalm 91:1-16.)
8. The Lord brings me by a way I did not know; He leads me in paths I have not known. He instructs me and teaches me in the way I should go, and He guides me with His eye upon me. (See Isaiah 42:16 and Psalm 32:8.)
9. The Lord makes darkness light before me today. He makes crooked places straight. These things He does for me, and will not forsake me. (See Isaiah 42:16.)
10. By the Mercies of God, I present my body a living sacrifice to the Lord today, which is my reasonable service to Him. And I am not conformed to this world; but I am transformed by the renewing of my mind, so that I can prove what is His good and acceptable and perfect will in my life. (See Romans 12:1-2.)
11. I am anxious for nothing. Instead, by prayer and supplication, with thanksgiving, I make my requests known to God. And the Peace of God, which passes all understanding, guards my heart and mind in Christ Jesus. (See Philippians 4:6-7.)
12. I let this mind be in me which was also in Christ Jesus. I do nothing through selfish ambition or vain conceit; but in lowliness of mind, I esteem all other people as better than myself, just as Jesus did. (See Philippians 2:3-5.)
13. I humble myself under the Mighty Hand of God, and God gives me Grace. (See James 4:6.)
14. I do not fear, for God has redeemed me; He has called me by my name; I am His. When I pass through the waters, He will be with me. When I pass through the rivers, they shall not overflow me. When I walk through the fire, I shall not be burned, nor shall the flame scorch me. I do not fear, for God is with me. (See Isaiah 43:1-5.)
15. I set my mind on things above, where Christ is; and I seek only those things which are above. (See Colossians 3:1-2.)
16. I behold what manner of love the Father has bestowed upon me, that I should be called a Child of

God. (See 1 John 3:1.)

17. I am a Child of God. It has not yet been revealed what I shall be; but I know that, when He is revealed, I shall be like Him; for I shall see Him as He is. And because I have this hope in Him, I purify myself, just as He is pure. (See 1 John 3:2-3.)

18. I strengthen the hands which hang down, and make firm the feeble knees; that what is lame may not be dislocated, but may rather be healed. (See Hebrews 12:12-13.)

19. I work out my own Salvation with holy fear and trembling, for it is God who works in me both to will and to do of His good pleasure. (See Philippians 2:12-13.)

20. I love God's law, and I have great peace; nothing causes me to stumble or offends me. (See Psalm 119:165.)

21. I only let my mind think and meditate on things that are true, noble, just, pure, lovely, of good report, virtuous, and praiseworthy. (See Philippians 4:8.)

22. I abide in Jesus, and He abides in me. I abide in His love. (See John 15:4 and John 15:9.)

23. I come to Jesus, and He gives me rest from my weariness and heavy burdens. I take His yoke upon myself and learn from Him, for He is gentle and lowly in heart with me, and He gives me rest for my soul. (See Matthew 11:28-29.)

24. I do not worry about tomorrow, for God will take care of me. (See Matthew 6:34.)

25. I do not worry about my life, what I will eat or what I will drink, nor about my body or clothing, nor about anything else. I seek first the Kingdom of God, and His righteousness; and all these things shall be added to me. (See Matthew 6:25-33.)

So Beloved, if you want to experience all the light, hope, joy, and blessing God has for you, you have to get God's Word in your mind and in your mouth.

This applies to every single one of us, and it applies to every situation. So, if you desire to experience the power and sound mind that God gives each of His children, you have to confess God's Word out loud over your mind.

REMEMBER:

Make it hard on God and easy on you. Take the pressure off yourself to make things happen, because that's God's job (Matthew 11:28; John 5:40, 6:29). Keep on swinging.

Don't settle for partial victory! (2 Timothy 4:7-8). God says, "When you approach a door that is very large, do not fear, because I will open it." When God opens the door, no man can shut it (Revelation 3:7-8).

Don't move in the dark. If you don't know God's will, don't move (Psalm 46:10; Exodus 14:13; Ruth 3:18).

Be strong and very courageous. If you lack courage, pray (Philippians 4:6-7).

Don't do anything until you ask the Lord first. He will give you a clear word (Ephesians 2:10).

Don't ask how much it costs. Ask God if He wants it done. If so, He'll take care of the cost (2 Corinthians 9:8; 3 John 2).

Be patient. God loves the "last-minute save"! "Whoever believes will not act hastily." (Isaiah 28:16).

Don't stick to sensible methods. If the Lord tells you to do something, just do it (Proverbs 3: 5-6; Isaiah 25:3-4).

Practice the John the Baptist factor: "He must increase, but I must decrease." (John 3:30, Philippians 1:21).

*Look out! You haven't seen anything yet, when you mix Faith with the Word of God (Hab. 2:4; Rom.10:17). The just shall live by faith.

Intercessory Prayer Tool

THE HOUR that changes the world!

Compiled by Min. Ken Wright

Please remember—these are simply suggestions to strengthen, enlarge and enrich your prayer life.

Every person prays differently. Some will omit one or more of these elements. Some require only one minute in their prayer life. Others require 15 minutes or more.

Most importantly, all these suggestions are directly from the Bible. These thoughts from my beloved coworker Dick Eastman have helped me. I know they can help you.

Time, indeed, is that unique, wonderful gift of God given to everybody equally. Some have great talent, others have abundant money, but everyone has exactly twenty-four hours every day!

Have you ever considered giving God a daily gift of just one of these precious hours? You could be with Him in prayer and the reading of His Word. Those who do have the privilege of giving God 365 hours each year, or time equal to forty-five "eight-hour" days. Imagine asking your employer for forty-five days off next year so you can spend eight hours daily in prayer. This is the awesome power of 60 minutes when given daily for just one year.

"But why give an hour?" some are quick to ask. The most reasonable answer is "Because Jesus requests one hour."

It was in a lonely, quiet garden under a heavy Judean sky that Jesus pleaded with His disciples, "Could ye not watch with me one hour?" (Matt. 26:40) Our Lord knew prayer was the only answer to confrontation with the enemy. Therefore, we always find Him praying. Christ prayed among the hypocrites in the temple, in crowds on hillsides, clustered with disciples in a crowded upper room, and alone upon rugged mountains outside Jerusalem.

Sometimes our Lord spent whole nights praying. And now He asks His disciples to watch with Him for just one hour. But, it is night and the temptation for sleep is too great. The sheep are sleeping, and the Shepherd must wage His war alone!

"But how can anyone possibly pray an entire hour?" others ask. To answer this question, I asked God to show me how to structure an hour in prayer with scripturally based aspects. Twelve aspects came to mind. Conveniently, each hour can be divided into twelve five-minute "points of focus," allowing specific time for each of these vital areas. Of course, some of these aspects may require only a minute, whereas others—such as intercessory prayer for the world will require far more than a mere five minutes. The following is a description of this hour that changes the world:

1. PRAISE (five minutes)

Ps. 63:3, Heb. 13:15, Matt. 6:9b.

All prayer should begin with recognition of God's nature. The Lord's Prayer, our model for all praying, begins with "Our Father which art in heaven, hallowed be thy name." Praise is that aspect of prayer which vocally esteems God for His virtues and accomplishments.

2. WAITING (five minutes)

Ps. 37:7; Is. 40:31; Lam. 3:25.

Not only should we begin prayer with praise, but time also should be given to being "quiet" in God's presence. The original Hebrew text of Ps. 37:7, "Rest in the Lord," really means "be still" in the Lord. This is not meditation, or just a time for listening; it is simply taking time to let God love you!

3. CONFESSION (five minutes)

Ps. 139:23, 24; Ps. 51:10-11; I John 1:9.

The Psalmist asked God to search his heart for unconfessed sin. He knew sin was one of the greatest roadblocks to answered prayer (see Ps. 66:18). Early in prayer we need to make time for confession. This clears the way for powerful praying.

4. THE WORD (five minutes)

II Tim. 3:16; Ps. 19:7, 8.

"The commandment of the Lord (God's Word) is pure, enlightening the eyes," wrote young King David. When we bring God's Word into our prayer, we are opening our eyes to new possibilities in God. At this point in prayer, we read God's Word.

5. INTERCESSION (five minutes)

I Tim. 2:1, 2; Ps. 2:8; Matt. 9:37, 38.

Our prayer now centers on intercession for a lost and dying world. This concerns praying for others who have desperate needs. Of course, intercession is one aspect of prayer where five minutes will never do. Usually half of my hour, or more, is given to this aspect alone. Use the World Map to help you in this area of prayer.

6. PETITION (five minutes)

Matt. 7:7; Matt. 6:11; James 4:2.

This aspect of prayer concerns our personal needs. Petition is included in the Lord's Prayer in the expression, "Give us this day our daily bread." To petition God is to open our needs to God through prayer.

7. THE WORD (five minutes)

Jer. 23:29; II Sam. 22:31; Num. 23:19.

Bringing God's Word into prayer is so important it appears twice on our list. Earlier we suggested you read God's Word. But now we pray God's Word. Here we bring actual Scripture into our prayer. We can never pray out of God's will when we pray God's Word.

8. THANKSGIVING (five minutes)

Phil. 4:6; Ps. 100:4.

When Paul wrote to the Philippians, he instructed them to offer prayer and supplication "with thanksgiving." Thus, thanksgiving should occupy more than a single aspect of our prayer. It should be sprinkled throughout. Thanksgiving differs from praise in that praise recognizes God for who He is, while thanksgiving recognizes God for specific things He has done.

9. SINGING (five minutes)

Ps. 100:2; Eph. 5:19; Ps. 144:9.

Melody in its truest sense is a gift of God for the purpose of singing praises unto Him. Many Christians, unfortunately, have never learned the beauty of singing a "new song" unto God during prayer. These songs may come straight from the heart with the Holy Spirit creating the melody. After all, Paul spoke of singing "spiritual songs." (Eph. 5:19) To sing unto the Lord is to worship God in melody.

10. MEDITATION (five minutes)

Jos. 1:8; Ps. 1:1-2; Ps. 77:12.

To wait in God's presence is simply to be there to love Him. Meditation differs in that during the latter our mind is very active. To meditate is to ponder spiritual themes in reference to God. In fact, only once in Scripture do we find God specifically promising success and prosperity. It is God's gift to those who meditate day and night in God's Word. (Joshua 1:8)

11. LISTENING (five minutes)

Eccl. 5:2; I Kings 19:11, 12.

Whether through His written Word or by an inner "still small voice" of His Holy Spirit, God speaks to praying Christians. But we must take time to listen. Listening is different from both waiting and meditation. Here we listen for direct orders from our Heavenly Father concerning the activities of our day.

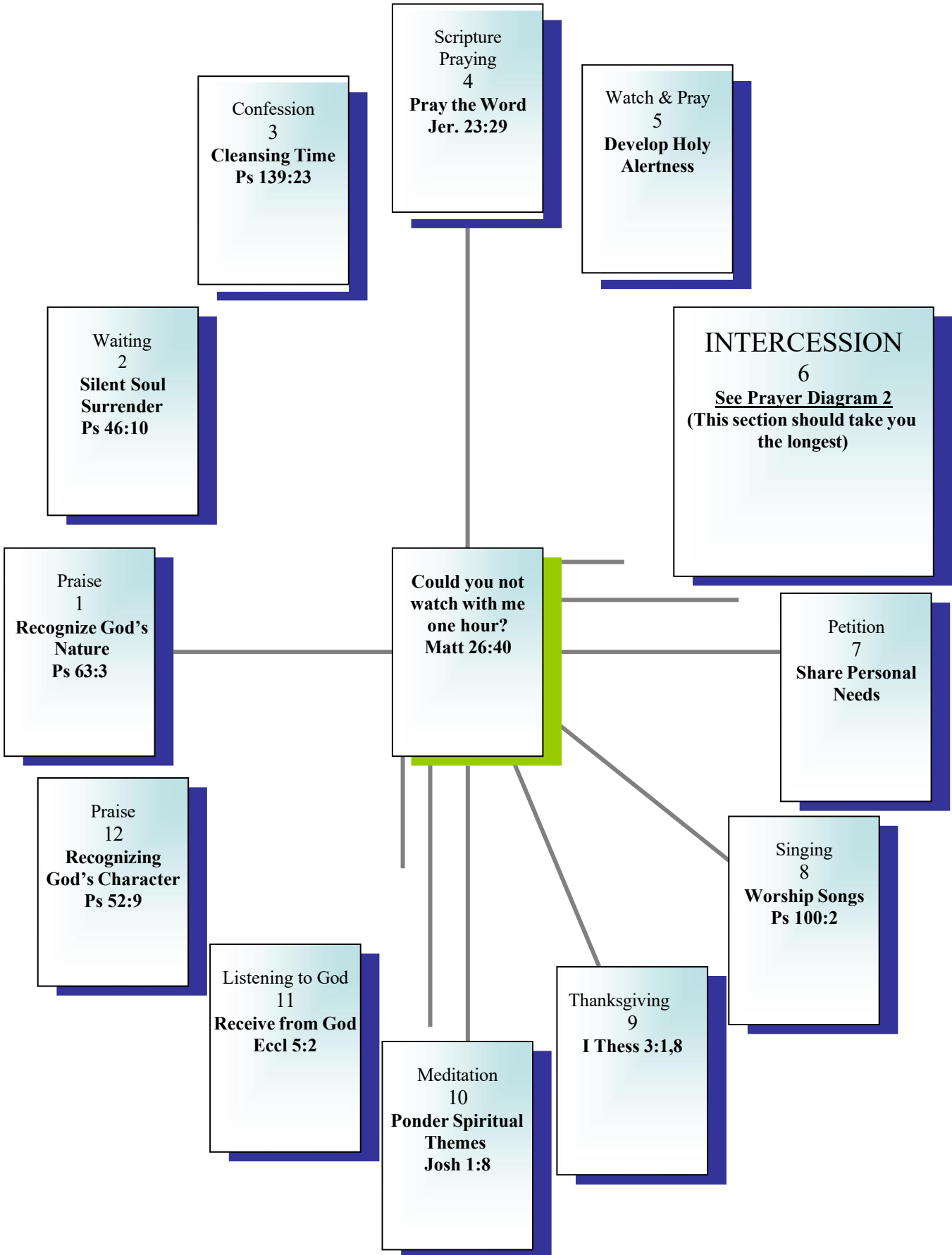
12. PRAISE (five minutes)

Matt. 6:13; Ps. 100:4; Ps. 150.

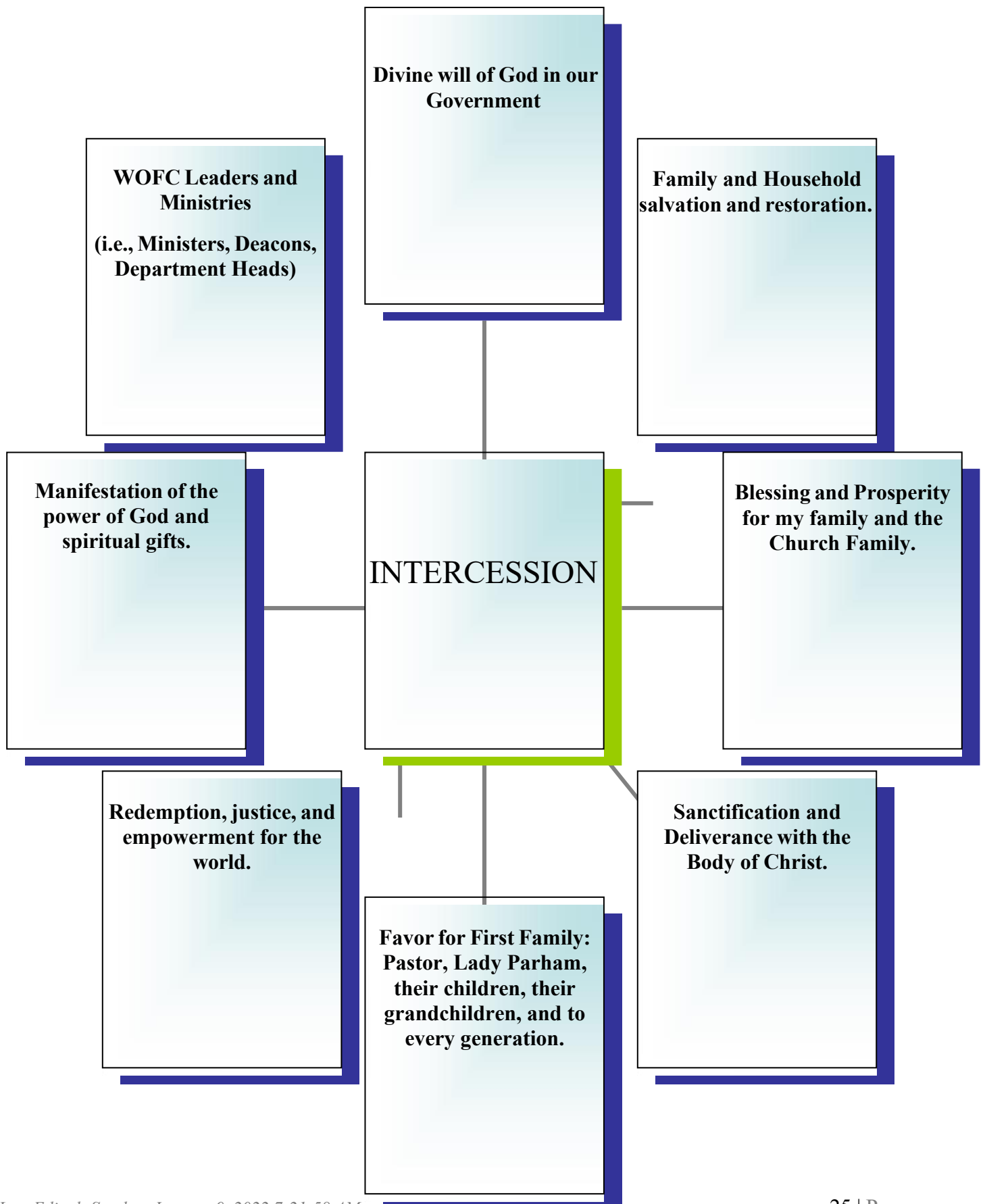
There is an imaginary door to every prayer time with a sign affixed that simply reads, "Praise." We must always enter prayer through this door. And when prayer moves toward its conclusion, we must look for this same door. We begin our prayer by recognizing God's nature, and we end in similar fashion. Jesus taught this when He ended His prayer with the statement, "For thine is the kingdom and the power and the glory forever, Amen!" Thus, we have a simple, twelve-step plan for filling an hour with meaningful prayer. These are just suggestions. Everyone has a different "prayer life." You will notice we call this "The Hour that Changes the World" because developing such a prayer habit will lead you into a ministry that not only changes you, but the world around you as well!

Book: "The Hour That Changes the World: A Practical Plan for Personal Prayer" by Dick Eastman

PRAYER DIAGRAM 1



PRAYER DIAGRAM 2



Wisdom, Your True Love

7 Stick close to my instruction, my son,
and follow all my advice.

"If you do what I say you will live well.

Guard your life with my revelation-truth,
for my teaching is as precious as your eyesight.^a

"Treasure my instructions, and cherish them within your heart

"Say to wisdom, "I love you."

And to understanding, "You're my sweetheart."

"May the two of you protect me, and may we never be apart!"

For they will keep you from the adulteress

with her smooth words meant to seduce your heart.

"Looking out the window of my house one day

"I noticed among the mindless crowd

a simple, naive young man who was about to go astray.

"There he was, walking down the street.

Then he turned the corner,

going on his way as he hurried on to the house of the harlot-

the woman he had planned to meet.

"There he was in the twilight as darkness fell,
convinced no one was watching

as he entered the black shadows of hell."

