

STEPS TO FREEDOM FROM LIES, LABELS, & LIMITS

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"Far too often we accept the lies spoken over us, agree with the labels, and adopt the limits these lies and other people place on us. Instead, we need to reject the lies, agree with the truth, and adopt our Heavenly Father's view. Once you have identified a lie you have been believing, follow these steps to remove that lie and replace it with the truth of who you are in Christ."

1 RENOUNCE

"Instead, we have renounced secret and shameful things, not acting deceitfully or distorting the word of God, but commending ourselves before God to everyone's conscience by an open display of the truth." 2 Corinthians 4:2

Once you identify a lie, you must renounce it. To renounce a lie means to refuse to follow, obey, or recognize it any further. In other words, you admit the lie, label, and limit and decisively reject them. You acknowledge that these former beliefs are untrue and declare your commitment to not partner with them again. This is done in the name of Jesus and spoken out loud by saying something like, **"In the name of the Lord Jesus Christ, I renounce the lie that _____, and I declare that I will not partner with it any longer. I also renounce and reject all of the associated labels and limits."**

2 REPENT

"And now, brothers and sisters, I know that you acted in ignorance...Therefore repent and turn back..." Acts 3:17, 19

Jesus said Satan is a liar and the father of lies (John 8:44) and he is the ruler of the kingdom of darkness (Colossians 1:13). As Christians, we are to walk in the light (1 John 1:7) and have nothing to do with any form of darkness. If you have been believing a lie and acting out of that belief rather than the truth, you must repent of that belief and your associated actions. This should be spoken out loud by saying something like, **"Lord Jesus, I repent of believing the lie that _____. I now turn away from that lie and I submit to You and to the truth."**

3 REBUKE

“The Lord said to Satan, “The Lord rebuke you, Satan!”” Zechariah 3:2

To rebuke means to sharply criticize or to put someone in his/her place. Scripture says Jesus has all dominion and authority therefore Jesus alone has the authority to rebuke celestial beings. Even angels did not rebuke Satan or demons themselves, but they acknowledged the authority of the Lord to rebuke the beings of darkness. So, acknowledge Jesus’ authority and allow Him to put Satan and his demons in their place. This can be done by speaking something out loud like, **“The Lord Jesus Christ rebuke you, Satan, and every form of spiritual darkness behind the lie that _____. And, in Jesus’ name I hereby cancel every dark assignment against me.”**

4 RELEASE

“Truly I tell you...whatever you loose on earth will have been loosed in heaven.” Matthew 18:18

Over time a lie takes a toll on your body, spirit, and soul (which is your mind, will, and emotions). In this step you will intentionally release your body, soul, and spirit from the known and unknown grip this lie has had on you. This should be spoken out loud by saying something like, **“In the name of the Lord Jesus Christ, I release my body, soul and spirit from any and all effects of believing the lie that _____. I pray peace and healing over myself, in Jesus’ name.”**

5 REPLACE

“You will know the truth, and the truth will set you free.” John 8:32

Once you’ve cleaned the lie out of your life, you must replace the vacated space with truth. This is the truth you turn to every time your mind or behaviors are tempted to engage that old lie again. It is best to repeat this truth several times a day until it becomes the natural truth in your soul. Speak the truth out loud by saying something like, **“I thank you Jesus that You are the Truth. I therefore choose to believe _(insert the truth which is opposite or counter to the lie you were believing)_. Jesus, I ask for Your help to reinforce this truth in my life.”**

6 REJOICE

“However, don’t rejoice that the spirits submit to you, but rejoice that your names are written in heaven.” Luke 10:20

Last but not least, give God an offering of praise and thanks for His grace and mercy and that you are able to know Him and His saving power. Thank Him and praise Him with all your heart for showing you this lie, for revealing the truth, and for having the power to free you from the lie, and all of its associated labels and limits. Rejoice in the Lord and the glory of His good name, and that He has written your name in the Lamb’s book of life. This should be spoken out loud by saying something like, **“I thank you Lord God for showing me that I was believing a lie and for showing me the truth. I love you and I praise You for Your goodness, grace, and mercy. I rejoice in Your salvation!”**

Finally, ask the Lord to **REDEEM** for His Glory all of the time you spent living under the lie, label, and limit!