

# Week 2 – Self Deliverance and Bitterness

## Self-Deliverance

### WELCOME TO GREATER FREEDOM THROUGH SELF-DELIVERANCE!

Today you will learn how this powerfully awesome tool will enable you to walk in the FREEDOM that JESUS died to give you!

You may be asking...**"HOW DOES SELF-DELIVERANCE WORK"?**

Very simply, it starts with you, Holy Spirit and a mirror. In a few minutes we'll get together in our small groups and actually learn to kick devil butt in areas where we are struggling or still stuck! During the conference and Saturday ministry, you participated in the deliverance process. Now it is time to get into the mirror and learn to minister to yourself. Some of you may be feeling a bit uncomfortable with even the thought of ministering to yourself, and especially looking in the mirror. Please know that you are not alone. People all around you are feeling the same way...we all did! But once we experience freedom and see how valuable self-deliverance is, it becomes one of our greatest weapons. You may say: "I don't like looking at myself in the mirror," or "I feel uncomfortable and weird doing this with people around." Again, who is telling you that? Fear! Don't allow fear to build up a wall to prevent you from learning this valuable freedom tool!

### **"WHO IS TELLING YOU THAT"?**

Let's take a look at what JESUS said in *Luke 10:17-19* in the Amplified Version. The seventy returned with joy, saying, Lord, even the demons are subject to us in Your name! And He said to them, "I saw Satan falling like a lightning flash from heaven. Behold! I have given you authority and power to trample upon serpents and scorpions, and physical and mental strength and ability over all the power that the enemy possesses and nothing shall in any way harm you.

Let's take Jesus at His word! He said in *John 8:32* that we would know the truth and the truth would set us free. The enemy knows the power and authority we have been given and he doesn't want us to learn how to defeat him in our life. The mirror is a great place to start! Restoring Lives International Ministry is all about equipping and giving people the tools to fight and win over the enemy in their life. The mirror is an excellent tool! As a believer, YOU are filled with the power and authority of God in Jesus name! The truth is, when you see this stuff manifest in your eyes, and as you command it to go in Jesus name, you will see it obey you and go!

Remember, the mirror is your friend! Tonight when you get into your small groups, you will be coached as to how to use the mirror and how to do self-deliverance.

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## Self-Deliverance Ministry

- We ask you to choose one spiritual root that you are presently dealing with. Since most people struggle with Bitterness/Unloving (Self-Bitterness), we will be using these roots to teach the process.
- Please get into pairs and share with your partner briefly, who hurt you and how it has affected your life.
- For tonight's Self-Deliverance, please choose between the Bitterness Ministry List and the Unloving (Self-Bitterness) Ministry List. See the list of underlings for Bitterness and Unloving (Self-Bitterness) on page 7 of your Root Group Manual. You can find Scriptures in the Bible or in the Prayer Strategy Book, by Ruth Shinness.
- Begin the ministry process by binding the strongman and then continue following the example of the Prayer of Repentance listed on page 12. Next, pray the Prayer of Deliverance on page 13 for the group of underlings. To complete the ministry process, call forth the strongman and repeat the Prayer of Deliverance to cast out the strongman.
- After the deliverance ministry, have your partner pray for you and ask the Holy Spirit to fill every area that the enemy has voided.

Mirror Time is crucial for you to keep on keeping on in this fight for your life! This is your life and using the mirror is an important way of taking responsibility for yourself and not always depending on man. Many people have been thrilled with the freedom that they have received by using the mirror. They now say, ***"The mirror is my friend!"***

### Mirror Time helps you in many ways:

- This is your daily/weekly Walk-Out exercise. Make it a part of your life so that you can continue to get spiritually and physically healthy and stay healthy!
- The enemy needs to know that you mean business. It is far more effective when you actively participate by willing it to go!
- Using the mirror causes you to take more and more responsibility for your life and not depend on man.
- It causes you to see that you do have the power and authority over the devil!
- If you can do this for yourself, you certainly have the power and authority to do it for others!

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## Bitterness

**Tools for the evening:** Bible; Prayer Strategy, by Ruth Shinness; the Conference Manual; Root Group Manual and Walk-Out Journal

1. Can you identify the Spirit of Bitterness and its underlings in your life or your generations, if so let's get rid of it?

For tonight's Self-Deliverance, please choose between the Bitterness Ministry List and the Unloving (Self-Bitterness) Ministry List.

### **Bitterness**

Unforgiveness

Resentment

Retaliation

Anger/Wrath

Hatred

Violence

Murder

Murder with the tongue

### **Unloving (Self-Bitterness)**

Self-Unforgiveness

Self-Resentment

Self-Retaliation

Self-Anger/Wrath

Self-Hatred

Self-Violence

Self-Murder

Self-Murder with the tongue

# Week 2 – Self Deliverance and Bitterness

## Self-Deliverance Prayers

### **Prayer of Repentance (speaking to Father God)**

Father God, I recognize, repent and renounce for participating with the spirit(s) of \_\_\_\_\_ (name the strongman and underlings). I take responsibility in my life and my generations. I am whole-heartedly sorry. Against You and only You have I sinned. (Engage and speak from your heart)

I forgive and release \_\_\_\_\_ for \_\_\_\_\_ (be specific if possible), and I forgive and release myself to You, Father God. I ask Your forgiveness and that the power, curse, bondage and assignment of all of this be broken of of me and my generations, in Jesus' name, by the power of the Holy Spirit. This healing, deliverance and freedom belong to me because of what Jesus did for me at the Cross. I receive it all, now. Thank You, Jesus!

*(You do not have to follow the exact wording, but be sure you **repent, forgive, and engage your heart.**)*

### **Binding the Strongman (addressing the strongman)**

In the name of Jesus Christ of Nazareth, by the power of the Holy Spirit, I take authority over the strongman of \_\_\_\_\_ and I command you to step forward. I bind you, silence you and set you aside. I forbid you from interfering with this ministry time.

### **Prayer of Deliverance (addressing the demons)**

In the name of Jesus Christ of Nazareth, by the power of the Holy Spirit, I take authority over the spirit(s) of \_\_\_\_\_ (name them). I command you to step forward. I break the assignment, bondage, power and curse you have had over my life. I bind you up and I cast you out. I take back my will, and I will each of you to go! Come out of my body, my mind, will and emotions, my relationships, my generations, my identity and destiny, in Jesus' name! \_\_\_\_\_ (name them one at a time), go! I send all of you to the dry places where Jesus Christ would send you, and I forbid you from returning! *(With authority!)*

### **Prayer of Deliverance for Strongman**

"I release the strongman of \_\_\_\_\_ to step forward." Then use the above prayer to cast out the strongman.

### **Fill Up with Holy Spirit**

Holy Spirit of God, I ask You to come and fill every place the enemy has vacated - my body, my soul, mind, will and emotions. Fill me with Your love, peace and joy. Let Your healing oil fill and heal me now, in Jesus' name.

[illegible]