¹⁰That's when their rendezvous began.

A woman of the night appeared,

dressed to kill the strength of any man.

She was decked out as a harlot, pursuing her amorous plan.

^a 7:2 Or "Like you would the pupil of your eye." Literally, "the little man of the eye," which is a figure of speech for your most prized possession.

^b 7:3 Or "Write them upon the tablets of your heart."

^c 7:9 Implied from verse 27.

¹¹Her voice was seductive, rebellious, and boisterous
as she wandered far from what's right.

¹²Her type can be found soliciting on street corners
on just about any night. •

¹³So she wrapped her arms around the senseless young man
and held him tight-

she enticed him with kisses which seemed so right.

Then, with insolence, she whispered in his ear,

"Come with me. It'll be all right.

I've got everything we need for a feast.

I'll cook you a wonderful dinner

So here I am-I'm all yours!

"You're the very one I've looked for,

the one I knew I wanted from the moment I saw you.

That's why I've come out here tonight,

^a 7:12 This parable not only warns against the obvious evils of adultery and immorality, but also serves as a warning to the anointed young men in ministry not to be seduced by the religious system. Wisdom looks from the window (revelation and insight-Ezek. 8) of her house (the true church of Jesus) and sees a young man (not fully mature-1 John 2:12-14) who has placed himself in the path of sin. This made him vulnerable to the seduction of the "harlot" system of a works-based religion that enticed him into her bed (partnership, covering, and ordination with her and her system-Rev. 17-18) covered with Egyptian linens (Egypt is a picture of the world system that holds people in bondage). She is loud and stubborn (the old self-life never dealt with) and will not remain in her house (the true church of Jesus). She lives in the darkness of compromise and her ways are the ways of death. She doesn't remain faithful to her husband (the Bridegroom-God). The two women of Proverbs are the harlot mentioned here and the virtuous woman found in chapter 31, who speak of two systems of worship. One is true and virtuous; the other is false and seductive.

^b 7:14 Or "offered peace offerings and paid my vows [in the Temple]." This is a way of saying, "I have lots of meat left over from the sacrifices I've offered, enough for a great meal."

so I could meet a man just like you. •

¹I've spread my canopy bed with coverings,
lovely multicolored Egyptian linens spread
and ready for you to lie down on.

¹¹I've sprinkled the sheets with intoxicating perfume
made from myrrh, aloes, and sweet cinnamon

¹²Come, let's get comfortable and take pleasure in each other
and make love all night!

¹³There's no one home, for my husband's away on business.

²⁰He left home loaded with money to spend,
so don't worry.

He won't be back until another month ends. ^c

^{21, 22}He was swayed by her sophistication,
enticed by her longing embrace.

She led him down the wayward path right into sin and
disgrace.

So quickly he went astray with no clue
where he was truly headed,
taken like a dumb ox alongside of the butcher.
She was like a venomous snake coiled to strike,
so she set her fangs into him!

^a 7:15 Compared to Song 3:1-4, this seems to be a parodic reversal of the Shulamite who goes out into the city to seek a man, and when she finds him, embraces him. This account of the harlot seems to be the converse of the theme of Song of Songs.

7:17 Although these spices are found in the sacred anointing oil, the adulteress (religious system) has *only* a false anointing, with no true power.

^c 7:20 Or "He left with a bag of money and won't be back until the new moon."

^d 7:21-22 This last sentence is arguably a difficult verse to translate with many variant options. The Aramaic is "taken like a dog to captivity." The Hebrew can be translated "bounding like a stag to a trap." Other ancient Jewish commentaries refer to this portion as "rushing like a venomous snake to discipline the foolish one," meaning that with the swiftness of a snake striking its prey, a fool lunges into his own destruction.

"He's like a man about to be executed with an arrow
right through his heart—
like a bird that flies into the net,
unaware of what's about to happen.

²⁴So listen to me, you young men.

You'd better take my words seriously!

"Control your sexual urges and guard your hearts from lust.

Don't let your passions get out of hand

and don't look your eyes onto a beautiful woman.

Why would you want to even get close

to temptation and seduction,

to have an affair with her?

"She has pierced the souls of multitudes of men—
many mighty ones have fallen

and have been brought down by her. •

²⁷If you're looking for the road to hell,
just go looking for her house!

Wisdom Calling

¹Can't you hear the voice of wisdom? •

8 From the top of the mountains of influence

she speaks into the gateways of the glorious city

At the place where pathways merge,

^a 7:26 The Aramaic is even more descriptive: "She has slain a multitude of mighty ones; they've all been killed by her."

^b 8:1-3 Wisdom is personified throughout the book of Proverbs. Lady Wisdom is a figure of speech for God himself, who invites us to receive the best way to live, the excellent and noble way of life found in Jesus Christ. Jesus is wisdom personified, for he was anointed with the Spirit of wisdom. See 1 Cor. 1:30, Col. 2:3, and Isa. 11:1-2.

^c 8:1-3 As translated from the Aramaic. The church is also a gateway, the house of God, the portal to heaven, that Jesus calls a "city set on a hill." Christ is the head of the church, where the wisdom of God is revealed. See 1 Cor. 1 and Eph. 3:10-12.

Chapter Five

The need for purposeful attention restated (verse 1). Repeatedly the Book of Proverbs appeals for purposeful attention. (See 2:2; 3:1; 4:20; 7:1.) This admonition emphasizes the necessity of a disciplined effort to grasp what might otherwise be overlooked. A New Testament parallel is the repeated invitation: "He that hath an ear, let him hear what the Spirit saith unto the churches" (Revelation 2:7, 11, 17, 29; 3:6, 13, 22).

The result of purposeful attention (verse 2). The aim of the repeated appeal to be attentive to wisdom and understanding is that the student will regard discretion and his lips will keep knowledge. The proper attitude toward discretion and knowledge will come only to the person who has first disciplined himself to listen carefully to wisdom and understanding.

A person's lips should keep knowledge, which implies the importance not just of knowing truth but of speaking it. The Book of Proverbs has a great deal to say about the significance of words. They can be a blessing or a curse, both to the one speaking them and to those who hear him. (See 10:19; 14:23; 18:8, 21; 21:23; 26:20.) Of

course, many other books of the Bible address the same subject. (See Ecclesiastes 5:3; Matthew 12:36-37; Titus 1:10; James 1:26.)

The seeming sweetness of temptation (verse 3). The remainder of this chapter deals with the danger of yielding to moral impurity. While this is a warning about literal temptation to physical involvement, it is also an allusion to the temptation of spiritual folly in general, with folly pictured as an immoral woman just as wisdom is pictured as a virtuous woman.

The first warning is against the immoral woman's use of words. (See 6:24.) She is a master of flattery, of smooth words. She is a liar, and she will say anything necessary to seduce her victim. She has no commitment to the truth. Her temptations seem to be very desirable.

The bitterness of sin (verse 4). The attractiveness of temptation contrasts sharply to the actual result of yielding. Yielding to temptation is deadly.

The result of sin is death (verse 5). (See Romans 6:23; James 1:14-15.) The immoral woman is headed in the direction of death and hell. The man who is seduced by her joins her in her journey.

Sin cannot be rationalized (verse 6). Some people with analytical minds think that they can study sin sufficiently so as to participate in it without reaping its bitter reward. They tell themselves that they

will participate in it until just before the moment of destruction, until just before it is too late, and then they will get out of it. But this is not the ways in works. Its course cannot be charted; it cannot be put on a graph. It is slippery and deceptive. There is only one safe way to deal with temptation, and that is revealed in the following two verses.

Stay as far away from sin as possible (verses 7-8). The only safe thing to do is to remain totally faithful to the words of wisdom and to stay as far away from temptation as possible. One should not approach the door of temptation's house even out of curiosity. Eve may never have had a problem with the tree of the knowledge of good and evil had she stayed completely away from it. The serpent tempted her as she approached the tree.

The consequences of moral impurity (verses 9-11). If a person is tempted with moral impurity, he should write these six consequences on a card and carry it with him. When he is tempted, he should review these results of yielding to temptation: (1) loss of honor, reputation, respectability, and dignity; (2) shortened life, and trouble while alive; (3) loss of wealth to others; (4) loss of the fruits of labor to others; (5) sorrow; and (6) physical disease.

One of the most remarkable and frightening aspects of the physical results of moral impurity today is Acquired Immune

Deficiency Syndrome (AIDS). World health officials, including U.S. Surgeon General Koop, estimated that about one hundred million people worldwide will die from AIDS before the disease has run its course.

Bitter regret, too late (verses 12-14). The cry of the person who reaps the bitter results of moral impurity is, "Why didn't I listen?" The way to avoid this dilemma is to do just the opposite of the example of these verses: (1) love instruction; (2) love reproof; (3) obey teachers; (4) incline the ear to those who instruct.

It is not uncommon for the immoral to take great delight in committing their wickedness in the presence of those who are saved; it seems to heighten their perverse pleasure. They love to shock the sensibilities of others. But this action is one of the very things they mourn later in life.

Don't be deceived by the myth of the greener grass (verse 15). This verse and those that follow stress the importance of turning one's attention to one's lawful companion. If a man will forget about the other man's cistern and well and give up trying to sneak a drink from them, he will find his own cistern and well are fully satisfying.

Tend to your own fountains (verses 16-17). These verses may refer to the offspring of lawful relationships: children. There should be no

doubt as to the parentage of one's children, the marriage relationship should not be complicated and contaminated by the involvement of strangers.

Rejoice with your wife (verse 18). A man should forget about other possible romantic relationships and concentrate on developing the fullest relationship with his lawful mate. (See Ecclesiastes 9:9.)

Satisfy yourself with legitimate love (verse 19). God created man and woman to enjoy a full relationship spiritually, socially, and physically. There is nothing wrong with the marital relationship and its physical dimension. (See I Corinthians 7:3-5; Hebrews 13:4.)

What purpose is served by moral impurity (verse 20)? When a satisfying relationship is possible in a fully legitimate way, why would someone turn from his lawful companion to develop a furtive, fruitless, and frustrating relationship with another?

The Lord observes all we do (verse 21). "The eyes of the LORD are in every place, beholding the evil and the good" (Proverbs 15:3). God's knowledge is complete; He is omniscient. (See Psalm 139:1-12.) Everyone will one day stand before Him to answer for the deeds done in the body (Romans 2:6; Revelation 20:12).

The sinner brings about his own death (verse 22). People die spiritually for their own sins, not the sins of others. It is impossible for someone to escape the results of his sin, unless he confesses and forsakes it. (See Proverbs 28:13.)

The result of sin (verse 23). The sin described here started by listening to the smooth and sweet words of a strange woman, but it ends with death. Without instruction, people die. The ultimate consequence of spiritual folly is destruction.

Chapter Six

The dangers of co-signing (verses 1-5). Several passages in Proverbs warn against surety. (See also 11:15; 17:18.) The definition of *surety* is, in law, "one that is bound with and for another; one who enters into a bond or recognizance to answer for another's appearance in court, or for his payment of a debt or for the performance of some act, and who, in case of the principal debtor's failure, is compellable to pay the debt or damages; a bondsman; a bail" (Webster). The Hebrew word translated "surety" is *Arab*, which means "to braid, i.e. intermix; also to give or be security." The person who is a surety involves himself with the life of another in the same way that strands of a rope are braided together. These and other verses in Proverbs warn against being a guarantor or security for someone else's debts.

The most common way of being a guarantor today is co-signing. This practice is dangerous because a lender that requires a co-signer is indicating that the borrower is possibly not in a sound enough financial position to pay the debt. In other words, he is possibly borrowing beyond his means. The lender is saying, "We are not confident that he is qualified to pay the debt." The one who co-signs

is in the final sense himself the lender.

Thus, according to Proverbs, co-signing for an unlimited amount, for an amount beyond one's means, or for an uncertain future amount is wrong. (See Proverbs 22:26-27.) It appears that co-signing for a limited amount is appropriate only if one is genuinely willing and able to loan this amount of money and, if necessary, to pay it and consider it as a gift, with no regrets.

It is not a sin to loan or borrow money (See Matthew 5:42; 25:27). Of course, the law of Moses prohibited people from charging interest on loans to their brethren or to the poor, and it limited loans to about six years.

In short, co-signing can be a dangerous snare. Being a guarantor is so dangerous that Solomon recommended a formula for extricating oneself. The first step to take is to humble oneself, which implies an admission of folly or wrongdoing, and plead with the friend for release. The second step is to refuse sleep until the matter is resolved. Tomorrow could bring disaster; it should be taken care of today. The third step is to escape as an animal would from a hunter by canceling the agreement if possible or by otherwise limiting liability. If the person for whom one co-signs defaults on the loan, the co-signer will be the hunted.

The example of the ant (verse 6). Lazy people can learn from the example of the ant. The ant is mentioned only twice in the Old Testament, here and in Proverbs 30:25. The Scripture uses many illustrations from the animal kingdom, for we can learn valuable lessons from God's creation. The ants, for example, operate purely by God-given instinct. Humans also have instruction from God, but they often subordinate it by laziness and carelessness. The lesson for the sluggard is that the ant provides for her needs by industrious work and wise storing in reserve, and she does not have to borrow unwisely or depend upon the work of others.

No employer, no supervisor, no training (verse 7). The ant has no guide, no one to train her to do her job. She has no overseer, no supervisor to tell her what to do and to make sure she has done what she should. She has no ruler, no employer to whom she must ultimately answer. How much would the average person accomplish if he had none of these? People have abundant opportunity to make wise use of the counsel of those in authority, but they often ignore it. They think they would like to be free of restraint, but if they were free, they would often resort to anarchy.

The ant works at the right time and prepares for the future (verse 8).

Even though she has no one to tell her what to do and when to do it,

the ant works hard at the right time and prepares for the time when no food will be available. She knows how to budget and save. She is industrious. Whenever we see the ant, she is working.

Too, much sleep is a sign of sluggishness (verse 9). Sleep is not wrong, but lack of activity; Ind industry is. The question is not, "Why do you sleep?" but "Why do you sleep so long?" (See Proverbs 13:4; 19:24; 20:4; 21:25.)

A love of sleep results in poverty (verses 10-11). Those who love sleep, those who are lazy, will fall into poverty. The implication is that poverty will overtake them as a person who travels quickly overtakes one who walks slowly, or like an armed robber.

These and other passages of Scripture teach us it is not wrong to save, but wise. Our level of spending should not automatically rise to meet the level of our income. Rather, we should set aside some of our income for future needs. Saving and paying cash for needed purchases is much wiser than borrowing, presuming on the future, and paying high interest rates.

A person's character is revealed by his words (verse 12). This truth is stated repeatedly in the Book of Proverbs and elsewhere in the Scriptures. It is possible to tell what kind of a person someone is by the

words he speaks. Someone with a froward-self-willed, independent, rebellious-mouth is a worthless, wicked person.

The wicked person is deceptive (verse 13). He sends misleading, deceptive signals. For example, winking has long been a signal that one is deceiving a person and for others not to interfere. To many people today, the crossing of the fingers supposedly nullifies any promises made while they were crossed. Basically, this person does not mean what he says. He will say anything to get what he wants, but he has no intention of keeping his word.

His is a heart problem (verse 14). Since his heart is lawless, he has no reservations about doing wrong. His full-time business is planning evil or trouble. He plants discord, which God hates. (See Proverbs 6:19.)

Seven things God hates (verse 16). The wording of this verse indicates that there are fully seven things God hates, but He particularly despises the seventh.

Pride, lying, and violence (verse 17). Pride was the original sin of Lucifer. (See Isaiah 14:12-16; Ezekiel 28:11-19.) Pride is the root of all sin, for it exalts self above the will of God. Pride is the first step to shame (Proverbs 11:2). It is the cause of contention (Proverbs 13:10). It is the prelude to destruction (Proverbs 16:18). It is, in itself, sin

(Proverbs 21:4).

Lying is also a sin. Satan is the father of lies (John 8:44). All liars will share a common destiny with him in the lake of fire (Revelation 21:8). Those who love and make lies will share the destiny of being barred from heaven (Revelation 22:15).

The third warning is against violence, particularly against hands that shed innocent blood. God abhors murder. In the Old Testament God gave instructions concerning capital punishment (Genesis 9:5-6) and commanded Israel to war against the enemies of God on many occasions, but these were people whom He had judged guilty of violating His law and fighting against His chosen nation and plan. The warning here is against shedding innocent blood.

This is precisely the sin committed by abortionists. The blood of innocent babies runs freely in the United States of America every day, as literally thousands of them are murdered in their mothers' wombs. *Wicked thoughts and plans (verse 18).* God gave us the marvelous ability to imagine, to visualize, to be creative. He hates for us to prostitute this God-given ability by devising wicked plans. The people of Noah's day did so (Genesis 6:5), and because of this intense misuse of the power of imagination, God destroyed most of the human race at

that time. God has given humans the power to invent, but He hates the practice of using His gift to invent evil (Romans 1:30).

God gave people feet to be able to run to the aid of those in need and to be yielded to Him as an instrument of righteousness. (See Romans 6:13.) He hates for His gift to be perverted so that the feet carry people swiftly to do wrong.

False witness and sowing discord (verse 19). The ninth commandment specifically prohibits the bearing of false witness against one's neighbor (Exodus 20:16). A false witness can be instrumental in convicting an innocent party, which can ultimately result in the death penalty. To protect the innocent, under the law one witness was never sufficient to condemn someone to death. Two, and preferably three, were required. (See Deuteronomy 17:6.) To further protect the innocent, even after guilt was declared, the accusers had to place their hands on the accused and declare in the presence of all the people that he was indeed the guilty party. Then the accusers had to be the first to cast the stones to put the accused to death. (See Deuteronomy 13:9.) All these protections gave a false witness maximum opportunity to reverse his testimony. Only the most callous and hardened person could maintain a false witness through all the required developments in the trial.

To this day it is a dangerous sin to bear false witness against an innocent party. Even the secular court system demands that the witness pledge to tell the absolute truth. The person who prevaricates is himself guilty of perjury with its attendant penalties.

It is better to err on the side of mercy than on the side of judgment. Even those who have seen or heard something that seems to affix blame should be cautious, for things are not always what they seem. It is very possible to misinterpret what we see or hear.

The seventh thing God hates and the one which, by implication, He hates most of all is sowing discord among brethren. The New Testament also addresses this sin. (See Galatians 5:20; II Thessalonians 3:11; I Timothy 5:13; I Peter 4:15.) It is God's desire that people walk in harmony and unity; the person who sows discord works directly against God's plan. The most common way discord is sown is when one person tells something harmful to the reputation of another person—whether true or false—to someone who has no need or authority to hear it.

Father's commandment; mother's law (verse 20). This verse reiterates the teaching of Proverbs 1:8. The father and mother are partners in training children.

Keep them constantly in mind (verse 21). These instructions are obviously symbolic terms to describe the constant attention that should be given to the father's commandment and the mother's law. The Pharisees, by their strict literalism, attempted to fulfill similar commands in the law of Moses by physically attaching phylacteries to their forearms and foreheads when praying. But it is possible to have copies of the Scriptures attached to one's person and still not have the Word hidden in one's heart.

Three blessings of obedience to parents (verse 22). The commandment to honor and obey one's parents is not given to cramp one's lifestyle or to rob a person of legitimate pleasure. Actually, obedience to one's parents provides: (1) direction in life; (2) safety; (3) instruction, which includes a sense of belonging and a freedom from loneliness and purposelessness.

Lamp and light (verse 23). The commandment, given by the father, is like a lamp. It is the source of illumination. The law, given by the mother, is like the light that issues forth from the lamp. A lamp without light is useless, and there will never be light without a source. The lamp and the light together give reproof. Instruction will almost always involve reproof, and wise teachers know how to reprove in a non-offensive manner (Proverbs 16:21, 24).

