

# CONTRIBUTING STRANDS WORKSHEET

## Restoring Faith, Hope and Love

### PRAYERS THAT HEAL THE HEART

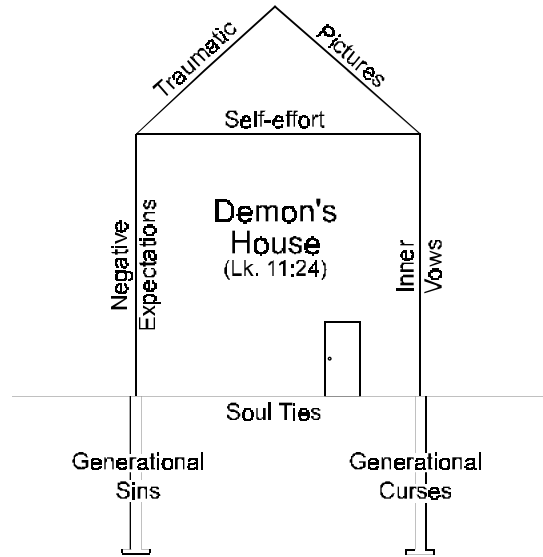
1. Break generational sins and curses
2. Sever ungodly soul ties
3. Replace negative beliefs
4. Renounce inner vows
5. Receive divine visions
6. Cast out demons
7. Experience the Law of the Spirit of life in Christ

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Stay tuned to your heart - flowing thoughts, pictures and feelings - as you answer the questions below.

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### DISMANTLING DEMONS' HOMES




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Start by welcoming the Holy Spirit's presence to guide and empower!

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Name \_\_\_\_\_ Date \_\_\_\_\_

The heart issue being explored is: \_\_\_\_\_

Question: "Holy Spirit, what is in my heart?"

**Step 1.** Lord, what ancestors have contributed to the heart issue of \_\_\_\_\_ (heart issue listed above)?

Note: We are not blaming them, just identifying entry points of negative energies.

**Step 2.** Lord, with whom do I have ungodly soul ties (close relationships) that are contributing to the heart issue of \_\_\_\_\_? (Examine parents, authority figures, teachers, pastors, close friends and spouse.)

# NEGATIVE EXPECTATIONS AND CORRESPONDING INNER VOWS

**Steps 3 & 4:** Make a list of the negative beliefs which are contributing to the heart issue listed on page 1. Across from each, state the corresponding inner vow. Then go to page three and make a list of corresponding godly beliefs and Holy Spirit purposes (Acts 19:21), as the Lord reveals them to you. Finally, pray a prayer in which you repent and renounce your ungodly beliefs and vows, break off attendant spiritual forces and confess your newly established faith and purposes in the Holy Spirit.

“Lord, what negative expectations  
are contributing to \_\_\_\_\_?”

“Lord, what inner vows are  
contributing to \_\_\_\_\_?”

I expect/believe....

Therefore I vow to....

a. \_\_\_\_\_

a. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

c. \_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

d. \_\_\_\_\_

d. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

e. \_\_\_\_\_

e. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

f. \_\_\_\_\_

f. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

g. \_\_\_\_\_

g. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

h. \_\_\_\_\_

h. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# CONTRASTING POSITIVE BELIEFS AND SPIRIT-EMPOWERED PURPOSES

**Steps 3 & 4 continued:** Repeat this process until all contributing negative expectations have been identified and replaced with godly beliefs. If you become extremely disturbed when you list a particular ungodly belief, it is likely that a powerful negative picture underlies it. If this happens, deal with the picture through inner healing prayer. Record this inner healing experience on page 4. Then, come back to this page and record godly beliefs and Holy Spirit purposes. These godly beliefs **must be deepened by the revelation of the Spirit of God**. This is facilitated by completing a “Bible Meditation Worksheet” as described on page 8.

However, God says....

So I purpose in the Holy Spirit to....

