

Spiritual Health



*adapted from Freedom Prayer Ministries and Renew Weekend at
Crossroads Christian Church in Newburgh, IN*

Just like we need to take care of our physical, emotional, and mental health, we also need to take care of our spiritual health. Spiritual health isn't about the "spiritual" things we do, it's about letting Jesus work in the deep parts of our hearts to bring healing and freedom to our spirits, souls, and bodies.

Some of the areas addressed by spiritual health are forgiveness, sin, ungodly beliefs, and vows, but we are open any area God may want to address in our lives.

Start by reading together about ungodly beliefs and inner vows. Ask whoever you're discipling to check which ungodly beliefs and vows they believe. Together, ask God about them (one at a time) and work through the prayers together.

Use the forgiveness and bitter root judgement resources to help you pray through ungodly beliefs/inner vows or spend another time praying through different aspects of forgiveness and bitter roots.

Examples of Inner Vows:

I will never...
Trust anyone again
Go out alone
Succeed
Need anything from anyone
Appear, or be weak
Be found ignorant
Enjoy sexual intimacy
Find a friend
Be a faithful, or good friend
Be happy again
Be abusive
Be angry
Get hurt again
Take responsibility
Be enough
Be vulnerable and open

Examples of Inner Vows:

I will, or must always...
Be right
Fail
Be in control
Be last
Be clueless
Be left out
Have the best
Be alone
Be marked
Be the best

UnGodly Beliefs

Where do they come from?

- 1. Life experiences*
- 2. Family heritage*
- 3. Repetition (of something someone said about you)*
- 4. Negative thinking and self talk*
- 5. The natural mind and the world*

Bitter Root Judgments

Bitter Root judgements and expectations come from:

- 1. Sinful reactions to hurt*
- 2. Refusal to forgive*
- 3. Our judgements of people*

UnGodly Beliefs

- I am helpless and can't protect myself
- I am scarred and ruined forever
- I am a mistake, a loser
- I do nothing right
- I am of little worth or value
- I am just used by others - it is my purpose- what I am for
- I am better than all these losers
- I have no sin now
- Things never go right for me, I don't deserve it
- It is not safe to trust- I must keep control
- I am not a contributor, I have nothing my to give

Spiritual Health (How to)



How do we get rid of inner vows/ungodly beliefs/lies?

1. Identify the vow/ungodly belief, capture it (2 Corinthians 10:5) - ask God to show you
2. Forgive those who wounded you, fed you the lie/vow
3. Ask the Holy Spirit for the truth, find it in His word
4. Write down the godly belief, the truth.
5. Rehearse it to yourself often!

Prayers for ungodly beliefs/inner vows/lies

Confess:

Lord, I confess my sin of the lie/vow that _____ (be specific). And for living my life as though it was true. Please forgive me. Lord please bring your healing touch to the hurt that led to my believing this lie.

Forgive and Repent:

I choose to forgive you _____ (can be self) for _____ (be specific about the words or events that led to the formation for a lie/vow.)

Renounce:

I now renounce and break all agreement with this lie/vow and with all the powers of darkness behind this lie/vow.

I choose to accept, believe and receive the godly truth that _____

Prayer of Forgiveness

You can choose to forgive each person for every debt against you using this simple sentence:

“Because I have received your gift of forgiveness Jesus, I now choose to forgive those who hurt me or have sinned against me. I forgive you _____ for _____ (specific offense), even though I feel _____. What I needed from you was _____. I cancel the debt that I perceive you own me and I release you from my judgement. I entrust you to God and bless you in Jesus’ name. I confess as sin my ungodly response of _____.”

Bitter Root Judgments/Expectations

Confess and repent:

Lord, I confess that I have made judgments against _____. I repent now for the judgment _____ (be specific) and the expectation _____. (if applicable)

Pray of Forgiveness (See above)

Renounce:

I renounce the bitter roots that I have planted as a result of my judgments. I bring all these things to the cross of Christ, and in Jesus’ name I break their power to hold this root in place and to harm myself and others.

Father, I bring every mindset, patter, and expectation that has come from this judgment to the cross as well. I repent of these to you now _____ (be specific). In Jesus’ name I break the power behind these bitter root/judgments and release myself from them. Jesus, fill me with Your grace to overcome and live in freedom from them. Thank you Jesus for your love.