Submission to parents is a guard against moral impurity (verse 24). In general, before children disobey God they first disobey their parents. And disobedience to parents is generally disobedience to God also. The young person who obeys godly parents will never fall into the grievous sin of moral impurity. In contrast to their godly instruction and admonition, the evil woman uses flattery to seduce her victim.

The false beauty of immortality (verse 25). There is a beauty in holiness (Psalm 29:2). There is a false beauty in immortality, a beauty that depends on the artificial attraction of suggestive actions, seductive clothing, and makeup. *The Pulpit Commentary* says, "The eyelids are the instruments by which the amorous woman beguiles or catches her victims. She allures him by her glances Allusion may possibly be made to the custom of Eastern women painting the eyelids to give brilliancy and expression; II Kings 9:30." (See also Jeremiah 4:30; Ezekiel 23:40.) The wise man will not separate the immoral woman's "beauty" from her person; her "beauty" is simply a subterfuge to trap the unwary.

Immortality is a thief and a killer (verse 26). Immortality will gradually take from a person all he has gained, until at last he has nothing and is forced to beg even for food. The immoral person hunts,

which means there is a prey. Ultimately, someone who falls to moral impurity will pay with his life. The devil is the enemy, and he will do anything possible to trap and destroy God's children. Just as a hunter stalks his prey, so does the evil one. This is not honorable warfare; it is guerrilla warfare.

The penalty for moral impurity is certain (verses 27-29). It is impossible to dabble in moral impurity and to emerge unscathed. Involvement in moral impurity is compared to fire and hot coals. It may look alluring and attractive, but once embraced it burns and destroys. The Hebrew word translated "toucheth" means to "lay a hand upon." (See I Corinthians 7:1.) The refusal to touch is a guarantee that purity will be maintained. Touching another man's wife results in the breaking down of barriers that guard against immorality.

Thievery is more honorable than sexual immorality (verses 30-31). Thievery is wrong under any circumstances. But if someone steals because he is genuinely hungry, people do not despise him, though they will make him pay with a severe penalty.

Adultery destroys (verse 32). Involvement in sexual immorality is a sign of a lack of understanding. While it may be momentarily pleasurable to the body, it is destructive to the soul.

Adultery damages permanently (verse 33). While God will forgive the sin of adultery if it is confessed and forsaken, the adulterer lives under a permanent reproach in society. While all sin brings condemnation, some sins have more severe earthly, social consequences.

Adultery invites violence (verse 34). A man who commits adultery with another man's wife sets himself up for revenge and possibly even violent death.

Nothing will appease in the case of adultery (verse 35). The man who has been sinned against cannot be paid off. No matter how many gifts are given, he will never forget his humiliation and anger until he has gotten vengeance. For example, during 1986 in the metropolitan area of Toronto, Ontario, Canada, which had a population of 3.2 million, there were thirty-seven murders, and thirty-four of them resulted from domestic problems. The person who commits adultery violates numerous scriptural passages, including those that teach the importance of protecting one's neighbor and not devising evil against him. This sin is instrumental in the breakdown of families, neighborhoods, communities, and nations. A violation of the marriage vow is a violation of the most basic foundation of society.

Chapter Seven

Keep your eye focused upon truth (verses 1-2). It is necessary to go beyond academic knowledge to actual practice: "Keep my words." The commandments should be "laid up" as one would store a valuable commodity, and then they should be kept. Those who move beyond academic knowledge to experiential knowledge will find that the commandments, when obeyed, produce life.

Bind and write (verse 3). Binding the commandments on the fingers and writing them on the heart is obvious symbolism; it is not satisfied by placing portions of Scripture in little boxes to wear on one's person. A person's fingers are generally always in front of him; thus, the Word of God should be kept always before a person. Writing the Word upon the tables of the heart speaks of meditation and memorization.

Identifying with wisdom (verse 4). It is important for a person to be closely identified with and related to wisdom and understanding. In his mind, speech, and actions he should ally himself with wisdom, saying, "Wisdom, you are my sister. Understanding, you are my kinswoman."

The right woman will keep a man from the wrong woman (verse 5). The strange woman can represent two things: (1) a literal woman who is immoral; (2) folly, in contrast to wisdom as a virtuous woman. The first step in this strange woman's attempt to seduce is flattery.

The behavior of one who lacks understanding (verses 6-7). If wisdom is not considered a sister and understanding a kinswoman, the chances are very high that a person will enter into an immoral, sinful relationship with folly.

The first mistake of an ignorant young man (verse 8). The first step in laying aside every weight and sin that so easily besets us (Hebrews 12:1) is to avoid the places, people, or circumstances that prey on one's weakness. If the young man of this passage had remembered the admonition of Proverbs 5:8 to stay far away from the immoral woman's house, he would never have fallen into her trap. If Eve had stayed away from the forbidden tree, she would never have succumbed to temptation. Temptation usually comes in cycles, and it is usually related to certain times, events, places, or people. The wise person will anticipate these temptations and avoid them to the extent possible.

Evil loves darkness (verse 9). While the evildoer foolishly thinks darkness is a cloak for his sin, he forgets that God can see just as

clearly in the darkness as He can in the light. (See Psalm 139:12; John 3:19-21.)

Two signs of moral impurity (verse 10). While some scoff at the idea that one's dress is of any significance, this verse refers to specific attire that identifies a harlot. It is at the opposite end of the fashion spectrum from that of godly women. (See I Timothy 2:9-10; I Peter 3:3-4.) The key concept for godly appearance and dress is modesty. Modesty does not draw the wrong kind of attention to itself. It does not invite lustful looks. It does not provoke lewd imaginations. It is not extravagant, ostentatious, or artificial, but moderate and self-controlled. It encourages respect and wholesome admiration for one's character, rather than emphasizing merely the physical appearance.

One aspect of immodest attire is makeup, for it appeals to the lust of the flesh and lust of the eyes, seeking to create artificial "beauty" on the basis of sexual allure. Not too many years ago prostitutes and other immoral women were known euphemistically as "painted women." The source of this identification and the feeling that garish painting of the face is improper is the Holy Scriptures, which always associate the use of artificial paint in an attempt to make oneself attractive with an immoral woman. (See II Kings 9:30; Proverbs 6:25; Jeremiah 4:30; Ezekiel 23:40.) Although many women who wear

makeup today do not seek to be immoral, makeup is still immodest in its emphasis, values, and effects.

The second sign of this woman's moral impurity is her subtility of heart. Subtility is not necessarily identical to wisdom; here it indicates craftiness. The immoral woman is a schemer who traps the unwary.

Two additional signs of moral impurity (verses 11-12). The immoral woman is loud and stubborn. These characteristics are exactly the opposite of those of the godly woman as described in I Peter 3:4-5. In addition, the immoral woman will not stay at home. She refuses a home-centered life and rejects it in favor of the aggressive pursuit of evil. She does not wait for her victim to come to her; she actively seeks opportunities for immorality.

The aggressiveness of the morally impure woman (verse 13). She is bold, impudent, and brazen. When we view the morally impure woman as a symbol of folly, it becomes apparent why it is so easy not to follow God's Word and God's will. Wisdom is not aggressive-it must be pursued, and cultivated-but folly is.

Hypocritical righteousness (verse 14). Those who are involved in moral impurity often make an outward show of religiosity, and they are inventive at justifying their actions. (See Proverbs 16:2.) But no

excuse will suffice when a person stands before the holy God in judgment.

The lying tongue of the morally impure (verse 15). She flatters her victim by saying she was looking specifically for him. But this statement is a lie. She would have said the same to anyone.

The beautiful picture painted by sin (verses 16-18). Temptation is enticing and alluring. Like a whitened sepulcher, sin puts on a false front. It does not mention the certain results of moral impurity. (See Proverbs 5:9-11.)

The false assurances of sin (verses 19-20). The characteristic statement of temptation is "No one will ever know."

The power of words (verse 21). Sin uses flattering, deceptive words to entrap its victim. Words are basic to life. One will listen either to God's words or to the devils. It is important to read the right words, listen to the right words, and speak the right words.

Forsaking the path of wisdom (verse 22). As an ox to the slaughter, the man who yields to the immoral woman walks to his own destruction. As a fool to the stocks (an ancient punishment), he has

chosen his path by his actions. In other words, the results of forsaking wisdom are detrimental and predictable. When one forsakes the path of wisdom, he behaves with the ignorance of an animal or the folly of a fool.

Wisdom too late (verse 23). He sees only the beautiful picture; he does not see or hear the dart slipping through the air. He hurries to sin in the way that a bird hurries to get the food in a trap. He does not realize until it is too late that he will pay with his life for a few moments of physical pleasure.

Controlling the heart (verses 24-25). Instead of following the heart into immoral ways, we are to heed the words of wisdom and order our heart to follow the right paths. (See Proverbs 18:2; 28:26.)

Learning from others' mistakes (verse 26). Everyone who is deceived by folly is destroyed. There are no exceptions, but there are many examples. Only a fool says, "I must see for myself."

The road to death and hell (verse 27). The person who chooses folly has made his decision to walk toward hell and death.

Repentance: Cleansing Your Generational Bloodline

by Natasha Grbich, © 2013

Chapter 1 Why Repent?

1.1 What is Repentance?

Your eyes saw my substance being yet unformed. And in Your book they were written, the days fashioned for me, when as yet there were none. (Psalm 139:16 NKJV)

God has a plan for our lives that has already been written in a book for us. We are to follow in the way that He has prepared.

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. (Ephesians 2:10 NKJV)

Jesus is the pattern and the way. John 14:6 “Jesus said to him, I am the way...” If we do not look like Jesus, then we are not in the way and we are in some other way or path. A way is a mindset or a lifestyle that you live every day.

When you sin, you begin to walk in a way or path that is not God’s. The only way to get back on God’s path is to repent. Repentance is a 180-degree turnaround. Repentance means that we stop walking on the path of sin and we return to God’s path. We agree with God and disagree with everything else that is said about us. That includes our own thoughts about ourselves. If they do not agree with God, then we need to repent of them and agree with what God says. Even if we do not understand, we choose, by faith, to agree with God and His Word. In this, we shame the devil. He has us believing and worshipping another opinion about ourselves. He has us making contracts and deals that cause us to reject God. Repentance is a conscious and deliberate breaking of our agreement with Satan and coming back onto the Highway of Holiness which is God’s way.

Throughout the scriptures you will see God calling us to make our paths straight (Isaiah 40:3-4) and avoid the paths of unrighteousness (Proverbs 4:14-19). We have all sinned and have left His way for our own. Repentance is to acknowledge that we have been agreeing with Satan and decides to agree with God. We decide to stop sinning and get back into God’s way which is Jesus.

1.2 What is the difference between repentance and confession?

Confession is me acknowledging that I did something wrong. I hit the man, it was wrong. Repentance is me actually feeling remorseful at what I did and feeling the desire to change and be different and not to do it again. When I repent I have the desire to deal with the root of why I did it - was it hate or bitterness or anger? Why did I think the way that I did to cause me to hit that person?

In confession, there is no remorse or desire to change.

It might take some of us time to get to repentance. Repentance is a gift. Esau does not have the gift and when he wants to repent it is too late.

For you know that afterward when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears. (Hebrews 12:17 NKJV)

To have an Esau spirit means you will lose your inheritance over a bowl of lentils and you will not have repentance in time. Now Jacob was a schemer and a deceiver, but he knew when to repent in time. On the basics, they were probably quite similar - one was not a better person than the other. But one of them knew how to repent fast. We need to be fast repenters.

Even if it is coming out as a confession. Sometimes I have had to deal with stuff and I have still been so angry that at the time, I say that I forgive them, but I want to kill them. At that point, it is not repentance yet. It is just a confession. So, you will have to do it a few times until you get to forgiveness. We choose with our will to repent and believe that our emotions will eventually line up with our will. You must keep choosing to repent.

We counselled a lady whose father was in prison for most of her school life. She felt like she didn't really have a father. It was difficult for her to explain to all the other children in the school that her father was in jail.

When she went through deliverance on this issue, she found that she really hated her father. It would have been much better if he had been dead. If you do not have a present father, then at least you have some closure if he has died. But her father was still going to come out of prison and she had to deal with it in front of the whole community. It was embarrassing! It would be better if he had died and she could have written that part of her life off.

We told her: "In your heart you need to forgive your father." Her immediate response was: "NO, I do not want to. I want him dead!"

When we asked her: "Are you willing to forgive him?". She replied: "No!"

When she was asked: "Will you ask God to make you willing?" She was able to say: "OK".

That is where you start. Even if you are not willing to forgive. Tell God you are willing to be made willing. That is how you start. Until you come to the place where you can forgive and repent for the way that you felt. The way that you feel is legitimate. You do feel what you feel. Why? Because of what happened. Do not judge yourself a bad person because you are angry at someone. Just admit that you do want to change and ask God to change that in you. He will and you will come to a place one day where God will bring you to the foot of the cross and you will begin to understand that this man had his own problems and issues. And you will be able to forgive and repent sincerely. This is a healing process and a maturing process.

1.3 Taking Responsibility for our Sin

In order to repent; you must acknowledge that you have sinned and take responsibility for it. A symptom of our modern society is that we do not want to take responsibility for our actions.

I do not think it is a good thing to let people get off lightly. If you have done something there must be consequences. If there are no consequences, then people will begin to treat sin as a light thing. You will be held

responsible for what you teach people. When you teach your child and they do something wrong, there must be a punishment, there must be a consequence. If you do not teach consequences, they are going to think they can deal with God the way they deal with you. So if you are a follower of Dr Spock and think that you are going to negotiate everything with a three year old, you are crazy! God says you must punish him.

Foolishness is bound up in the heart of a child, but the rod of correction shall drive it far from him.
(Proverbs 22:15 NKJV)

You can choose if you are going to obey God or Dr Spock.

This lack of consequences allows people to explain themselves out of their situation. You know, people are psychotic liars. They take a really long time to explain to you why they did something. I do not like that. Just say to me, I did it. It is finished. If you are going to give me a 150 million words about how and why and where, I already have a problem. Just because of the way you do not repent. Take responsibility, either you did it, or you didn't. Just give me the answer, not all the excuses.

In tribal culture when something has been dropped and broken on the floor and you ask who broke it; They will tell you that it jumped by itself. You would not say, "I did it" so you rather say that the thing jumped by itself, or, it left me. There is no responsibility taken because you act like a child.

Now if you are a Christian and I ask you, "did you drop that?" You may say: "No, it fell out of my hands". It might have, but it is still your hands so you still have to take responsibility.

If you cannot take responsibility at this basic place, then you cannot deal with principalities. When you stand in front of a principality and say, I did not take your pen when you did in fact, take it. It is a problem. Even if you say, "Well I am not sure, maybe I did take it by accident." That is not going to work. You have to take responsibility and say, "Yes, I took the pen, I am sorry." When dealing with principalities you need to ensure that your slate is clean completely. Why? Because it is going to stand against you in court as an accusation. Demons and angels keep excellent records. They record your words, actions and the intents of your heart every moment of the day and night. You might think that a little white lie is OK. It is not me you are lying to. It is me and God and Jesus and the Holy Spirit and all the demons in hell. They all know you told a white lie. I may not get it, but they definitely did. It is on your record. Anytime that you go to court, that record is pulled out and you will need to answer the accusations against you.

We must learn to take responsibility for our actions. In this way, we are able to own our sins and repent of them. This is the only way they will be removed from us and blotted out of the records.

1.4 Why Must We Repent for our Ancestors' Sins?

Our ancestors have set us on a path and this path has created a blueprint for our lives. When you look at history, you can see maps of how people migrated into regions. In Africa, they would have come from Egypt down the Rift valley or west towards Nigeria and then south. All along the way, they would have set up cities and dwellings and altars. They would have killed people and fought other tribes as they migrated and also done rituals in all the new territory that they entered.

role of DNA is the long-term storage of information for the body. It can be compared to a set of blueprints or codes which contain instructions for the other cells in the body. The information carried in the DNA determines our physical appearance, our susceptibility to diseases and our aptitude for certain things, to name a few. Your DNA also carries memories. Your mother's body remembers what happened to it during her life. These memories are stored in the DNA. The same in your father's body. When you were conceived the DNA in your father's sperm and the DNA in your mother's egg combined to produce you. Your DNA therefore carries both your parents memories and will add yours to it. When you have children, you will pass on your memories and your parents' memories to your children. In the same way, we have received

memories in our DNA from generations ago. There is a specific DNA in each family, in the way we think and act, in our preferences, our choices and mind sets. Germans for example, have a very specific way of thinking. They like things to be orderly and exact, that is why they make good administrators. Each culture also has a specific way of thinking.

In the same way, we have a spiritual legacy that we have received from our ancestors. According to science, there is definite memory in our blood cells. They are now proving that the heart remembers and it remembers generationally. If the heart remembers, whatever covenants have been made by ancestors are remembered and are still in play. So it is not our personal sins that hold us but it is the iniquities of the ancestors.

For the land is defiled; therefore I visit the punishment of its iniquity upon it, and the land vomits out its inhabitants. You shall therefore keep My statutes and My judgements, and shall not commit any of these abominations... (for all these abominations the men of the land have done, who were before you, and thus the land is defiled), lest the land vomit you out also when you defile it, as it vomited out the nations that were before it. (Lev. 18:25-28 NKJV)

It is because of what fathers have done that the land spits them out. It does not take one generation to defile the land, it takes a few. So, the sins of the generations before you pile up and eventually God judges it and vomits you out of the land. You carry the consequence of your ancestors' sins. Whenever someone sins, the curses remain until the sin is repented of. God is a Righteous Judge, and He does not excuse sin. The wages of sin is death (Romans 6:23). Only repentance and forgiveness through the blood of Jesus can take the curse away.

In all our bloodlines, people have made covenants with other gods. All African tribes would have migrated into Africa through Egypt. When they came through Egypt, they would have made covenants with every Egyptian God. For example, they would have sacrificed to the sun god, Ra and drank blood to secure fertility, or safety from enemies. These covenants are recorded in hell and we carry the consequences of them still today.

We have inherited certain spiritual gifts or psychic gifts as a result of these covenants. We never asked for them, they are simply present in our make-up. They do not just disappear when we are born again. Some of them do not disappear until we start to repent and deal with things. We have to acknowledge the sins of our fathers. We have to acknowledge that we and our fathers have sinned.

In Daniel chapter 9, you see Daniel repenting for the sins of his fathers. He had realized that the seventy years of isolation was up and that God wanted to bring His people back to Jerusalem. He knew that God required His people to repent and come back to Him in order to do that. He starts repenting. Day and night he repent. Why is he repenting? He has never done anything wrong; he was not even there when these sins happened. He is repenting because his ancestors sinned against God and broke their covenant with Him.

The ancestors are no longer alive, but Daniel is and he understands that we are accountable for all that our ancestors did.

Biologically we could not be here, alive, without them because we are the sum total of everyone who has been here before us. People who go into ancestral worship understand this. They understand that they made covenants with their altars and made covenants with spirits who owned their family and with village gods. Those covenants still stand. The statues in ancient Greece still stand, the statues in India still stand. The gods that were worshipped by the first people still stand. Unless you divorce them and declare that you are not

worshipping them, there is a tacit legal understanding in the spirit realm that you are still held because of the agreements your ancestors made.

