

Inner Healing Guide

Staying Free: A 45-Day Guide to Walking in Freedom

"So if the Son sets you free, you will be free indeed." – John 8:36 (NIV)

Freedom in Christ is a precious gift & **staying free requires daily intentionality**. This guide will help you **walk in victory** & resist any attempt of the enemy to regain a foothold in your life.

⁴³ "When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. ⁴⁴ Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. ⁴⁵ Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first." *Matthew 12:43-45*

Spiritual Foundations for Staying Free

1. **Submit to God Daily** – *James 4:7: "Submit yourselves, then, to God. Resist the devil, and he will flee from you."*
 2. **Renew Your Mind with the Word** – *Romans 12:2: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."*
 3. **Guard Your Heart and Mind** – *Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it."*
 4. **Walk in the Spirit** – *Galatians 5:16: "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."*
 5. **Fellowship with Other Believers** – *Hebrews 10:25: "Not giving up meeting together, as some are in the habit of doing, but encouraging one another..."*
 6. **Use Your Authority in Christ** – *Luke 10:19: "I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy..."*
 7. **Keep a Life of Worship and Thanksgiving** – *1 Thessalonians 5:16-18: "Rejoice always, pray continually, give thanks in all circumstances..."*
 8. **Put on the Armor of God** – *Ephesians 6:11: "Put on the full armor of God, so that you can take your stand against the devil's schemes."*
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45-Day Action Plan for Staying Free

Weeks 1-2: Strengthening Your Foundation

- Read John 8:36 (top of page) and declare your freedom in Christ daily.
- **Renounce** any lingering thoughts of bondage. (To renounce means to formally reject, refuse, or cut off something that has a hold on you.) For example, in the name of Jesus renounce:
 - Habitual sin or harmful behaviors
 - Persistent feelings of fear, anxiety, or unworthiness

- Holding onto unforgiveness or bitterness
- Believing lies or negative thought patterns that limit potential (spiritual strongholds)
- Unhealthy attachments to past relationships, material things, or outcomes
- Memorize and meditate on Romans 12:2. *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."*
- Remove any ungodly influences (media, music, books, or people) that could invite the enemy back.
- Spend at least 15 minutes in bible reading, prayer, and worship every day.
- Journal what God is speaking to you.
- **Read Psalm 91** and declare God's protection over your life.

Weeks 3-4: Identifying and Closing Doors

- Read Ephesians 4:27 and ask God to reveal any doors left open to the enemy.
- Confess and renounce any hidden sins. Tell the Lord you repent and His blood will wash you clean.
- Anoint your home with oil and pray for protection.
- Read Luke 10:19 and thank God for the power He has given you.
- **Speak out loud against fear, doubt, and any returning symptoms.**
- Declare that your body, mind, and spirit **belong to Jesus**.
- **Attend a Bible study or church service** for encouragement.

Weeks 5-6: Walking in Continued Victory

- Read Hebrews 10:25 and connect with a strong support system.
- Share your testimony with someone to strengthen your faith.
- Read Psalm 150 and spend dedicated time in worship.
- **Thank God for your deliverance** and make a commitment to continue growing.
- Write a short prayer of thanksgiving and renewal.
- Continue daily prayer, worship, and Scripture reading.
- Regularly resist temptation and immediately renounce any attack from the enemy.

Ongoing Daily Habits

- ✓ **Pray and read the Word daily.**
 - ✓ Confess Scripture over your life.
 - ✓ Stay accountable to godly mentors and friends.
 - ✓ Maintain a lifestyle of worship and gratitude.
 - ✓ **Resist temptation** and immediately renounce any attack from the enemy.
 - ✓ Keep your home and life free from demonic influences.
 - ✓ Trust the Holy Spirit to guide you every day.
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Very helpful tips for this day onward:

1) To fight the enemies' lies at any time, say, **"In the name of Jesus, I rebuke... (whichever spirit or lie) and I cast it into the abyss."** Example, "In the name of Jesus, I rebuke the spirits of guilt and shame and I cast them into the abyss!"

2) To declare a prayer/blessing over yourself or someone, say, "In the name of Jesus, I declare.... (the prayer/blessing) over myself (or person)." Example, "In the name of Jesus, I declare that I am a powerful man (or woman) of God and that I am God's child. It is written in God's word that I am holy and blameless before God."

3) Pray in Jesus' name for your sleep. Ask Jesus to protect you while sleeping and come against any nightmares, night terrors, insomnia, or sleep paralysis. Ask Jesus to give you a restful peaceful sleep with anointed dreams of him.

4) With **any** overwhelming feelings, don't let them build up, and just say, "Jesus, I come into your throne room. I place (whichever feeling/thought of depression, anxiety, worry, fear, doubt, etc.) at your feet. **I give this to you.** Please take it from me. Please give me peace & joy. Please give me comfort and a smile. Help me to feel your presence and love right now. Thank you Jesus."

5) When you feel like you are lacking faith or hope, *ask Jesus for more faith and more hope.* You can ask him for anything like more strength and more forgiveness in your heart.

5) Powerful prayer - putting on the armor of God. Based on Ephesians 6:11-17, say this prayer, "In Jesus name, I put on the full armor of God. I put on my helmet of salvation, my breastplate of righteousness, and my belt of truth. I take up my shield, which is my faith; my sword, which is the word of God; and I have my feet that are grounded in the gospel of peace and that the enemy is under."

Final Encouragement:

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

May you continue to walk in the freedom and authority given to you through Jesus Christ! If you need further support, reach out to a pastor or spiritual leader. Stay strong and free in Christ!