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_

d. \_\_\_\_\_

\_\_\_\_\_

e. \_\_\_\_\_

\_\_\_\_\_

f. \_\_\_\_\_

\_\_\_\_\_

g. \_\_\_\_\_

\_\_\_\_\_

h. \_\_\_\_\_

\_\_\_\_\_

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_

d. \_\_\_\_\_

\_\_\_\_\_

e. \_\_\_\_\_

\_\_\_\_\_

f. \_\_\_\_\_

\_\_\_\_\_

g. \_\_\_\_\_

\_\_\_\_\_

h. \_\_\_\_\_

\_\_\_\_\_

# INNER HEALING THROUGH RECEIVING DIVINE PICTURES

**Step 5.** “Lord, what negative pictures of people or experiences am I holding which are contributing to the heart problem of \_\_\_\_\_?”

Healing the initial scene underlying this problem is foundational. However, if that scene is too intense to address initially, then allow the Holy Spirit to take you to other scenes and heal them first. Stay tuned to the Holy Spirit’s flow. For each scene, affirm what you know to be true, “Lord, I know **You were there** in that troubling scene. Jesus, please show me where You were and what You were doing.” Watch and see what Jesus does and says as He appears in the scene. Stay tuned to the Holy Spirit’s flow and vision as you write. Do not manipulate the scene yourself. Follow Jesus’ lead. Submit any questionable scenes you receive to the Bible and to your spiritual counselors to ensure they are from God.

## UNTRUE AND UNHEALED SCENES SCENES WITHOUT JESUS IN THEM

## TRUE AND HEALED SCENES SCENES WITH JESUS IN THEM

a. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

d. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

e. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

f. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

g. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

a. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

d. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

e. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

f. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

g. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## **CASTING OUT DEMONS & EXPERIENCING THE LAW OF THE SPIRIT OF LIFE**

**Step 6.** “Lord, what other demons may be assisting (clustered with) the demon of \_\_\_\_\_ (i.e. heart issue from page 1) that I am struggling with?” Name the demons according to the emotion or sin they are contributing to.

To prepare for deliverance, repent of and renounce all ungodly beliefs and inner vows, and state your commitment to God’s countering beliefs and the resulting new purposes you have established in the Holy Spirit, if you have not already done so. This separates you from the lies in which the demon is anchored. Tell the demon you hate it and will no longer give it a place within you and command it to leave in the name of the Lord Jesus Christ.

If the demon still resists coming out, ask, “What is this demon attached to?” Counselor and counselee tune to flow and receive the answer from the Holy Spirit. Then, using the appropriate prayer approach, remove this demon’s anchor so he will readily be cast out. Once removed, fill your heart with godly beliefs (Matt. 12:43-45).

**Step 7. (To do as homework)** “Lord, in what way am I attacking the sin of \_\_\_\_\_ in my own strength (by saying “God, help ME overcome \_\_\_\_\_”), rather than relying on the power of the Holy Spirit (“I call forth the Holy Spirit within me to overcome \_\_\_\_\_”)?”

Available for Notes:

**Additional therapies which are also extremely important:** Excellent diet (Gen. 1:29), proper exercise, adequate rest, reduce stress (chemically, environmentally, spiritually, emotionally) and utilize natural health therapies as needed. For more information on these, read *Go Natural* and *Restoring Health Care as a Ministry* by Mark & Patti Virkler.

# MODELS OF THE SEVEN PRAYERS

(Pray all seven prayers over a life-dominating problem.)

**To heal the heart, you must use the language of the heart**, not the language of the mind! The language of the mind is analytical reason (Matt. 16:7 KJV). The language of the heart is flow (Jn. 7:37-39 KJV), imagination (Gen. 8:21 KJV), dreams and visions (Acts 2:17), emotions (Gen. 6:6 KJV) and pondering (Ps. 77:61 KJV). **Therefore, as you pray stay tuned to flowing thoughts, flowing pictures/visions, and emotions.** If you neglect this, your prayers will be coming from your head and they WILL NOT HEAL YOUR HEART!