Yes, we are saved and born again and delivered by the blood of Jesus. But we, the church, must make known to the principalities and powers of these altars, these places and nations that we came out of, that they no longer hold us or own us. The contracts were made by our ancestors. If you have a freemason background, sangomas or witch doctors in your background or people who were witches or druids - you have contracts and covenants against you. You do not know who was in your background. You do not know if they gave children to Molech or children to be sacrificed for the harvest. All these things hold against you in the spirit realm, even if you are unaware of it.

Many of you are familiar with spiritual mapping. Certain cities were built by freemasons in a specific configuration to worship other gods. We redeem them and Dr Gwen Shaw has an excellent book on this called Redeeming the Land. This book contains lots of research dealing with the altars and strongholds. But that is just dealing with physical cities. You are also a city.

The bible says that a man is like a city. (Proverbs 25:28) If we are a city, what city are we representing? Do we look like Nimrod's city - a city rebellious against God? Or do we look like a city built by someone who is like Lucifer? A person who is building their own religious system of worship. Or are we building a city that looks like God's city, with His laws and His principles? The New Jerusalem has to come down out of heaven from God. It has to land somewhere. God is asking in Isaiah 66:1 "...where is the house you will build for me?" He is looking for us to be the temple, His dwelling place.

We are the temple of the Holy Spirit. If this temple is sleeping with a prostitute, then you are one with that prostitute. If this temple has been sold by my ancestors to another god, then God cannot live there. You need to understand that most rituals made to ancient gods, dedicate every generation. They dedicate their biological seed and all their descendants to Satan. They would sell out the futures and destinies of the generations to come, in order to gain power or money in their lifetime. Circumcision is not just about cutting off the foreskin, it is a sign to all people that the Israelites would not give their seed (their generations) to another God. Their descendants would always belong to God.

Somewhere in your bloodlines, someone would have traded your life before you were born. Jesus came to buy it back on the cross. His blood was the price. It is our responsibility to ensure that He gets what He paid for. Generational repentance frees us from these demonic contracts and reverses the curses off us and our children and our children's children.

1.5 Didn't Jesus Do It All on the Cross?

A lot of people tell me that when they were saved, they became a new creation according to the book of Corinthians:

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold all things have become new. (2 Corinthians 5:17 NKJV)

I agree, we do become a new creation, but this does not negate the scripture which also says in Philippians 2:12, "...work out your own salvation with fear and trembling", which tells me that it is a process. If Jesus did it all at the cross, why are Christians not perfect? Why do we still struggle with anger and poverty and sexual sins? Where do these sins come from if Jesus dealt with them at the cross?

We are being saved daily (continuous tense) - not just once 20 years ago. This is the reason that many Christians do not grow in their Christian walk, they only get saved once, as an event, and are not working out their salvation daily. It is a continuous thing, I should be more saved tomorrow than I am today. Your spirit is saved and has to grow, your soul has to be sanctified, your body has to be disciplined.

Jesus died on the cross to make a way for us. He has provided the means for freedom from sin and all curses, but we need to appropriate that provision. THAT is a process.

1.6 Can I Do Bloodline Repentance at Any Time?

It does not help to deal with the spiritual warfare side when a person is in a lot of pain and has unresolved issues in their lives. If you are bleeding and hurting it looks like a piece of meat bleeding on the grass outside. If I am bleeding, I stink. There is pus and blood and I am fermenting in the sun. Every ant, fly, worm and maggot comes to the meat. You can kill all the flies in the sky around this piece of meat for as long as you like, or you can take the meat out of its vulnerable place. Bring it to the Lord, stop the bleeding and bring it to the place where it is not bleeding and attracting flies. The flies will always be there: they represent demons, they are always around and are attracted to our pain.

If you have unresolved issues or wounds, then you need to get counselling and inner healing before moving into the spiritual warfare aspect of bloodline repentance. I touch on issues like bitter root judgement and parent issues in this book. These are the type of things that must be worked through before you begin to warfare. The main thing is if you do not work through your pain and your wounds, you cannot go to war. God does not take wounded soldiers to war. If you are still bleeding everywhere, God is not going to allow you to go to war, unless the war is completely outside of whatever you are bleeding about. He wants us to be healed and able to fight before going into the war.

1.7 Can Someone Else do the Repentance for Me?

We need to repent for every place where we do not want to pay the price ourselves, but want someone else to pay it for us. I get really irritated when people come to me with a demand for me to do something for them. It is like going to a sangoma and paying him to curse your enemy. It is a world system. You are not willing to do your part, you want someone else to do it for you.

For example, we have done schools on curses and blessings and dealing with issues in your bloodlines. We have resources available, but still people want to come and ask me to pray for them because they do not want to have to work it themselves. Then they give you a tip for doing it. We are all guilty. We do not want to clean our houses, so we get someone else to do it, and we give them a tip.

In the spirit, it is also hard work to clean your house, but you have to do it yourself. You cannot always get someone else to do it for you.

Very often when you run to a counsellor for help with everything you get yourself into more trouble. You tell them everything and actually sign a contract with them. You develop soul ties with them and before long you cannot do anything without telling this person and you end up in spiritual adultery. (See the resource list for more information on this.) You find this a lot with counsellors, psychiatrists etc. Instead of relying on your spouse or on God, you end up relying on the counsellor. That can be OK for a season, but it cannot continue indefinitely.

When you are a child you need your mother for everything, then you go to school and your teacher is the hero and knows everything. Then you get to college and only the professors know anything. We all go through it, but you need to come to a place where everyone has value. God brings all these people into your life at different seasons to fulfil different needs. It becomes unhealthy when we hold on to them for too long. It is wrong when we value them and their input above God. Many times we can even go into worship of these people - think of the little boy who thinks there is no one better or stronger than his dad. That is OK at three years old, but it is a problem when he is 33 years old. We need to grow through these phases in our life and not get stuck in one

pattern.

This is especially true in the church. Many pastors want to keep their people immature so that they are always reliant on the pastor. I am not interested in that. I do not always want to be surrounded by children who need attention every minute. We must grow up and be able to do stuff for ourselves.

The reason we have prepared this manual is so that you can begin to work through your repentance yourself. We are taking responsibility for our own lives before God. It is time to work!

Chapter 2 Before you Start

2.1 Understanding what the Blood of Jesus Won on the Cross

Whenever you go to war, your greatest weapon is the blood of the Lamb. Your understanding of what Jesus accomplished on the cross is what gives you authority. He has won! There is no power or principality that can stand against Him. There is no price that He has not paid. And we are in Him. Our position is in Jesus. We do not go to war on our own or in our own authority. We go in Jesus. He leads us into battle and the battle belongs to the Lord.

I think of it like this. When you buy a house, you usually cannot afford to buy it cash. So you go to the bank for a loan. They pay for the house and you pay it back slowly. Each month, you make a payment to the bank for your house. When you miss a payment, they come to you and say that if you do not make the payment, they will take your house from you or imprison you. They will hold you responsible for the payments because you signed the bond on the house or you gave surety for it.

Now we are like the house. The devil owns us because we were born into sin and iniquity. Jesus died on the cross and shed His blood to purchase you from the devil. When you get born again, you stop making your payments to the devil. So when he comes looking for his payment, your argument is that it has already been paid in full by Jesus. According to Colossians 2:14, He has paid the bond on the house. He purchased it in full.

Regular offerings are bought to demonic altars to keep them alive. In a sense, they are keeping hell engaged at the altar. The sacrifices they bring at demonic altars only last for a certain period. The price needs to be paid repeatedly. Jesus blood speaks once for all. It speaks in eternity. It is in eternity past, eternity present and eternity future. When you acknowledge who Jesus is and worship Him, you are brought under that blood. The altar that speaks for you is in heaven. His blood was presented on the altar in heaven and it speaks for you.

It says in Hebrews that His blood speaks better things. (Hebrews 12:24) That speaking is a legal advocacy for us. Jesus is advocating on your behalf to the Father. He is saying to the Father, "I have paid for them. The house has been bought. They cannot be thrown out of it. This house is not only paid but now belongs to Jesus who has given you the freedom to not be a captive. Jesus has paid for your house in full. He has paid the bond and all the legal fees. The house belongs to Him!

The devil cannot take you to court and dispossess you of your house, your temple. He cannot make you go mad or take over your body.

He cannot possess you on any level and make you do sins outside of your will.

Or do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have from God, and you are not your own? (1 Cor. 6:19 NKJV)

If you join your temple to a prostitute, don't you know it becomes one with her. (1 Corinthians 6:16) Anytime that someone in your bloodline has done that (specifically the sexual sins), it gives the devil legal right to cast you out of your house. Or he can make you a prisoner in your own house. Now Jesus has come and set you free.

He has paid the price. He has paid all the legal issues that were against you. He has paid it so the devil has no rights, but you have to stick this in his face and read it to him in the heavenly court. You need to give the devil a testimony about what Jesus did for you at the cross. Jesus understands, the devil understands, but the issue is, do you understand?

If we do not fully grasp the fullness of what Jesus won for us on the cross, we will never be able to grasp it in our lives. It is done in the spirit realm, but you have to appropriate it in the physical. You have to make it happen. You have to nail it down and make sure that the legal process goes through hell and heaven.

I highly recommend that you listen to the teachings from our school "The Blood and the Cross". The power of the cross and what it accomplished for you must be a reality in your life that is ever increasing.

2.2 Water Baptism

In the spirit realm if you have not been baptized in water as an adult, you cannot really hold back principalities. Why? Baptism is a demonstration before principalities and powers that you are moving from death and sin into a new life and Kingdom.

For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power. In Him you were also circumcised with the circumcision made without hands, by putting off the body of the sins of the flesh, by the circumcision of Christ, buried with Him in baptism, in which you also were raised with Him through faith in the working of God, who raised Him from the dead.

And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it.
(Colossians 2:9-15 NKJV)

This scripture clearly explains that Jesus is the one who wipes out the handwriting of ordinances and nails it to the cross. In order for us to appropriate this in our lives, we need to be in Him. This scripture tells us that we identify with His death, burial and resurrection in baptism - we go under the water as a sign that we are dying to our old life and being resurrected into a new life in Him. We are made alive together with Him, in Him. Baptism is a sign to principalities and powers that we understand our position has changed and we have been made alive in Him. In this new position, we can nail the handwriting of ordinances to the cross as described above. Jesus did it on the cross, but we have to be baptised in order to appropriate it.

Do not be shocked. I have prayed for someone in the past and as we started, the seer saw a door with a no entry sign on it. The Lord then told me to ask the person if they are baptised. When I asked, they told me they were christened as a baby. This does not fulfil that scripture. If we do not identify in baptism with His death, if we do not actually go under the water, we cannot be raised with Him.

You are not able to fight an army until you are out of Egypt. If you are in Egypt, you are protected by the blood, but still a slave. Your firstborn is not going to die, but you are still in the slave house you were always in. You are protected from the plagues, but your residence is nowhere near the promised land. You are not even moving towards it. Until you go through the water in baptism, you are not even crossing over. Once you have

gone through the water, and then through your wilderness journey, then you actually start to fight for the first time. You must understand this. The reason many people do not deal with principalities and powers is perhaps because they are not baptised and are still living in Egypt. They are fine and protected but they are not taking territory.

If you want to move into the promised land, you will need to kill giants (principalities and powers) and you can only do this if you have been water baptised.

2.3 God Loves the Nations

The other thing I must warn you about is this: We are going to repent for not loving other nations. Why is that a problem? What kind of accusation comes against you in the spirit realm when you do not love other nations, or you look down on another nation? If you are English and you look down at the Afrikaner - there is a problem. You are proud and judgmental. If you are Zulu and you look down on the Afrikaner, what is the accusation? You are bitter and full of hatred and revenge. If you are Xhosa and you look down at the Khoi, what is the accusation? Pride, you think you are better than them.

Jesus loves all the nations. The Father created them for His pleasure. Any time you have an opinion that disagrees with that, where does it come from? It comes from a principality over you that is fighting another principality. Remember, Lucifer's team is not always united. They hate each other as well and will fight each other for ownership of each human being. You must deal with your opinions about other people groups and nations. If you are Chinese and you think you are taking over the whole world for China because it has been prophesied over you, you are operating out of an anti-Christ spirit that owns you. You may have a passion to take over the world. If that passion is not cleansed in the blood of Jesus and redeemed for His glory, your passion is originating from something other than Jesus. It is most likely the principality that owns your nation.

If your parents are British and you think you are going to take over the whole world - that is the British prince speaking to you. If you are Scottish and you are going to kill everybody while you take over the whole world, the Scottish prince is talking to you. If you are German, you have this brain that says, 'this is how perfection looks. Anyone who does not look like me can go to hell, because I do not have time for them.' That is the voice of the German prince speaking to you. If you are French, you think you are better than the English, and you refuse to speak English. Please God help us! If you are Spanish - you think that the Hispanics in South America are not as good as you because you are pure blood, and they are mixed. Everyone has an opinion about everyone. We are all guilty!

The Bible says, 'Agree with your adversary...' (Matt. 5:25). We want our adversary to tell us what we think. We want to admit our prejudices. We want to admit that we called the Afrikaners 'rock spiders' and we did not like them. We want God to show us our opinions of other nations so that we can repent and agree with Jesus' opinion of them. If you are half English and half Afrikaans, you have a war going on inside you all the time. The Khoi or "bushmen" have a huge war going on all the time. All the principalities in their blood are fighting for dominance. No wonder they often feel like they do not know who they are!

We have to start loving people. God had compassion on you. He loved you and sent His Son to save you and pull you out of your mess. We need to look at others and say, 'Jesus did it for me, He can do this for you and I am going to help you. In fact, I am going to stand with you and repent with you like I am you.'

We need to get a passion for nations. Jesus saved the nations for the glory of God. He saved every nation out of whatever DNA they represent. So no matter how messy it looks - Jesus can redeem it. No matter how big the demons look, they can be overcome. Think about the Indians with their 300 million gods of Hinduism - that is a lot of demons. Each god represents a demon in hell. When you start dealing with the Indian gods, you are giving hell a good shake. I like praying for people with Indian bloodlines because it upsets a whole lot of demons in hell. All these demons can only be represented through a human body that is alive. The more we repent, the more

demons are out of a job and the more territory we take for the Kingdom. Every place that you put your feet, He will give you. (Joshua 1:3) Who says all territory is in the natural? When you repent for nations, you get territory in the spirit.

2.4 Humility is a Key

We are also going to be humbled. Anytime you say that your family never committed any of these sins, you are deceiving yourself. From the book of Genesis to Revelation, every sin that is recorded is in you. If you think that no one in your family is a homosexual, I must ask you - how do you know what they did 300 years ago or 700 years ago? We all ate people and raped and drank blood and offered our children as sacrifices. When we start to repent for a certain sin, do not think that you are excluded or that it does not apply to you. Just identify with it and repent because somewhere in your generations, someone was guilty of it.

Do not get into judging which sins are better or worse than others. It is all sin before God. It may seem that some tribes have worse sins than others, the demons may be bigger, but it is all sin. If another tribe has bigger demons, get in the pit with them and repent, so that you can take the territory. The bigger the demons, the more power the tribe has in its redemptive purpose.

We repent because we want to get into a humble position. If there is any ambition in you, it is a problem. The principalities often say, 'Well why do you want this?'. Your ambition must be for Jesus and not yourself. The ambition is that Jesus did not die in vain. What Jesus accomplished was done at the cross, when He died, He saved us utterly. If he did not save us utterly, it is a joke. When demons start questioning my motives, I inform them that Jesus died and He saved everyone utterly. He is going to have the glory out of this person's life because He deserves this. It is not about the person. Every person has sinned and fallen short, that is not the point. The point is that Jesus died for the person. We want to get under the blood and stay there the entire time. Anytime that anything shows and it hurts, that is when you repent. That is when you fall on your face and declare that there is nothing good in you and you repent like never before.

Chapter 3 Let's get Started

3.1 Covering Yourself

Father I just want to thank you for the blood of Jesus. I want to put everyone and everything in my life under the blood, including my household, my family, my spouse, my children, grand-children, relatives, every person in the ministry, every person connected to me, and every person that God has put into my life as a divine relationship.

I cover my children going to and from school. I cover my pets (if I have any). I cover, under the blood, my house and all properties that I own in the name of Jesus. Father, I cover all my business connections and the companies we own. I cover under the blood of Jesus the jobs we have and the relationships within in those jobs. I cover all my bank accounts and all investments in the blood of the Lamb, in the name of Jesus.

I cover my future. I cover all the things I am supposed to be doing, I cover every place that I need to go and the people I am meant to meet. I cover all jobs and tenders that I am meant to get, all business opportunities that God has for me. I cover it all in the name of Jesus. I come against the enemy stopping or aborting or bringing any form of backlash through any of these channels in the name of Jesus.

Father I ask that you cover every area of me - my spirit, my soul and my body. Especially every area in me that has sinned and I have not fully repented, or I am not fully aware of what my ancestors have done, and these things are still held against me in the spirit realm.

I am willing to repent of everything that I do not know yet, that I am not aware of and that I have not had opportunity up to now to deal with. I want to deal with it and I am giving You permission God, show me, in Jesus name. Now Father with your grace, cover

every chink in my armour. Anything of me that is sticking out that the enemy can point at while I am going into battle. I am trusting You to make up the lack in me, in Jesus name.

3.2 Laying Yourself on God's Altar

This is a declaration to the Lord and the spirit realm that you belong to Jesus. You present your body as a living sacrifice (Rom. 12:1). You only want those things in your life that have been written for you in your book according to Psalm 139. It is a declaration that you are ready to repent for anything and everything that is taking you off the path or way that is Jesus.

I lay myself on the altar of God - spirit, soul, and body. I ask You God to send Your holy fire to burn it all up. I trust that what is of gold, silver and precious stone will remain and that the wood, hay, and stubble in my life would be completely burnt up. I am ready to repent for anything that You show me. I want to turn from every wicked way and walk in the path that You have chosen for me from before the foundation of the earth.

3.3 Giving Up Your Demonic Inheritance

We need to declare that we do not want any inheritance from our parents except that which comes to us through the blood and the cross. We do not want any demonic inheritance - blood covenants, demonic contracts etc. We only want that which Jesus died for.

Now Lord I am asking that any area in my mind, in my will, in my emotions, in my physical body, in my background through my mother's side, and through my fathers side all the way to Adam, and whoever we were ever related to, is covered under the blood. I am giving up all the inheritance of every altar of spilt blood, of sexual orgies, of connections to spirits, death spirits, ancestral spirits, nephilim, angels and anybody that is not Jesus Christ. I give it all up. I call for the fire of judgement over my body, over every cell in it, and every memory in me belonging to my ancestors, every altar with my name on it, anywhere on planet earth. I thank You that the blood of Jesus is able to take my name off all the many altars that I am connected to by clan, by tribe, by family name, by sex, by abortions, by giving babies to priests, by cannibalism, by vampirism, by history, by culture and tradition. I give it all up in Jesus name.

I say to these altars, you cannot speak to me anymore! I am pulling out of myself all receivers, all antennas, all listening devices in me in the name of Jesus. I say the blood of the Lamb is not going to only combust you to nothing, but also every mark that you were there is going to be burnt out of me in Jesus' name! I refuse to think like my father's family! I refuse to think like my mother's family! I am setting my mind with the mind of Christ. I am going to think like the people of the first estate.

I do not want the inheritance of my parents: I do not want to think like them, I do not want to fall into their pattern, I do not want to look like them. I belong to God. My Father in Heaven is my real Father. I honour my parents and I bless them. I bless all my ancestry, but I will have no part of any covenants that do not acknowledge Jesus Christ as Lord at any time. As for my children and my children's children and their seed into the future, I am cutting off all bloodlines, all connections, all programming, all memories in me in the name of Jesus.

Now I take the sword of the Spirit and I cut between myself and my father's bloodline (insert all your father's names) all the way back to Adam, in the name of Jesus. And I take the sword of the Spirit and I cut between myself and my mother's bloodlines (Insert all mother's name including her maiden name) all the way back to Adam, in the name of Jesus. I declare the principalities over these bloodlines are bound with chains and fetters of iron according to Psalm 149.

Chapter 4 Where to Start

4.1 Bitter Root Judgement

Pursue peace with all people, and holiness without which no one will see the Lord: looking carefully lest

anyone fall short of the grace of God, lest any root of bitterness springing up cause trouble, and by this many become defiled. (Hebrews 12:14-15 NKJV)

When we refuse to forgive or honor a person, we plant a seed of bitterness in our hearts. This seed becomes a root of bitterness in our hearts that grows into a tree that produces bitter fruit in our lives. This bitter fruit defiles people around us.

For example, God brings John to be a part of the ministry. When John was at school, he had a teacher that was a bully. This teacher always picked on him and made him feel stupid. So the minute that John knows that I am a teacher, he comes into the meetings looking for a fight with me. He still wants revenge on the teacher from school. He is not consciously thinking that he wants to pick a fight with me, but the thought is in his heart somewhere. The seed of bitterness and unforgiveness towards the teacher has produced a programming of his behavior. From the moment he comes into the meeting, he does not like me and behaves in an aggressive, arrogant way. All his actions say: "Who do you think you are? I've also got a right to speak" and so on. I will then react to his negative behavior. I will think to myself, "What is this guy's problem? I just want to slap him!" I will then treat him with the contempt which his attitude deserves, which will affirm his thinking that all teachers are bullies. His root of bitterness has defiled me and continued the cycle in his life.

Whenever you do not forgive and whenever you do not honor, these roots of bitterness will begin to grow. The older you get the more right you feel you have to tell people a piece of your mind. You expect everyone to listen because you are older than them and you become more and more rigid in this bitterness. So let us deal with our root of bitterness...

Father I want to repent for defiling other people with the things that I am carrying around in my heart. The rights that I think I have, the things that people have done to me. All the thoughts that I harbor in my heart...

"It is not fair. I went through certain things, why can't other people take it? Why can't other people work hard? Why can't other people handle pain? Why can't other people handle suffering? If I had to handle it, then they can handle it. If I had to suffer through certain things, then they should also have to suffer." In the name of Jesus, I want to remove the roots in me of bitterness, of anger and of resentment. Because I did not have a father like this one, and I did not have a mother like that one, and I did not have a brother / sister like that one. I repent God for justifying myself and this bitterness in me. I am pulling out the root of bitterness and I repent for defiling other people because I put them in a cage of my own making and I acknowledge that right now in Jesus name. I am asking you Father to send Your angels to pull out the roots of this well of bitterness in my heart and pour me out, until all that water comes out of me.

This is especially true when we have not honored our parents. The scripture says, "Honor your father and mother" As children, we judge our parents. How many people remember saying things like, "I hate my father!" after receiving discipline from him. You may have been only three or four years old in the physical, but your spirit is a spirit and that judgement stands in the spirit realm. You are going to be held accountable for that statement.

When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things. (1 Corinthians 13:11 NKJV)

When you are an adult, you will come to a place where you are going to repent for every place where you said that you hated your mother or father. All of us have done it, somewhere at some time. At some stage in your childhood, something would have crossed your will and you would have made a judgement against your parents. You wanted to go and play and your mom said, "No". You wanted to go out and they said that you first had to wash the dishes. Our reactions and judgements on these little issues stand against us in the spirit realm as a dishonouring of our parents. We cannot ignore these small things. Honouring your parents is a pattern for long life.

But what if they are really wrong? Say that your father is a bank robber and he wants to teach you how to rob banks. Your mother is a drug dealer or runs a prostitution house. How do you honour these people? You choose

to honor them in God, because God chose them as your parents. He chose them and it is His problem.

It can be very conflicting. For some of us, there are a lot of reasons not to honor our parents. The issue is that if God said to honor them, then we will. But we are going to go after the demon behind that sin and we are going to kill it. We are going to have to learn how to take our anger (I hate you) and take it to the right place. It is the place behind the person and it is not the person. You must learn to take it behind the person.

So let's forgive our parents.

I forgive my father for not being there, not being supportive and loving, for not being encouraging, for hitting me too much, for abusing me... (add your own issues)

Then you bring your father to the Lord.

Father, I give You my earthly father and I repent for my judgements against him. I want to honour him and I choose to bless my dad. (or whatever you call him Papa, daddy etc.)

Speak to your father and tell him that you forgive him and you bless him.

Now you have to deal with this, with God. The pattern that your father set is the pattern that you expect from God. If your father wasn't there, you expect God to be there for every person except you. How your mother and father treat you is your picture of God. If they mess up, they mess up your image of God. Then you are also messed up because you will become the kind of parent your parent was. Somewhere you will say, I will never become like my mother or I will never be like my father. When you make a vow like that, you need to break the inner vow because you will be exactly like that. As soon as you say, "I will never..." you put yourself right into a cycle of becoming the thing you swore not to become. By the grace of God, the love of Christ is going to control me. If it does not, you will end up in the same pattern and your children will be trained and their children and the cycle will just continue.

Father I repent for judging You to be exactly like my earthy father because You are not. I forgive You for not being there for me, in my perception. For being there to bless everyone else but me.

Outline all your issues with God...

I do not feel like You love me like everyone else. I feel like other people are Your favorites. I feel like ...

Jesus took the pain on Calvary. Now I give You the rejection Jesus, the bitterness, the anger, the revenge, the feeling of abandonment and neglect. (You give it to Him.)

Generally, there will be an emotional response here. You must allow yourself to cry. As you cry, the pain is being nailed to the cross, Jesus is taking it and the bleeding in you stops right here.

Now Father, I thank You that You give me a new heart and a new mind towards my father because I understand we are all children at the foot of the cross. I forgive this little boy and I forgive the man in Jesus' name. And I bless him, and I honor him.

You can now do the same with your mother.

When God starts to take the root of bitterness out of your heart, the whole tree must come out, not just the roots. The anger and resentment is the water that has been feeding the roots, that feed the tree, that make the fruit grow. When that fruit is nice and ripe, it falls on the ground and another tree will be birthed. "Be not deceived, God is not mocked. Whatever a man sows, that he will reap." (Galatians 6:7) Your actions sow. Your behavior and feelings sow. You are sowing. How do you stop that. You remove the water and dig out the roots, the tree can no longer grow and produce fruit. When you pray, you pray for crop failure!

Father I want to thank you that this tree of bitterness has been pulled out of my heart by Your Holy Spirit. I speak crop failure on the

seeds and the fruit and I are saying that you are terminated. You are genetically modified. You will not grow in another generation, you will not produce fruit, you will never bring bitterness again, in Jesus' name!

The issue is sometimes that a person cannot deal with principalities if they have not dealt with their judgements against mother and father. It is a basic issue that must be addressed first. If you cannot deal with your parents, it means that you do not know who you are and you do not know your identity. If you do not know your identity, why are you fighting with principalities? If something is not right in your relationships with mom or dad, it messes up your self-image. If your self-image is messed up then you do not have any rights and how are you going to fight? You know Jesus loves you and He saves you, you know the generics, but you do not have a specific mission and a specific understanding of what God says you can do and be.

If Esther did not know who she was, she could not be Esther. If she did not know who her parents were, and that they were Jews, and that her uncle's name was Mordechai, and that God had chosen her for such a time as this - she would not have suddenly started fighting for a group of people to be saved.

The same with Moses. Although he is not raised in his own family, he gets angry and wants to kill someone when he finds out who he really is. He does kill an Egyptian soldier and ends up having to run away. In that situation he cannot help his people: losing control does not help.

You do have to allow yourself to be angry and you have to allow yourself to let the bitterness flow. You must acknowledge it. You cannot say, "I am a Christian, I am not allowed to lose my temper." If it is building up in you. Lose your temper, have your tantrum, cry, scream, shout, but do not do it to anyone else. Try and do it in your car or alone in your room. Just get it out. Too many people say that we are not allowed to do it, but that will not take away the emotion. It will just slowly boil and explode at some time. So rather let it flow now and get it out.

Once you have done that and dealt with the emotions, you can allow God to teach you and train you how to deal with the situation. He helped Moses in the wilderness. Moses came back with a plan, the tools and the confidence to deliver his people.

Even if your parents have passed away, you can still do this. It is not ancestral spirit worship. We are not speaking to the dead. In God there is no time, so when you come to court, you come to a timeless court. The record of your father's life is there, the record of your life and your mother's life are all there. So when you forgive them (even when they are dead) it is recorded in heaven. Even if you only forgive them 5 or 70 years after they died, you have forgiven them. In the spirit realm the record is set straight. That is what you are looking for. Does the person know about it? I do not know. Your problem is resolved and that is the point.

We are trying to restore the heavenly records to the originals and release a healing. You will know that you have a release because you will feel lighter and brighter. When you have a pain on the same thing for a long time, you keep crying over the same thing. When you have dealt with the root of it, you cry once, really hard, and then it is gone.

The main thing is if you do not get all these issues sorted out, you cannot go to war. God does not take wounded soldiers to war. If you are still bleeding everywhere, God is not going to allow you to go to war, unless the war is completely outside of whatever you are bleeding about.

God chose your mother and father for you because it is part of who you are. It is part of your destiny, it is part of your training. Even the painful stuff that you have to go through is God. He is training and moulding you into the person you are to become. There is a price that you have to pay to be who you are. If you want the anointing, then you must pay the price for it.

4.2 Soul Ties

A soul tie is a linkage in the soul realm between two people. It links their souls together, which can bring forth beneficial results or negative results.

4.2.1 The Positive Effect of a Soul Tie

In a godly marriage, God links the two together and the Bible tells us that they become one flesh. As a result of them becoming one flesh, it binds them together and they will cleave onto one another in a unique way. The purpose of cleaving is to build a strong, healthy, and close relationship between a man and a woman.

And said, for this reason a man shall leave his father and mother and be joined to his wife., and the two shall become one flesh. (Matthew 19:5 NKJV)

Soul ties can also be found in close or strong friendships. They are not just limited to marriage, as we can see with King David and Jonathan.

Now when he had finished speaking to Saul, and it came to pass, when he had made an ending of speaking to Saul, the soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own soul. (1 Samuel 18:1 NKJV)

4.2.2 The negative effect of a soul tie

Soul ties can be used for the devil's advantage. Soul ties formed from sex outside of marriage cause a person to become defiled.

And when Shechem, the son of Hamor, the Hivite, prince of the country, saw her, he took her, and lay with her, and violated her. His soul was strongly attracted to Dinah, the daughter of Jacob, and he loved the young woman, and spoke kindly unto the young woman. (Genesis 34:2-3 NKJV)

This is why it is common for a person to still have 'feelings' towards an ex-lover that they have no right to be attracted to in that way. Even 20 years down the road, a person may still think of their first lover... even if he or she lives in another country and has their own family, all because of a soul tie and those ensuing memories. Demonic spirits can also take advantage of ungodly soul ties. Demons use the soul tie to send spirits between one person and another. You can be tormented by demonic visitation because of an ungodly soul tie.

Soul ties will hold you. When you start to break soul ties, you must break everything. We want to break all the bad stuff and keep the good stuff. Many times, we do not know what is bad and what is good. The best is to place every relationship into the fire of God and allow it all to burn.

Those soul ties which are of God will remain. Memories entrap you and create the soul ties. When breaking soul ties with people, I will repent for the following: every time we had a cup of coffee together, every time we went to a movie together, every joke that we shared, any sexual contact, every meal we shared. I do not care what you did. It is all part of a soul tie because it is a memory.

Father I want to lay down every soul tie now to my mother, to my father, to my sister, to my brother, to my husband / wife, to my nephew / niece, to my uncle / aunt, to my grandfather / grandmother, to whoever (add names here) in the name of Jesus. I give you permission Lord to cut me free and unhook me from this person's control over my mind, my will and my emotions.

I repent for having sex outside of marriage with this person. I repent for inordinate affection for this person. I ask you to break every soul tie that was formed when we drank coffee together, shared a meal, went to a movie, went on holiday... (whatever you can think of).

Father I want to bring all my memories with this person under the blood of Jesus. I ask you to cut me free of the memories that

want to entrap me in the name of Jesus. (Name important events in this relationship).

Now we are going to unattached ourselves from one another. We are going to unhook our souls. Think of it like an old switchboard with lots of lines plugged into it. We are going to unplug each line from the switchboard. We need to pull everything out from everyone that we have ever had a relationship with. We are going to call fire on everything and trust God to put every connection back that is good and holy. We are also trusting God to cleanse our godly relationships. If I am attached to an ungodly spirit within my friend, I want it burnt up. I only want to connect through the blood of Jesus.

Father in the name of Jesus I give up every soul tie of every relationship in my life in the name of Jesus. I declare that I unhook myself, I pull out every cord. I switch off the power switches in me in Jesus' name. And I lay down all connections and all memories (the good, the bad and everything in between) on the altar.

I am calling for fire to burn it all up. I trust Your fire to keep what is gold, silver and precious stones in place. I absolutely cut myself off from every unhealthy soul tie. Every person that manipulates me, intimidates me, frightens me, makes me jealous, angry, frustrated, seduces me, entices me, can lie to me, can lead me on by the nose... I pull out that program, in Jesus name.

I repent for intimidating, manipulating, lying, giving the wrong perception to whoever, knowing that I can have power over people and enjoying it. I repent for enjoying it. I repent for the absolute pleasure of enjoying manipulation, control, having a tantrum and watching people react.

4.3 Knowing Who You are in God

The biggest thing that you are always going to face is the enemy saying to you, "Who do you think you are?" You cannot allow him to intimidate you and accuse you all the time. You must learn to take what the enemy hits you with and turn the tables. Either you are going to let him hit you over the head every five minutes or you are going to turn his accusations into your battle-axe and hit him back.

I love it when he asks who do I think I am. I tell him who God says I am...

I am seated in heavenly places in Christ Jesus. I am His trophy. I belong to Him - spirit, soul and body. There is not one cell in my body that does not belong to him. I am saturated under the blood of the Lamb. I am saved and here to preach the end from the beginning and the beginning from the end in Him, in the Slain Lamb from before the foundation of the world. I was in Him when he died on Calvary, through my baptism, and I will be in Him when He opens the scroll to deal with you in the book of Revelation and I am looking forward to it.

Let me tell you who you are, let me explain your future to you: You are going to be bound for 1000 years, you are going to the pit, you are forever going to live in a lake of fire, you are forever going to have torture and torment! And the stuff you are trying to put on me you can have back and 1000 times more.

You have to know who you are, so that you can speak like this. It is not about you. You have to get excited about the honor of God, not your honor. You must be proud of what He did. I boast not in myself, but in the cross. I boast in what He did on the cross. I boast in His glory. Every time that Satan gives a challenge, he is not challenging you. We are just a piece of dust. Let's get real: God chose me to fight against a principality. Who chose me? God! Do not get confused.

Who do you think you are? Actually, I am learning, but I agree with whatever God says. As He is in this life, so am I, because He said so. If He said so, then I say yes. You do not get into a conversation with the devil. When he starts with statements like, "

Are you good enough?" My answer is that I will never be good enough, but He is my righteousness. You must understand your answer to all of these things. Your answer is, "Yes, I sin. We all do. There is no righteous

among us, no, not one, but there is One, His name is Jesus and I have been baptized into Him. In my family they have killed and raped and drank blood and given children to idols, committed orgies with demons. We have done it and I repent.”

The biggest revenge you have is doing God’s will for your life. Why? Because it is going to give Him the glory, because Jesus paid with His blood, every last drop for you to come into the fullness of your calling.

Chapter 5 Taking Your Name Off Altars

5.1 What is an altar?

An altar is any structure upon which sacrifices are offered or incense is burned in worship. It is the connection point to a covenant made with whomsoever in your generations. The covenant could have been made by you or your parents or anyone going back to Adam and Eve. It would have involved principalities and demons. It would have got you certain benefits. For example, you made a covenant to gain territory, to get riches, to be famous, to fall pregnant, to have children or to be the most powerful in a region. These were the type of benefits that you contracted for. Sometimes people contracted just for survival. They made contracts with principalities just to allow them to live.

The altar is a connection point of that particular agreement. The altar is the place where you signed the papers. The contract was presented and hell said yes. It is like you went to the bank of hell and asked for a loan and they approved the loan. The altar is the place of connection between humans and the spirit world and the place that transactions are processed. At an altar, you can transact with heaven or hell. We have demonic altars and we have Godly altars.

The place where you meet to transact with God is also an altar. God’s altar is speaking for us with the blood of Jesus. The altar in heaven, Hebrews 12, is so important because it is our advocacy from Jesus - the legal advocacy of His blood for us.

Demonic altars have other blood speaking like the blood of babies and beasts or whatever was sacrificed. There would have been some kind of transaction. When you consult a lawyer, you have to pay him. He will give you advice, draw up papers that you sign and then it costs you. You have to pay money to make the transaction legal. In hell, it is the same. You have to pay to have the benefit that you are asking for. There is a cost to legalize the contract. If you want to curse someone, or kill someone, or you want to win something, or you want a baby - whatever it is - you need to make a payment for it. You pay the demon or principality and the transaction takes place at the altar.

The payment is not always in blood. It can just be an agreement; ‘The selling of your soul to the devil’, as they say. The blood that Jesus shed is the price paid to purchase you out of every altar and contract. The blood of Jesus is the other altar that speaks for you out of heaven to purchase you from the demonic altars. But you have to acknowledge this to appropriate the benefits of the blood and the cross.

The devil is a legalist and until you actually say, “I nail this contract made at this altar to the cross. It happened at this time and these were the terms”, he will not allow you out of the contract. If you do not know what exactly happened when or what it was for, you can begin to divorce yourself from anything. Usually when you do this, you will get demons and principalities trying to make a deal with you. They will ask you not to break the covenant and will promise to still give you this, or they can argue that you benefited from the contract and would not have what you have today if not for them. This is normal. You are not interested in making a deal,

because the moment that they start trying to make a deal, you know that you are winning. When they present you with a deal like this, it means that you have hit the right legal issue and they are about to lose.

Anytime you feed an altar, understand that you feed it with everything you are into the future. This means that all your children are sold. All your children's children are sold. We are inheriting actions and decisions and prayers and worship that we are not aware of. We do not know who our ancestors worshipped and made contracts with. We do not know what their secret sins were, what the thoughts of their heart were. All of that has programmed us. All of this would be recorded on an altar.

We also have physical altars. In England, Stonehenge would be an altar. The mountains in Tibet would be an altar. India has millions of altars. Each nation has a literal place that people know this is where they can connect to hell. There are physical altars that they can visit and connect to the prevailing spiritual power. They bring an offering to the altar (flowers, blood, animal, money) and place it on the altar as a payment. They feed the altar. They can worship at the altar, do rituals, have sex or walk on coals - this is all an offering of worship to feed the altar and legalize the demonic contract. This is what it looks like to trade at an altar.

Every president in Africa understands feeding altars, they understand drawing power from an altar. They understand that they have to go there often. The more altars they visit and the more often they go, the more power they gather. They visit Egypt as a favorite place, Kilimanjaro is a favorite place, Congo is a favorite place. There are certain places known to certain tribes and if that place has power, they will visit it and they will slay an animal, and drink the blood and participate in a ritual for power. Then they have written contracts in the spirit realm to help them hold power and stay in power. The written contracts with demons help them gain presidency and help them run the government.