Constantly rely upon the Holy Spirit (i.e. Holy Spirit “flow”) to guide you through this healing process. He can and He will respond to your faith. Pray through the issues discovered on pages 1-5 using the prayer models below.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness (I Jn. 1:9).

Three steps: Confession - Forgiveness - Cleansing

## I. BREAK GENERATIONAL SINS AND CURSES

1. I **confess** and repent of the sin of my ancestors, my parents, and my own sin of \_\_\_\_\_, and of my anger and resentment against You, God, for allowing this to happen in my life.
2. I **forgive and release** my ancestors for passing on to me this sin and for the resulting curses of \_\_\_\_\_ (be specific). I ask You to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.
3. I place the cross of Christ between my ancestors and myself, as a baby in my mother’s womb. I command the sin of \_\_\_\_\_ and all accompanying curses to be halted at the cross of Jesus Christ, and for freedom and release to flow down from the cross of Christ to that baby in the womb.

## II. SEVER UNGODLY SOUL TIES

1. I **confess** and repent of my sin of an ungodly soul tie with \_\_\_\_\_, and of my anger and resentment against You, God, for allowing this to happen in my life.
2. I **forgive** \_\_\_\_\_ for their involvement in this sin. I ask You to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.
3. Lord, sever the ungodly soul tie between me and \_\_\_\_\_ and restore the broken or torn portions of my soul. Lord, remove anything that has come into me through this soul tie and, Lord, bring back anything godly that has been stolen from me.

## III. REPLACE NEGATIVE BELIEFS

1. I **confess** and repent of my sin (and if appropriate, my ancestors’ sin) of believing the lie that \_\_\_\_\_ and for the ways I have judged others and/or institutions based upon this negative belief.
2. I **forgive** \_\_\_\_\_ for contributing to my forming this negative expectation/belief. I forgive myself for believing this lie.
3. I confess the countering divine truth that \_\_\_\_\_.

## MODELS OF THE SEVEN PRAYERS - CONTINUED

### IV. RENOUNCE INNER VOWS

1. I **confess** and repent of my sin of vowing that \_\_\_\_\_.
2. I **forgive** \_\_\_\_\_ for contributing to my forming this vow and myself for making this vow.
3. Instead, I now purpose by the power of the Holy Spirit to \_\_\_\_\_.

### V. RECEIVE DIVINE VISIONS

1. I **confess** and repent of any anger and bitterness I have against You, God, for allowing this event to happen in my life. I ask You to forgive me, and I receive Your forgiveness.
2. Lord, please take me back to the appropriate memory that is underlying this issue in my heart. (See the scene. If a rape or other extremely traumatic scene, you may go back to just after it is over.)
3. Lord, show me where You were in this scene. (Look and see where Jesus is/was.) Holy Spirit, take over this scene and give me a vision, showing me what Jesus was doing. (Respond to what the Lord is showing and doing.)

### VI. CAST OUT DEMONS

1. Make sure the demon's house is thoroughly dismantled and his anchors completely pulled up by praying through the above five prayers. If the demon does not come out, go back to the above five prayers - something has been missed. Ask God what has been missed and honor what flows back in response.
2. In the Name of the Lord Jesus Christ, I renounce and break all agreements with the demons (strongholds) of \_\_\_\_\_, \_\_\_\_\_, etc.
3. I take authority over the demons (strongholds) of \_\_\_\_\_ and I bind you and command you to leave me now in the Name of the Lord Jesus Christ.

### VII. EXPERIENCE THE SPIRIT OF LIFE IN CHRIST JESUS

1. God, the power to overcome the sin of \_\_\_\_\_ is in You, the One Who lives in me.
2. I turn away from my self-effort to overcome this sin, and embrace the power of the Holy Spirit Who flows within me.
3. Jesus, I release the flow of the power of the Holy Spirit out through me, to overcome completely the sin of \_\_\_\_\_. (May use vision, seeing this happen.)