5.2 Do you physically have to go to an altar to take your name off the altar?

You do not have to visit an altar physically to remove your name from it. We have prayed for many people and seen their name presented in court on a document stating that they belong to a specific altar. We repent until that document is handed over to the person, or Jesus or the Father.

Chapter 7 Trading Floors

7.1 Trading Floors

While we are dealing with blood altars, we need to deal with wars and fighting of wars and demonic contracts. Wars are fought for resources, territory and land. It was said that the sun never set on the British Empire. The British had a vision to be richer and bigger than any other nation. They wanted to rule the world. In order to fulfil that vision, they made contracts with Satan and bought their right to go into other countries and to travel across the seas. People in secret societies like freemasons bought the right to go into foreign territories in blood.

Whenever one wants to take new territory, there is a price to pay, and it will always be in blood. One would contract with altars for power to hold the land. The transaction would require blood to be sacrificed on the altar and the principality would then ensure victory over the land and its inhabitants. This is how trading happens in the spirit realm. For example, Britain would contract to kill 100 000 natives in wars so that they could rule the territory and its inhabitants.

This trading has its roots in Freemasonry. Before Britain ever moved against a nation, the masons would do rituals in their lodges to set up contracts and secure victory. When we repent for Africa, we need to repent of the trading that went on with the Russians (whose military equipment is still being used to fight wars in Africa). It is

the same with France and United States etc. This is all here because of Freemasons that have contracted with the demons and altars on the ground to have victory over the people and control of the economies and resources. They bartered human lives for control of resources and land.

7.2 Wars

Father, I repent for every place where I, my parents or ancestors were part of wars, making demonic contracts, where we voted evil governments in place, where we wanted those economic privileges, where we wanted to conquer another tribe and ate them. We wanted to take away their resources and get rich by their misery. I declare that we have sinned and I come under the blood of Jesus right now and ask for forgiveness. I repent from my heart. I do not want to be part of this.

7.3 Altars

I repent for every sacrifice that we made on altars of any kind. I repent for all the blood spilt to cement contracts. I repent for all rituals - sexual rituals, rituals with animals, blood rituals, rituals with excrement and urine, rituals with semen. I repent for it all. I call it a sin and an abomination before You. Please forgive me and cleanse these sins from my bloodline.

7.4 Freemasonry

Lord, I repent for anyone in my family that was a part of freemasonry and traded in the souls of men and hunted the souls of men. I repent for every person in my bloodlines who was part of setting up this system of Babylon, the kingdom of Tyre. I refuse to be part of that trading floor. I refuse to be part of the freemason's checkered trading floor. (Freemasons have a checkered floor of black and white stones and they sit on thrones around this floor in every lodge. The trading happens on a floor. Under that floor is an altar and the seventh pillar is also there. There are six pillars outside and the seventh one is under the floor which is where the actual altar is. It is at this altar that the sacrifices really happen.) Father God, every place where my family has been positioned on that checkered floor - where they have been positioned for stock markets, for bonds, for shares, for gold, for oil, for petrol, for human beings, for slaves, for tobacco, for ivory, for lands, for spices, for silk or whatever it was - all the trade routes. Father, I repent, I will not feed this demon and this altar. I am not feeding any demonic body! I am only a part of the body of the Lord Jesus Christ that is made up of people out of heaven and earth. We are the church in heaven and on earth and we are not part of anything else. I refuse to be a part of anything else! I divorce anything else! It is not my inheritance or my will to be a part of anything else in the name of Jesus.

I give up all the inheritance that I have received from any trading on this floor. Any power, or influence, or authority or money or land that I received - I give it up in the name of Jesus. I do not want it and I do not want any part of it. I only want that which has been provided for me in the blood of the Lamb.

7.5 Repentance for Slavery

Father I want to repent for the slavery trade routes out of Africa to the USA in the seas, under the seas and in the stars. I pull out the altars that hold the trade routes on the west and east of the Atlantic. I cut them with the sword of the Spirit and I say that they are no longer going to stand. I say that this highway is now obsolete and I ask for blood bombs of the Most High God to be sent to destroy this highway completely.

Father in the name of Jesus we close all the doors of illegal trading out of Africa. Thank You Father that you give us the keys of David and we are going to close this illegal trading door now as we are the stewards of the key.

7.6 Repentance for Illegal Trading

First we need to repent for any illegal trading that we have done. Because if we call for God to judge it and close the doors to it in Africa, we are going to be judged first.

Father in the name of Jesus, I want to repent for every place where I have traded illegally, every place where I have wanted to buy pirated DVDs, buy a cheap cell phone, knowing I was buying stolen goods. Father I repent for every place where I have not paid my taxes or cheated on my taxes. Every place that I have cheated and stolen from my workplace, I call this a sin and I am guilty. I

ask you to forgive me and wash me in the blood. Forgive me for every place of illegal trading. When I was given too much change or not charged for something and I did not correct it, but saw it as 'good luck', Father forgives me. I have traded illegally. Father every place where I have allowed illegal trading and I have not reported it, or stopped it, where I have simply just turned a blind eye to it, I repent. I am an accomplice. I call it a sin.

I repent for receiving a salary and not doing what I am supposed to do and wasting my employer's time, money, and resources. I want to repent for ministries and churches that misuse funds that are given to it. Where money is given for a specific purpose, and we do not use it for that purpose. I repent. I repent for political leaders who become religious leaders and form section 21 companies so that they do not have to pay tax.

I repent for religious bodies that are set up to launder money and trade with illegal resources like blood diamonds. I repent for every place where we have continued the slave trade through this. We have justified it by saying that the money is coming into the kingdom, and it will be OK. We repent for every place where we have put people into slavery to enrich ourselves. Where we have employed people and not paid them a decent wage. Every place where we hire gardeners and domestic workers and want to pay them the cheapest rate we can, we repent because it is slavery. When we demand that they work for a less than a worthy wage we are keeping people in slavery.

I repent for every place where I have given a bribe or taken a bribe to get my tender or deal through and any place where I have used bribery to further my company or political party. Where I have used bribery to further the economic aspirations of my family or tribe, I repent. Every place where I justify my bribery and say, "Oh well everyone does it, there is no other way to get things done". Lord I repent, it is a sin. Every place where I was caught in a crime and I bribed my way out of it and bought a clean legal record, I repent. I repent for every place where I bought the contracts for my business, I bought my drivers licence, legal documents, bought mining rights of nations and tribes. I repent for every place where I circumvented the legal procedures for a quick result, I repent. I repent for all forms of bribery - money, gifts, power, position, and access to 'closed' clubs.

I repent for every pastor that has made business deals in his church and taken money from it without declaring it. I repent for Christian businessmen who are absolute abominations. I repent because they are usually the biggest crooks, and thieves, they are even worse than the world, I repent.

7.7 Banking systems

Lord I repent that we have banking systems that are into usury and the bible is not. I repent that the Moslems have to teach us about banks without interest rates. The Moslems are getting banks to work the way that they want them to according to their laws, but we do not. Our bible says we should not charge interest, yet our banks do and I repent for being a part of that system all my life. I repent for the contracts I have signed that say I will pay interest - the bonds and mortgages and documents. I repent for submitting to all the credit systems that are available. I have used them and I am guilty of it.

7.8 Repentance for Trading with Human Beings

I repent for selling my brothers and sisters and trading with human beings, selling them as slaves to the USA. I repent for putting up a slave trade post in West Africa. I acknowledge our sin. I acknowledge what I have done by putting up this slave trading post. I acknowledge that I have put up an altar and have fed these altars and sacrificed people's lives on these altars. I repent and say I do not want any part in it. I reject it! Every contract that has been made through the generations, I refuse it, as well as any benefit I received from it. I refuse the money from it, the network, all the opportunities and favor. I do not want to have anything to do with these altars. I re-align myself with the altar in heaven - the perfect altar. The altar that has the blood of Jesus Christ on it. I redeem that trading route for the kingdom of God.

Father, I want to repent for anyone in my family who sold slaves. I want to repent for that inheritance that was handed from generation to generation. Any place that I have benefited personally on any level whether it is status, house, education, land, witchcraft power, I want to repent and divorce it and cut it off in the name of Jesus. I want to repent for the people who set up the slave routes and the slave markets. I repent for thinking that it was just some people's lot to be slaves. Father where I have been part of that and it is part of my culture and just normal, I repent for that in Jesus name. Father I repent for not valuing another person as higher than a slave and for seeing them only as a workhorse until they died. I want to repent for the tribes and family members that sold each other out. I repent for every place where I have sold out people in my bloodlines. I refuse to be the slave of my bloodline and my family! I will not be sold, I am not selling myself! I am not going to allow my children to be sold or my

children's children. I refuse to enter into this trading! Father every place where our souls were captured in our bloodlines and they are still lying in hell and because of that, it gave permission for the slave routes and the illegal trafficking of blood diamonds and resources. I am asking that in any place where our bloodlines still have souls trapped in hell, I am asking for those souls to be released today in the name of Jesus. Any place where they have already prepared places for the souls in our bloodlines in future generations to be trapped, I am asking for the fire of God to begin to burn that place so that the souls of our future generations will not be captured. Father I ask that we would be completely set free out of that place in hell today.

Father open every basket that has our family name on it, and everything that is hidden and captured in there, would come back into your hands. I call Your fire on it. I want nothing but what is recorded in my book of life according to Your blood. I am asking that every place of captivity in hell that has held our bloodlines will be blown up today, would be severed and captured by You and not allowed to move against us. That the snares would be smashed in the name of Jesus! Thank You that out of that place we can begin to trade for the future.

7.9 Trading with Seed

The Hebrews were informed by God that part of the covenant with Him through Abraham was that their sons would be circumcised on the eighth day. So Jesus fulfilled that by being circumcised, so does every Jew.

The issue of seed is always about DNA and about life. Life is precious to God. He doesn't want you to kill people, eat them or drink blood. He does not even want you to drink animal blood, or eat raw meat. We see that in the book of Acts:

For it seemed good to the Holy Spirit, and to us, to lay upon you no greater burden than these necessary things: that you abstain from things offered to idols, from blood, from things strangled, and from sexual immorality. If you keep yourselves from these, you will do well. (Acts 15:28-29 NKJV)

God's people were forbidden to do these things because these were common practices of the pagan priests of the day. They sacrificed babies and ate them. They had sex on altars and drank blood. This was part of worship to their gods. Whenever they contracted with the gods for something, they had to bring an offering. The size of the offering depended on what they were asking. To curse someone, maybe you needed to sacrifice a goat. To have power over another tribe, maybe you needed to drink blood or kill a person. The more power you wanted, the greater the sacrifice.

In 2 Kings 3:14-27 we read the story of the King of Moab. The Israelites were attacking him. They had a prophetic word from God saying that He would deliver the Moabites into their hand. They began the battle well and took many of the cities. When they got to the capital city, the seat of the King of Moab, he saw that he was about to lose his throne. So he sacrificed his only son on the wall of the city.

Then he took his eldest son who would have reigned in his place, and offered him as a burnt offering upon the wall; and there was great indignation against Israel. So they departed from him and returned to their own land. (2 Kings 3:27 NKJV)

The Israelites do not take this city. They had the prophetic word, but the king made a greater sacrifice and obtained more power to prevail. His sacrifice was greater because he gave his own son. He gave his future, he gave his seed, his generations to come. That is an example of a contract at an altar for power, and he got it. Apostle Adeyemi Adefarasin has a whole message on this entitled, 'The Heavens Belong to the Highest Bidder'.

What Satan wants the most is your children and your family. He wants your biological seed. He wants physical seed. The Jews were circumcised on the eighth day to make a statement to the powers and principalities. Circumcision declares that I am not going to give my seed to an altar. I am not going to masturbate, I am not going to give my children to another god. I am not going to give any potential of life to hell in Jesus name, I am not going to do it. I am repenting for anybody who has done it, but I am saying for me and my house, we will

belong to the Lord, and Him alone.

When you speak for me and my house you are speaking for the future. You are speaking for every son and daughter produced in your house, everyone that will come from your house, everyone that will be born from your DNA. You are refusing to trade with them. Every time that you deal with Satan, you never contract just for yourself. You always trade for generations because this offering carries the most power. That is why a lot of the main sins like murder, homosexuality, adultery carry a judgement that extends past one generation. Having a child outside of marriage carries a 10 generation curse because it is understood that you have done something at an altar. You have worshipped something and been outside of God's law. It is not that you just sinned, it has more meaning than that; you contracted with another god.

We will all have people in our bloodlines who contracted us to someone. It is important to repent of each of these contracts and declare that you and your seed will serve the Lord from now on.

7.10 Repentance for Trading Seed

I repent for every person in my bloodline who traded with their seed. I repent for selling our children and our futures. We sold our future because we wanted money now. We sold our seed because we wanted power now. In the name of Jesus I repent.

I repent for not valuing my seed and the generations to come. I repent that I was selfish and only cared that my life was comfortable. I repent that I was prepared to sell out the future for my own comfort now. Father I ask that you forgive me for this sin and cleanse it from my bloodline with the blood of Jesus.

I repent for every sexual orgy and every physical emission that went with the trading of biological seed. I repent for every covenant that I entered to trade with my seed. Father, I want to say that I will not allow my seed's seed to be traded any longer! In the name of Jesus I ask for it back.

Chapter 8 Sexual Sins

8.1 Sexual Sins

We all have sexual sin in our bloodlines. These sins all carry a curse, and we are being held by these curses until we repent. The Bible is very clear on what God allows and what He does not allow. The fact that it is 2009 does not change His laws. Some in the church are trying to moderate God's laws. Today we hear that homosexuality is acceptable and fornication is a pre-requisite for marriage. What rubbish! God's word still stands today as it did when it was written. He still has the same attitude towards sin, and it still carries the same consequences. Only the blood of Jesus can blot them out and redeem us from the curses.

There is a reason behind every law. The reason for circumcision is so that your biological seed is not sold out to other gods. God tells us not to masturbate - when one masturbates, you spill seed, and it is an offering of worship. When it is an offering, you are giving it to something and you are selling your seed (the generations to come) to another god. It came with a curse of death.

It is always best to just repent for everything. You do not know who committed which sexual sins in your family and you do not really want to know. Just repent for everything!

8.2 Offerings to Molech (Abortion)

In Petra, Jordan you will see a high place where they actually sacrificed babies and let the blood run off the altar. Most ancient altars looked like this because they understood that priests had to put babies in the arms of Molech.

Then they would eat and drink of the sacrifice.

Then the Lord spoke to Moses saying, 'Again you shall say to the children of Israel, whoever of the children of Israel or of the strangers who dwell in Israel who gives any of descendants to Molech, he shall surely be put to death. The people of the land shall stone him with stones. I will set My face against that man and will cut him off from his people because he has given some of his descendants to Molech, to defile my sanctuary and profane my holy name. And if the people of the land should in any way hide their eyes from the man, (Leviticus 20:1-4 NKJV)

... if you do not condemn it, or you just disregard the person and sweep it under the mat so to speak...

...when he gives some of his descendants to Molech, and they do not kill him, then I will set my face against that man and against his family and I will cut him off from his people and all who prostitute themselves with him to commit harlotry with Molech. (verse 5)

Father I want to repent for all my family who have prostituted themselves and they have committed harlotry with Molech. I want to repent for having sex with Molech. I want to repent for handing my children to Molech.

I want to repent for abortions and abortion clinics. I want to repent that I have turned my eyes away from - and not condemned them. I have not stood up against this practice. I want it written in heaven that today I do not agree with this practice. I repent for any person or persons in my family who have had an abortion, helping them to have one, taken them to the clinic, given them money for an abortion or whatever. I want to repent for anyone in my bloodlines right back to Adam, that caused the death of a child at any time in-utero.

I want to repent for South Africa. I want to repent for our parliament. I repent that we put this parliament in place. The laws they have made are our responsibility. I repent for agreeing to cut ourselves off from You. I repent for sacrificing to Molech. I have prostituted myself with Molech. Today, I am asking for the fire of God to come and judge this in the name of Jesus. Lord I am not in agreement with giving the next generation to Molech. I am not in agreement with them, giving their children's children and their seeds of the future to Molech. I will not give up the future! I will not commit the future to foreign gods!

Father, I repent for the selling of children, the giving up of children, trading in children and body parts in slave markets and to sweatshops in South America and the East. I repent for people who give up their children for sacrifice today or sell them into sex rings or paedophile rings. I want to repent for the state of my nation because it starts with me and the standard in me is not high enough. I repent for winking at people who live together, winking at fornication, adultery, homosexuality, lesbianism, sodomy, orgies, all kind of sex that is not approved by God. I say that sex with demons, sex with angels, sex with whoever is a sin and I repent.

Consecrate yourselves therefore and be holy for I am the Lord your God. And you shall keep my statutes, and perform them: I am the Lord who sanctifies you. (Lev 20:7 NKJV)

Father I want to thank You that You are going to help us consecrate ourselves. Lord I am asking You to give us a holy fast of consecration. Help us come into holiness.

8.3 Cursing Mother and Father

For everyone who curses his mother and father shall surely be put to death. He has cursed his father or his mother. His blood shall be upon him. (Lev. 20:9 NKJV)

8.3.1 My Father

Father I want to repent for every place where I have not honoured my father. Every place where I have called him names and every place where I have not honoured him for who he is. I honour my father. I say, 'Dad I bless you' in the name of Jesus and I forgive you for all the things that you did wrong to me. I want to say this is my testimony - that I choose to bless and not curse you. I

choose to honour you in front of heaven and I choose to forgive anything that I need to forgive you in the name of Jesus.

8.3.2 Other Men

I repent of dishonoring men in general - my uncles, teachers, judges, lawyers, doctors and whoever. I repent for any curse that I have placed on men. I bless them and I choose to honor them. (I am going through this quickly and have dealt with it more in depth under Bitter Root Judgement.)

8.3.3 My Mother

Lord, I want to repent for every place where I have cursed my mother and not honoured or appreciated her as the mother of the house. I want to give her her place as a woman in the name of Jesus. I want to forgive her for her sins and her excesses, her idiosyncrasies, anything Lord that she didn't line up with You. I forgive her for any place of manipulation and witchcraft, clairvoyance or going to fortune-tellers. I forgive my mother for her life and any curses that she brought upon me because of her actions in the name of Jesus. I choose to bless my mother. Mother, I choose to declare that you are blessed and I release you from my judgements.

8.3.4 My Parents

Father, I want to say right now that if my parents were alcoholics, I bless them. If they were drug dealers, I bless them. I choose to honor them, but I recognize that the sin is still a sin and I will not embrace it. However, I will respect and honor them and give them to You for You to deal with them. I am not going to make the judgements, but I want to have a right heart towards them.

8.4 Adultery

The man who commits adultery with another man's wife, he who commits adultery with his neighbor's wife, the adulterer and the adulteress shall surely be put to death. (Lev. 20:10 NKJV)

Father, I want to repent for adultery in myself and in my parents and all the generations before me, right back to Adam. I say that I have sinned and committed adultery. If I have not done it on a physical level, then I have thought about it and considered it in my heart. I have had the picture, idea, suggestion through movies and books and I say it is not OK. Father all the soap operas on television that make adultery look like normal life, I do not worship at that altar! I do not agree with it! I say it is not my standard and it is not normal to God, and it is not normal to me, in the name of Jesus!

8.5 Incest

The man who lives with his father's wife has uncovered his father's nakedness; both of them shall surely be put to death. Their blood shall be upon them. If a man lies with his daughter-in-law, both of them shall surely be put to death. They have committed perversion. Their blood shall be upon them. (Lev. 20:11-12 NKJV, also see verse 17)

Father, I repent for everyone in my bloodlines that committed incest. I repent for those who had sex with parents of the spouse or sisters and brothers of the spouse. I repent for even thinking about it. I repent for anyone in my family - all the way back to Adam, who is guilty of this perversion. It is a sin and I ask you to forgive me in the name of Jesus. I am asking for this curse of death to come off me because of these sins in my bloodline. Lord, I break a spirit of death for any of the above sins.

8.6 Homosexuality

If a man lies with a male as he lies with a women, both of them have committed an abomination. They shall surely be put to death. Their blood shall be upon them. (Lev. 20:13 NKJV)

This is the Bible's view on homosexuality. I am not interested in what everyone has to say - this is the Bible!
Father God every place in my bloodlines where there is homosexuality (a man lying with a man). I repent for the spilling of seed in the wrong place. I repent for the defiling of seed because of this act. It is an abomination, and it is a worship of Baphomet. I will not serve you, Baphomet! Not me, not my children or their children! All the male progeny of my seed will not commit this sin. We

will not worship the goat, we will not look like the goat!

Men that were part of this cult in Jesus time would run around naked with only goat skin on and they would have sex with one another. Eventually in the Masonic, at a high level, one does this, you become part of the worship of Baphomet. Baphomet looks like a man with a goat body. When Jesus asks the disciples the question, “who do you think I am?” He is standing in front of an area called the gate of hell, because all the temples there were dedicated to foreign gods. The main temple that was there was to the god, Pan (Baphomet) who is a half-man and half- goat.

Homosexuality is about Lucifer and the seed. Seed is the potential for life. When seed and egg come together there is blood formation and you have life. Whatever you do with that DNA you are sowing something for life, for generations to come. Every time that you sow that seed (DNA) in the wrong way (as with homosexuality), it is used in the spirit realm and is traded against you. With men, semen is used to trade the generations.

Father all the semen that was spilt in my bloodlines between men, I want to declare that I divorce it, I want nothing to do with it! Any connection that I have to Pan or Baphomet, all those altars including freemasonry altars, altars of nature, altars to the goat and every pentagram altar, I inform you that I divorce you! I say that every cell in me divorces you, every memory in me divorces you, I say that I will not be part of your rites, in Jesus' name!

I also repent for sowing my seed onto foreign altars. I repent for giving my seed to other gods and allowing it to be used in rituals. I ask You to forgive me and my ancestors for this sin. We are asking now for bailiff angels to go and collect our DNA that is floating wherever in the supernatural realm. It cannot be used against us. It cannot be used as a token, it cannot be used as a chip or trading floor, it cannot be used on any satanic altar. I say no and I am calling for the fire of God to burn on every part of it! If it has to be collected and brought back, then so be it. I withdraw it as a trading currency in the spirit. All my biological seed belongs to the Lord.

8.7 Lesbianism

Father God I want to repent for women sleeping with women. Anything that was spilt, any issue, any discharge coming out of the body during that process, I repent of it in myself and in my bloodline. Father I repent of women masturbating and any sexual orgies they have entered into, in the name of Jesus. Right now I repent for myself and every women in my bloodline back to Adam.

8.8 Menstrual Blood

A woman's menstrual blood is used to trade with in the spirit realm. A lot of druidic rites involved anointing warriors with menstrual blood before going into a battle. Why?

The thinking behind it is this: Menstrual blood comes from the womb and the womb is saying that you will be born (again). You will be resurrected from the dead, even if you go into this battle and die.

Father, I repent for using menstrual blood in rituals. I repent for using it to curse people and places. I repent for every sexual ritual involving menstrual blood. I call it a sin and I ask that you forgive me and my generations. Any place where there were priestesses or priests in my bloodline that allowed my, or my ancestor's menstrual blood to be used for sacrifice, rituals, anointing people or putting it on the altar for whatever reason, I want to repent of it in the name of Jesus.

I am asking that where my blood, specially menstrual blood, has been put on any altar, I want it back and I want it now. Any issue out of my body I want it back and I want it now. I say it will not be used against me on any altar, in any witchcraft in the name of Jesus. Anybody getting hold of my underwear that has any DNA sampling or menstrual blood, I am saying now in the name of Jesus, burn it up God.

8.9 Bestiality

If a man mates with an animal, he shall surely be put to death and you shall kill the animal. If a woman approaches any animal and mates with it, you shall kill the woman and the animal. They shall surely be put to death. Their blood is upon them. (Lev. 20:15-16 NKJV)

Father I want to repent for myself and anyone in my bloodlines all the way back to Adam who mated with animals. I want to repent for all the men and all the women who mated with animals. Father whatever the ritual was for and whatever was done, I repent. Where they mated with things that looked like animals in the spirit realm, I repent, in the name of Jesus.

I repent for the spilling of seed and the mixing of DNA to create something that would come against You God. I say that it is an abomination, a perversion, rebellion against You and Your order.

I come into order with my sexual organs. I am speaking to all my sexual organs, "Right now you will forget bestiality! This is not your inheritance! This is not your first estate, it is not what God made you for. You are not going to mate with animals and you are not going to mate with the same sex in human beings, male or female! You are not going to mate with anybody that is related to you in close family - no incest!"

8.10 Cleansing of Reproductive Systems

8.10.1 Women

I speak to my womb, I speak to my ovaries, I speak to all my reproductive organs and I say, be cleansed with fire from the throne! I speak to my breasts and say be cleansed by fire. I speak to the pictures in my brain and say be cleansed by fire.

8.10.2 Men

*I speak to all my reproductive organs, I speak to testosterone levels, I speak to my imagination and say, "be cleansed with the fire of God right now in Jesus' name!" I speak to my seminal seed and say, "be cleansed by fire right now!" Anything that would attach to me and to my seed from all these memories in my DNA
- I am saying BURN in Jesus name!*

8.11 Sex During Menstruation

If a man lies with a woman during her sickness and uncovers her nakedness, he has exposed her flow, and she has uncovered the flow of her blood. Both of them shall be cut off from the people. (Lev. 20:18 NKJV)

Father I want to repent for every person in my family - myself, my parents, my grandparents, every person in my generations back to Adam who had sex during menstruation in the name of Jesus. I want to repent for the females and the males for not understanding that this is not a time of sex, but a time of separation because You say so and it is Your law. I say that I will not do this and any place where this was a sacrifice or a ritual to another god, I repent. God in every place where we have transgressed this law, I repent in the name of Jesus. Father I am asking You to heal the memories in my bloodline, in the name of Jesus.

For your information, Jewish women who keep the 'nidah' (seven days of purification during your flow) do not get endometriosis, cervical cancer or diseases of that kind. Statistically Jewish women have the least incidence of these types of disease in the globe. So God set this law in place for a reason.

8.12 Incest and Barrenness

You shall not uncover the nakedness of your mother's sister or of your Father's sister for that would uncover his near of kin. They shall bear their guilt. If a man lies with his uncle's wife, he has uncovered his uncle's nakedness. They shall bear their sin; they shall die childless. If a man takes His brother's wife, it is an unclean thing. He has uncovered his brother's nakedness. They shall be childless. (Lev. 20:19-20 NKJV)

Father I want to repent for the father's daughter, the mother's daughter, father's sister, mother's sister, uncle's wife, brother's wife having sex with one another. Incest is an abomination before You. I have sinned and I repent. (Note: Not only is it a sin, but they will be childless!)

Father every place where there is barrenness in my family because of this sin, I want to say that it may no longer be held against

me. I have repented for incest in the family and have been forgiven through the blood of Jesus. I will have children and my children's children will be able to have children. There will be no barrenness as a result of incest.

Father, every place where we have been incestuous in ministry - claiming other people's messages as our own, claimed other people's anointing and said it was ours when it was not. It has been an incestuous thing and it has brought barrenness. I repent for any place where I have wanted someone else's gift and wanted to take it away from them or wanted it for myself or coveted it. I repent now in the name of Jesus. I want to be fruitful in Jesus name.

8.13 Property Inheritance

You shall therefore keep all My statutes and all My judgements and perform them that the land where I am bringing you to dwell may not vomit you out. And you shall not walk in the statutes of the nations which I am casting out before you; for they commit all these things, and therefore I abhor them. But I have said to you, "You shall inherit their land, and I will give it to you to possess, a land flowing with milk and honey". I am the Lord your God, who has separated you from the peoples. (Lev. 20:22-24)

Father I want to thank You for the land which you are bringing me to dwell in. I want to repent for every sexual sin that I, my parents, my grandparents and my ancestors back to Adam have committed. I repent for every sin that precludes me from holding onto property, business, harvests, monthly salary, jobs, inheritances or estates in Jesus name.

I want to say that Your judgements are true and righteous, and the blood of Jesus is able to cleanse me from all sin, if I repent. I am repenting here today and I want the record to be made in heaven and hell that I have repented this day the (insert day, month and year). Let it be written in heaven and hell that I have made a public repentance of these particular sexual sins and everything we have prayed today. In the name of Jesus.

8.14 Clean and Unclean Animals

You shall therefore distinguish between clean animals and unclean, between unclean birds and clean and you shall not make yourselves abominable by beast or by bird, or by any kind of living thing that creeps on the ground, which I have separated from you as unclean. (Lev. 20:25 NKJV)

Father, any place where we have made ourselves unclean by beast or by bird or any living thing that creeps on the ground. Father, I declare that I am separate. I am holy and I am not part of those creatures. Whatever rituals my family did with animals, I repent. Every place where we wanted to become wolves or bears, or we wanted to become some kind of animal, or we were named after a buck or a lion or crocodile or something, Lord I want to repent. I declare that I do not want to be part of those things.

This is a heavy one. In some places in Africa you have very high level of witchcraft with women - they have a real snake that lives in their womb. A lot of these women will be priestesses. They are high level witches and will serve as prostitutes. When the man releases his seed into the womb of that woman, the snake is there to take the seed. It then goes out of the woman (this is a real live snake) and goes onto an altar and spits out the man's seed onto the altar as an offering to a god. That man's life is then marked for death and his seed is held in bondage for generations to come. At places in Africa, like in Togo, where they actually see a snake slithering down a woman's leg, they know that she is a witch and has enslaved men and they will kill her on the spot. They understand that level. This type of witchcraft is very alive and well in Africa right now.

Father I want to repent for myself and anyone else in my bloodline who had that kind of sexual relationship with a snake or anything else and gave those offerings to altars. I repent of it. I will not give it blood, I will not give it semen or urine or saliva. I will give it nothing! It is not going to use my bodily issues or any body parts of mine to trade with.

8.15 Familiar Spirits

And you shall be holy to me for I the Lord am holy and have separated you from the peoples that you should be mine. A man or a woman who is a medium, or who has a familiar spirit, shall surely be put to death; they shall stone them with stones. Their blood shall be upon them. (Lev. 20: 26-27 NKJV)

Father, in the name of Jesus, I repent for myself and for every person in my bloodlines back to Adam and Eve, on both sides who has been a psychic, a clairvoyant, a medium, a fortune-teller or a necromancer. I repent for every time they went to seances, divination, water witching, consulted sangomas, palm reading, reading tea-leaves, horoscopes, phrenology, numerology, kabbalah, astrology, necromancy, pendulum hypnosis, mesmerism, mind control and reading crystals.

Father I repent for every person who has had a trigger set into them through another medium that is not God (e.g.. Where someone calls you something and you lose your temper immediately. It is a trigger that has been set in you to illicit a certain reaction at certain, specific words, sounds or smells.) In the name of Jesus, I give you permission to pull out every trigger in me. I refuse to be triggered in Jesus' name. I am not reacting to people's words, I am not reacting to particular words. It does not matter to me what people call me, it is not what Jesus says about me - I am not interested and I am not going to react. I am not getting angry about it. I am not being moved by it, I am not going to get upset, I am not going to even be insulted, I am just going to decide that they are ignorant and they need to learn to grow up and that the devil is a liar!

Father God, I refuse all programming done by familiar spirits through my family: that I will think, act and behave in a certain way. I say no to all familial cycles of destruction and death in my life, in Jesus name. I am not going around this mountain my whole life! I am not going to have all the things that my family had before me. We are not going to suffer through wars, starvation, barrenness, adultery, murder, killing, rape, fraud, going to jail or poverty. (Refuse all situations that are common or prevalent in your family.)

We are not going to repeat what our parents and their parents went through. We are not suffering the desolation of our villages, we are not getting everything burnt up, we are not having a scorched earth policy over our lives!

I am blessed, my seed is blessed and my seed's seed is blessed, we are blessed. Our generations are blessed. I cannot be cursed. God has broken the curse for me. Jesus took on the curse for me and was nailed to the cross so that I do not have to be cursed and I refuse to be cursed. I refuse to be refused and I refuse to be rejected and I refuse to be demoted and I will be promoted. I refuse to move in dryness and barrenness in Jesus name. I will move in revelation, I will move in the councils of heaven, I will move in my destiny. I will move towards my purpose. I will achieve it. I am coming into perfection. I am not going backwards, I am going forwards. I am moving into the future and I am in Him who sits upon the throne; who was, and who is, and who is to come. And everything in me has to align.

Chapter 9 Recovering Your DNA

9.1 Recovering Your DNA

You need to understand that the devil cannot do anything without a body part. Even a little piece of skin. Why? Because it is precious to God. God has counted the hairs on your head. He knows the number and when I pull it out, He knows which number fell out. God knows you that intimately. When these demons go and trade, they have to take something to trade with.

They have to be able to say that they own this piece of body. They had to have made a contract with you in order to gain ownership of your DNA. Some examples of these contracts are:

- fortune-telling
- sex with a prostitute,
- visiting temples
- burning incense to a god
- telling lies
- not paying tax
- stealing

Basically, any time you sin, you enter into a contract with the demonic which gives hell legal right to take something from you to trade with. You are a commodity in the spirit realm.

This is why we lay down our lives as a living sacrifice and give ourselves - body, soul and spirit - to the Living God.

I am calling for fire on every part of my cells, every hair on my head, every nose hair, every tooth, even the plaque coming off my teeth. On my nails, hairs on my legs, hair falling out of my head, all sweat, all smells, all discharges from my body, I am giving it to Jesus and I am asking to be saturated under the blood. I am asking for the fire to come and completely consume me in every single part of my body and my spirit and my soul (my mind, memories, how I think, my will, how I make decisions) how my heart is pumping, and my emotions in Jesus name.

In black witchcraft, the witches want to use people's blood or semen or even faeces. They will use a hair, saliva or even a finger nail - anything that carries your DNA. That is what they work with, because everything in it says who you are. So, anything that comes off your body can be used against you. A little piece of African advice - do not just throw your underwear away. If you are finished with it, cut it up and burn it. Why? It is a very good trading object. It is the cloth that holds everything that comes out of your body. You have to keep covering yourself and daily prayer is so important.

You are going to drop stuff off your body everyday, you cannot avoid it, so you need to keep covering yourself. You need to pray that nobody wants anything of you because it burns too hot. Turn it around - do not just see that you are vulnerable. Turn it on them! Demons can find you like tracking dogs following the scent of a kill.

If they have a piece of you they can find you, you are marked, but ask for it to burn and burn the demon who has it. That is why, every place that you put your feet, I shall give to you - you are marking it with DNA.

9.2 Protecting your DNA

I call down fire on all my lost DNA. Father I want to collect all the DNA from our generations and serve it as an offering on the altar of God and allow Him to burn it. I say, come and cleanse it and burn it completely to ashes. Any place where my DNA has been used on any demonic altar, burn it completely. Any person holding any piece of my DNA for witchcraft purposes, strike them with lightning and fire. Bring a separation between them and my flesh in the name of Jesus. Any place where they have used that DNA to put a hook into my body, a hook into my soul or a hook into my spirit, dislodge that hook in the name of Jesus.

I pray in the name of Jesus that you send collection angels into the bowels of hell itself, into the air and into the stars, to any kind of snake, water spirit and demons to collect my DNA and bring it to the altar of God. Any piece of my DNA or my seed, or my hair follicles or anything that has my DNA that has been taken to hell, I ask for fire, fire, fire to burn it up! I also pray, begin to burn with everlasting fire upon my flesh right now and every piece of DNA that falls will carry the DNA of God and will burn them completely to ashes. Lord make every piece of DNA of me holy to the Lord, untouchable and unusable, in fact it will strike people who want to use it for evil purposes!

9.3 Protection while travelling

When you go into a hotel room you pray over the bed because you do not know who slept there before, what they were carrying and what is now sleeping with you.

Father God every place where I have slept in a foreign bed, whether it was in a hotel or at a guest house or a friend's house, when I did not know who else had slept there. Father God I refuse any strangers and aliens and all foreign things that got attached to me. I refuse anything that got hooked into me because I slept in that bed. I want nothing to do with all the people who had slept in that bed before, and all the things that they did or did not do in that bed. They are not going to attach to me in any way! They are not going to have any part of me! I put the blood and the cross between me and them in Jesus name. I say that this is not a trading floor! You cannot trade with me, you cannot trade with my DNA, in Jesus name!

I once had a lady tell me that after I had stayed at her house, she got into the bed that I had slept in to feel my 'vibe'!

So Father I pray that all people who do that will feel the vibe of God. I pray that the fires of God will burn them and the fear of God

hit them that their teeth shake! I pray that they will want to get saved and fast! I say that they will not connect and use or abuse anything of mine, in Jesus name! I declare that I am unusable to these people in the spirit realm in the name of Jesus. I say they do not have the right equipment to connect to me.

They can only connect to me through the blood and the cross, and nothing else. So my body is safe, my cells are safe, my blood is safe, my electromagnetic field is safe, my chemicals are safe! Every part of me is safe!

When you are travelling and you are going into a hotel room or staying in someone's home, you must pray over the room. You cover everything in the blood and declare to the spirit realm that this area is now under your dominion. Whatever happened in that place before had nothing to do with you and from the time of your check-in until the time of your departure, you are paying for the room and you have legal right in the natural as well in the spirit realm over that space. Pray over everything in the room - the bed, the furniture, the water, the bath, the toilet etc. Cover it all in the blood so that it is sanctified while you use it.

When you leave the hotel room you call for fire of God to burn up any DNA that you have left in the room so that no trace of you can be found.

9.4 Daily Protection Prayer

Father I ask that You change our DNA to be completely aligned with you. Position us and help us God to begin to walk in Your fire and remain in Your fire. Father we want to live in Your fire and operate from Your fire so that Your fire burns continually upon us, through us, under us and around us. Then we can operate as agents of the fire of God, taking it with us wherever we walk.

Chapter 10 Soul and Spirit

10.1 What is Soul Power?

If you have a psychic or occult background somewhere (which you will have), your soul and spirit usually would have been joined together illegally. To operate with your spirit, you have to operate through soul power.

When you deal with soul power, you can control people and you can make things happen at will. It is a form of witchcraft. When you fast to make things happen, it is your will, it is your decision. If you made the decision in your soul, you are operating from the soul's power. If you make the decision in your spirit then you are operating out of your spirit. When you operate from your spirit you are led by God and this is how it should be. We should always whether it is our soul or spirit leading us. For example, if God sends Jane to China and you pray in agreement with her for the release of provision, you are operating out of the spirit.

However, if you decide that Jane should go and minister in China and you pray her to China because you think it's a good idea, you are operating out of the soul and that is witchcraft. It will be helpful to read *The FINE LINE* by Dr Gwen Shaw to help you discern between soul and spirit.

10.2 The sword of the Spirit

For the Word of God is living and powerful and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.
(Hebrews 4:12 NKJV)

What is the sword of the Spirit going to discern? It will discern between soul and spirit. When you look at someone and you want their anointing, is that a spirit thing or a soul thing? God wants you to covet the better gifts, so there is a spiritual aspect to this. You are supposed to want to spiritually progress. Seeing someone and

you think, “OK, I can get there” is a good thing. But if you are in your soul, you could be wanting something that is not measured to you.