**Credits:** "The authors acknowledge with appreciation the contributions to these seven prayers from several ministries. Most of the ministry steps are drawn from 'Ministry Tools for Restoring the Foundations,' Proclaiming His Word, Santa Rosa Beach, FL, 1996 and 1999. All ministry steps used by permission of their authors."

**Recommended Use:** It is intended that a counselee begin "The Contributing Strands Worksheet" at home, then finalize the worksheet and the seven prayers with a counselor. At the close of the counseling session, the counselor may make a copy of pages 1-5 for his own records. Follow-up involves the counselee taking this worksheet home and completing the studies on page 8. Counselee will bring in one or several completed "Biblical Meditation Worksheets" and Memorial Stone Worksheets to the next counseling session to be discussed and further developed as necessary with the counselor. Repeat entire process as necessary.

# TRANSFORMATION THROUGH RECEIVING DIVINE REVELATION

Healing and transformation occur as God grants revelation into the heart and spirit of man by the Holy Spirit (Lk. 24:32). This revelation comes as illumined verses leap off the page and hit us between the eyes, and from God speaking directly into our hearts by His still small voice, which we can capture through journaling, dreams and visions. If you need help in mastering these skills, read the book *Communion With God* by Mark and Patti Virkler.

## RECEIVE REVELATION THROUGH A “NEW TRUTH BIBLE MEDITATION” (JOSHUA 1:8)

Write at the top of a sheet of paper, “New Truth Bible Meditation Concerning \_\_\_\_\_.” The topic should be the heart issue and/or the major ungodly and godly beliefs you have identified on pages 1-3. This may require you to do more than one of these Bible Meditation Worksheets. That is fine, for we are transformed by the renewing of our minds (Rom. 12:2). For example, you may do topics like love and forgiveness versus anger and resentment, or mercy versus judgment, or doubt versus faith. Complete the following steps.

1. It is recommended that you use a concordance and look up as many verses as possible on the topic (perhaps all verses) and take notes on what you discover, meditating upon and praying over each verse, asking God to give you a spirit of revelation (Eph. 1:17,18) concerning each verse. Look for biblical principles and Bible stories which support the truth God wants to instill in you. As you meditate, pray continuously in your heart, “Lord, show me what I need to see in order to heal the heart issue I am struggling with.”
2. Memorize verses which leap off the page, so you can easily draw them forth in time of need.
3. Pray for God to grant you experiences and insights and divinely-ordained encounters which deepen your understanding of these truths.
4. Ask your friends to contribute any principles or stories from the Bible they are aware of on this topic.
5. Perhaps you will feel led to read a book or two on the topic. If so, ask someone whom you respect as being knowledgeable in the area to recommend a good book or two.
6. Pray over what you are learning, asking God to speak to you and to show you underlying principles which will birth within you a divinely inspired faith and a pure heart. Record the things that you are learning.

## SUMMARIZE THIS REVELATION AS A “MEMORIAL STONE CELEBRATION”

Once God has granted you a thorough revelation on the topic at hand, write your personal prayerful summary of what He has shown you on a sheet which you title, “A Memorial Stone Celebration Concerning \_\_\_\_\_.” As you write, use the pattern below.

1. My summary of what the Holy Spirit has revealed to me from the Bible is...
2. My summary of of the insights that the Holy Spirit has given to me through journaling and dreams and visions are...
3. The symbolic representation which I have created or chosen to memorialize this healing is...
4. The fences which God has instructed me to build to keep myself from temptation in this area are...
5. I declare I have been set completely free from the stronghold of \_\_\_\_\_ by my Lord and Savior Jesus Christ.

Date \_\_\_\_\_ Signature \_\_\_\_\_

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This “Contributing Strands Worksheet” is taken from the book *Prayers That Heal the Heart* by Mark & Patti Virkler.