This is the difference between envy and jealousy. Envy is, “I like your dress Cheryl”, I am envious. Jealousy is, “I really like your dress Cheryl and I am so passionate about it that I will kill you for it!” Jealousy says that one of us must die and one of us will live in order to keep this. Envy is just that I am envious. When God says, “I am jealous over you”, he is willing to back that up with fire.

Jealousy comes from ‘I am a God of fire’. I declare that:

God is jealous over me and He wants my whole spirit, my whole soul and my whole body, and I am giving it to Him. Any part of it that is missing, you better bring it back right now as it was in the beginning.

Father I thank You that Your word is living and powerful and sharper than any other two-edged sword. I am asking You to pierce and divide my soul and my spirit, my joints and marrow, and discern the thoughts and intents of my heart right now.

I give up all power demons that are holding my soul and spirit together in order to move in the psychic realm, all occult gifts, seeing gifts, divination gifts of premonitions, and moving in the spirit realm from the soul. In Jesus name, I give it up.

I lay down all witchcraft tools, all psychic gifts from my family, all my inheritance to move in the spirit realm, to see with the third eye, to know the future, to prophesy, to tell fortunes, to call up the dead, to speak to the dead, to know what is going on in the spirit realm, to have contact with familiar spirits. I give it up in Jesus’ name. I disconnect my soul and my spirit from all illegal power connections with the sword of the spirit, in Jesus name! Amen.

Now you have just disconnected yourself from the illegal power source. To move in the spirit, your power source should be the Holy Spirit. If it is not, then it will be another spirit.

10.3 Repentance for Operating in the Soul

Father, in the name of Jesus, I want to repent for operating in my soul and not in my spirit. I want to repent for operating in my soul without the domination of my spirit. I allowed my soul to dominate my spirit.

Father I want to repent for everything in my soul that would lust for power. I want to bring You my mind, the way I think, my opinions, my will, my decisions, my culture, my traditions, the way I would see people and situations, the way I would judge them according to what is programmed into my mind and what is programmed into the way that I would make a decision.

Every program, Father God, in my whole soul - my mind, my will and my emotions- I bring that to You and I want to bring it into alignment with the cross of Calvary and the blood of the Lamb. I want to say that regardless of what my family, or my culture, or my nation says, whatever our ideology says, whatever I have worshipped, whatever I believed to be true, if it is not in agreement with what You say to be truth, then Father we are willing for this to be re-arranged, burnt, taken away and obliterated. We say that we want You to rebuild our soul according to the pattern in Christ.

Father I want to think like Jesus thinks. I want to put on the mind of Christ according to Romans 12:2. I want to take off every high thing that wants to exalt itself against the knowledge of God. I want to declare war right now. I want to say that the weapons of our warfare are not carnal, but mighty in Christ for pulling down strongholds. (2 Corinthians 10:4) I declare to every stronghold from my culture, from my background, from my childhood, from my upbringing, from my generations past that I do not agree with you. I will not allow you to dominate me.

I will not allow those buttons to be pushed. I will not be programmed, I will not be tricked into anger, into being dishonest, into being insulted, into being hurt or feel like I am being abused because of those thoughts. I bring my thoughts into line with what God is thinking. I want to say, “Let God be true but every man a liar.” (Romans 3:4)

10.4 Connecting Your Spirit to the Holy Spirit

Father I want to decree right now in Jesus name that my choice is to connect to the Spirit of the Living God. I inform every other spirit that I am disconnecting, divorcing, cutting myself off from you. I cut myself off from every familiar spirit that my family has

made covenants with. Every familiar spirit that we brought offerings to, worshipped, offered children to, offered blood to, offered money to, offered marriage contracts to or offered seed to, I cut myself off from you. I stand against you in the name of Jesus. I decree right now that every channel that was blocked and stopped me flowing with the Holy Spirit will be unblocked by the blood of Jesus.

Jesus died so that He could send the Comforter from the Father and the Son. Father, I want to thank You that I receive my Comforter, the Spirit of the Living God, the Holy Spirit. I want to thank You that every channel that flows with the Spirit of God is open. I declare that in all my senses - every gate, every place that I would be open to perversion, to influence, to anger, to temper, to domination by other people by their opinions or by beliefs systems, by the kingdoms of this world or any place where the devil would want to make a deal with me, I say in the name of Jesus, that I do not want it. I switch it off, I go to the main switch that switched all of that on in my generations, in my life, in my emotions, in my mind, in my will, in my understanding, in my wants and needs and I switch that main switch off permanently.

I want to speak to all the wires that connect to me and that program me. All the wires that are part of my impulses, part of my thinking, my reactions, everything that has conditioned me to where I am, I want to exchange that and change that. I want to speak a new transference of the wiring of God. I want to think like God thinks. I want to have the mind of Christ, I want to put on Christ.

I want to declare that my life is hid with Christ in God. Therefore every foreign thing that has been there up to now, however it got there, I do not want it. I declare this is my will, my testimony, this is my choice. I am making a conscious decision that will affect my sub-conscious and my unconscious. It will affect the so-called collective conscious of my community and say, 'I am coming into alignment with Christ, as far as my soul is concerned. I am going to speak to it until it is sanctified fully. I will speak to my soul until it is saved, healed and delivered from whatever influences have come from the past generations, in my life and in the way that I was brought up. In Jesus name.

Chapter 11 The Covenant with Death

11.1 The Covenant With Death

Jesus says I have come to bring you life and life more abundantly. What is Jesus' mission? It is to bring life. So we talk about the zoë life of God. We do not talk about just 'bios' which is the biological life. This is the zoë life which is the spiritual life of God - life evermore and life abundantly. You are saved - to receive this life.

Therefore hear the word of the Lord, you scornful men, who rule this people who are I Jerusalem, because you have said, "We have made a covenant with death, and with Sheol we are in agreement. When the overflowing scourge passes through, it will not come to us, for we have made lies or refuge, and under falsehood we have hidden ourselves." (Isaiah 28:14-15 NKJV)

11.2 Lies

The problem with a little lie is that you align with death. The problem with a white lie is that you are in covenant with death. The problem with lies as your refuge is that you are under a wrong covering. I know that some of you think that I am being ridiculous when I say that you have to take responsibility, even for the pencil you stole when you were five. If you do not, it is a lie.

We have made lies our refuge... so your protection is lies. How much protection do lies give you? None. In the spirit realm you do not have any protection. As I said to you before, psychotic liars are the ones who explain to you for a long time about how they did not do what they did. You do not need to explain for a whole long time if you did not do it. If you didn't do it, you didn't do it. Let your yes be yes and your no, no. If it is not, the demons will not listen to you either.

When you say to a demon, "Come out", it is going to say, "No, I won't". Why? Because he is not going to listen

to you. There is a difference when the person is saying no and when the demon is saying no. One is about the person's will and the other is about the demon. I am not interested in doing deliverance where I have to fight the person and the demon. If you and your demon are in agreement then you can both go to hell. Because that is where the demon is going, so if you want to keep it then you can go with it. I do not understand any Christian wanting to keep a demon that hates God, alive. Sometimes you need to get to a place where you decide that it has been too long now and you are ready to get rid of it. "I am now going to fast, pray and do what I need to do to make it die, but something has got to change". You must get tired and say, "enough!" You have to look at the thing and decide that "whether it is my enemy or I that is going to die, someone is going to die and it is not me, because Jesus came to bring life! I am choosing life and not death and if everything around me wants to die, that is its problem". Somewhere the enemy will get the message.

We read in Isaiah 28 about *"the scornful men who rule the people..."* What is a scornful person? It is a mocker. Psalm 1:1 says *"Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of mockers"*. We should not be aligned with those who mock God so that we can become *"...like a tree planted by the rivers of water, that brings forth its fruit in season. Whose leaf shall not wither; and whatever he does shall prosper."* (verse 3) If we are scornful and mocking, then we will not be one of these well-watered trees.

If you are a scornful person, you are scorning the Lord. You might be a leader who has made a covenant with death and are in agreement with hell. You might ask how are you in agreement with hell? Think of the church leaders who say that homosexuality is okay. These people are trying to be politically correct, but they have in fact scorned God and gone into agreement with hell.

"When the overflowing scourge passes through, it will not come to us because we have made lies our refuge..." You have to understand that a person in deception is allowing certain lies to be established in their life. Sometimes, instead of doing deliverance, I will just get the person to repent of what they believe. When I pray for a person and I tell her that God loves her, the little girl inside her may disagree. She might say "no, my father was not there for me when I was young, so I do not believe that God really loves me". As I am prophesying that God loves her and wants to do this and that for her, I have this resistance in the spirit. This is because she cannot receive what I am saying because she believes a lie. What is the lie? "God does not love me". Her experience says to her that God does not love her - "remember this situation and remember that event! Now look at this other person and see what a nice life they had". This is what the devil will do to you. Now you have to repent because you believed that God does not love you. Somewhere in you, you think God has rejected you because your parents did or said something negative. The life experiences of the girl that does not believe that God loves her have enforced that belief. The belief is a stronghold that is stopping her receiving God's blessing.

If you have a belief that says you will always be poor, you have contracted into it and you believe it. Let us say that there is slavery in your background, or all the children were left destitute. You believe that you are not like the rich people. There is a belief there that says you have to suffer and struggle. What will happen is that you will lose your job. People will steal from you. You are attracting this because you believe it. The first thing that you have to deal with is the lie. Does God love other people more than me? Is that true or false? It is false. I am believing that God prefers other people. So is my belief true or false? False. So who is wrong me or God? Me. I am angry with God about this and I have to repent for being angry and blaming God. That thing then lives and rules over you and casts a covering over you.

11.3 Repentance for Believing Lies

Father in the name of Jesus I want to repent right now for every place where I have believed the devil and not You. I want to repent for believing that God does not love me. I want to repent for believing that God prefers other people. I want to repent for believing that I will always be poor, I will always be sick, I will always be in lack, I will always be in need.

I repent for believing that my family is going to be worst off, that the children are always going to be destitute, that we are never

going to have all the things we need to have. That somehow we are going to lack. Father God in the name of Jesus, that is not the scripture, that is not what You say. I will not believe the familiar spirits of my family line. I will not come into the cycles of the generations before me. I refuse this covenant with death in Jesus name!

11.4 Breaking the Agreement with Death

Let me explain to you: every time that you worship Lucifer, you come into a covenant with death. Every time that you question God, you come into a covenant with death, because you choose death and not life. If you are not choosing Jesus then you are choosing something else. You may not have understood that you were choosing Lucifer, but you did. You see, what did Lucifer say to God? Lucifer said, "You are not preferring me, so therefore I am going to have revenge" Whose belief is it actually that God does not love me enough? It is Lucifer's. So who are you in alignment with? Lucifer. The other side of the coin is - I am too good for everybody else. One side is that I am too pathetic and the other is that I am above everyone else. They are the same coin - different sides. Both are covenants with death. On various things you will be different. You can be either or both.

Usually in all our family lines there are satanists, witches, somebody who moved in psychic gifts, and someone who took freemasonry vows and served at altars. There were sangomas and those who were in some form of divination - like fortune-telling, reading tea leaves etc. They were choosing Lucifer's side.

My granny would have premonitions of people dying and she would always say things like, "Life is terrible, we should all just die." or "Why would you want to have children in this terrible world." That is a death covenant speaking. When you start speaking a death covenant into your life, you will see its fruit - barrenness, rottenness, no fruit, blackness, bitterness, anger, resentment (why wasn't I born in Elijah's time because it was much better). You must agree with God! He wants you to be here in this generation, celebrate that you are alive at this time, otherwise you are in rebellion.

The other thing you have when you are in a covenant with death is tormentors who torment you. If you are being tormented and in a place of darkness, this is where it comes from. This is when the same thoughts keep coming to you over and over again. "I am not good enough, I am not the best, nobody loves me. I am going to walk into the meeting and nobody is going to talk to me because I know that I am not good enough." If you are having that type of conversation with yourself then you are in a covenant with death.

Father right now in the name of Jesus, I want to divorce death. I want to inform Death and Hades that I do not belong to you! I will not have a covenant with Lucifer! I do not agree with you. All the lies that I have believed: "God does not really love me, He prefers everyone else but me, and He wants to bless everybody else except me. Everybody else is going to have a breakthrough of money and prophetic word and promotion before me. And maybe if there is something left, I may get something." That is a lie! I am breaking it! It is not my inheritance. I am not inheriting lack in the name of Jesus!

I break right now my covenants I have inherited through my family line of death: every person in my bloodline who made a contract with death, who gave their children to Molech, who were part of a freemasonry temple, who were part of a witches coven, any secret society, or any religion that does not glorify the name of Jesus. I say to every lie, you will come off me in Jesus name! Because I declare that Jesus is my foundation and I will not act hastily or be ashamed. Father I thank You that hail will sweep away the refuge of lies and waters will overflow the hiding place (verse 17). I thank You that hail is compacted water, Your word is going to hammer away at those lies. Your water, which is the correct doctrine that I am being washed with, is going to sweep that away.

Verse 18 says that my covenant with death will be annulled and my agreement with Sheol will not stand. In the name of Jesus I declare that all covenants of death are annulled according to this scripture and I speak life to my spirit, my soul, my body, to my mind, to my will and to my emotions. I will not believe what another person says if it does not come from the throneroom of heaven. No opinion of any human being rules me! No covenant of any human being rules me, even if they were my family, especially if they were from my mother or father's bloodlines. I say, my name is on the altar in heaven and I have chosen the covenant of life! Jesus is the Messenger of the covenant and according to Malachi 3 He is coming suddenly into my temple to judge Death and Hades. And I say to the spirit of death that you have no jurisdiction, because I have been baptised into the death, burial and resurrection of the Lord Jesus Christ. Death your jurisdiction is annulled, in Jesus name!

Father I thank You right now that the Holy Spirit begins to breathe life. Thank You wind of God that You take away all the dust of these thoughts right now. I will live and not die and declare the goodness of the Lord in the land of the living. Amen!

11.5 Repentance For Wanting to Die

We need to repent for every time that we have said with our mouths that we do not want to live. Every time that we have gone into a depression and said that life is not worth living. We must repent of these words. Whether you were a teenager and you had too many pimples and you did not want to go to school the next day or whether something traumatic happened and you wanted to die. Either way, your words are held against you in the spirit realm and give legal right to the enemy to bring sickness and accidents to you.

Father, I want to say right now that I want to live. Any time that I said that I wanted to die, I repent. I am taking those words back. They cannot be used against me to cause an accident, to kill me, to murder me, to assault me, to steal from me or bring any level of death to my life, my family's life or the life of my household.

In the name of Jesus, I declare that I break all curses of death. I break the language of death through my mother and through my father all the way back to Adam. I reject the language of death, I reject the contract with death. I repent for the evil eye. (Many Europeans have it, it is an eye or a blue stone that they wear to 'protect' them from bad spirit beings.) Father I break all tokens and talismans to protect me against the evil eye in Jesus name and anything like that, that we have put up in our houses that is not the blood of Jesus. I say that I do not rely on that and I will not empower that. I say that any place and every place where I have drawn power from an illegal source, I unsubscribe, I cut my connections and I will not pay the bills, because I do not want it.

Now I pull out all the wiring in me that says I have to throw salt over my shoulder, I must not walk under a ladder, I am going to be unlucky if a black cat walks in my path and all those superstitions. I give it up. I break it off of me and it will not speak to me. I choose life in Jesus Christ and not death, and that will be my portion! Amen.

11.6 Repentance for Suicide

Father I repent for anyone in my family who committed suicide or died by hari kari or honour killings or feudal fights or the killing of parents and children for religious reason. I repent of that. I say it will not speak over my life in the name of Jesus. Any place where we conspired to kill anyone like David did by sending people to the front line deliberately. I repent in Jesus name. I will have no contracts with death in the name of Jesus!

Father we want to repent for every place in our bloodlines. We repent where we decided that life was not worth living and everything was bad, and going to get a lot worse. I repent that in our thinking to protect ourselves and our families, we killed our family and then ourselves. Father we want to agree that it is a sin against You and we repent for lack of trust and belief in You. We listened to the lies of the enemy. We repent of all of this today in the name of Jesus. Forgive us today and apply the blood of Jesus and plant life in us - Your Godly, perfect life.

South Africa has the highest rate of family killings statistically so it is a principality operating here.

11.7 Divorcing the Principality

Father in the name of Jesus, I want to divorce this principality of Death and Hades and tell the principality that it is bound from head to toe with chains and fetters of iron. I want to inform you that you will not speak through me. We are taking your territory from you today in agreement that the blood of the Lamb paid for our lives and we are going to live because He called us to live. Whether we deserve it or not, it is your problem and you can fight it out with God. He said that I live and I say yes. You have to bow your knee in Jesus name. We will live and not die and declare the works of the Lord in the land of the living!

We are dealing with spiritual forces that want to destroy us, our families and our future generations. Why? So that Jesus would not have a testimony through us. You need to understand that it is about Jesus. It is not about you. It is about Him and His testimony. You have to fight violently for the testimony of Jesus.

Remember, Satan is not really that excited about one generation. He is only excited if it is the last one and he

can wipe it out. Generally, what happens is that when you watch curses in a family, you end up with people who do not have children. That is the end result of a curse - there are no children. That line stops and that name stops. This is what Satan is looking to do to every family on earth.

Chapter 12 Finishing Strong

12.1 Concluding Prayer - Freezing the War

When you get in the boxing ring with a demon, you must kill him! You must keep going until he is knocked out and then you stand on his neck, cut off his head and you hold the trophy. Sometimes, we call up a battle and began to fight, but are not able to finish it completely. I have learnt that one can pause the battle. In the spirit it looks like when you pause a TV screen. Everything stays where it is, until the 'play' button is pressed again. We freeze the war until God recalls it.

Father in the name of Jesus, I freeze the battle. I speak to every principality and power and every demon. I declare you cannot go into war against me because this is not my battle. The battle is the Lord's. I will come back to war with you to finish this battle at God's appointed time so that the finished work of Jesus Christ can be manifested. I agree that you are bound and we agree that this war is on pause in heaven and in hell, until the Lord recalls the battle. You will not move. I will have no backlash! I will have no health issues! I am having no division issues, I will have no issues, period. And I thank You Father for restoring my health and my energy and I will stay under the blood and I seal everything in the name of Jesus.

12.2 Sealing Everything Under the Blood

Father, thank You for all that You have allowed us to pray. We seal everything that has been prayed under the blood of Jesus. We seal all that has been dismantled and broken under the blood of the Lamb and declare that it is never going to re-form in me or in my generations. I seal all the healing I have received through the blood and I declare that I am not going to lose this healing, but it will be established in me. Father, please keep me under the blood of Jesus as I go from this place.

It is a good idea to take communion to seal your time of prayer as well.

12.3 What you can Expect After Prayer

When you have finished praying, you will feel tired and may want to sleep. That is good. We are dealing with deep issues in your life, and you need to allow your body time to heal. This is like you have done the big walk or had an operation. You will be tired, physically.

You need to relax, have a long bath and listen to good anointed music. Soak in the presence of God. Do not watch too much television, guard what you allow into your spirit. Right now you will feel tender. Your input needs to be open to God. Take communion and have a good sleep.

It may take several days to feel 'normal'. Remember that you have rearranged your DNA and got back parts of your soul and spirit that have been missing. If you feel a little strange and 'spaced out' for a few days, it is OK!

Try to stay in the Word as much as possible and pray the Word of God into yourself. Pray the blessings of Deuteronomy 28 into your life. Take communion daily and stay under the Blood of Jesus.