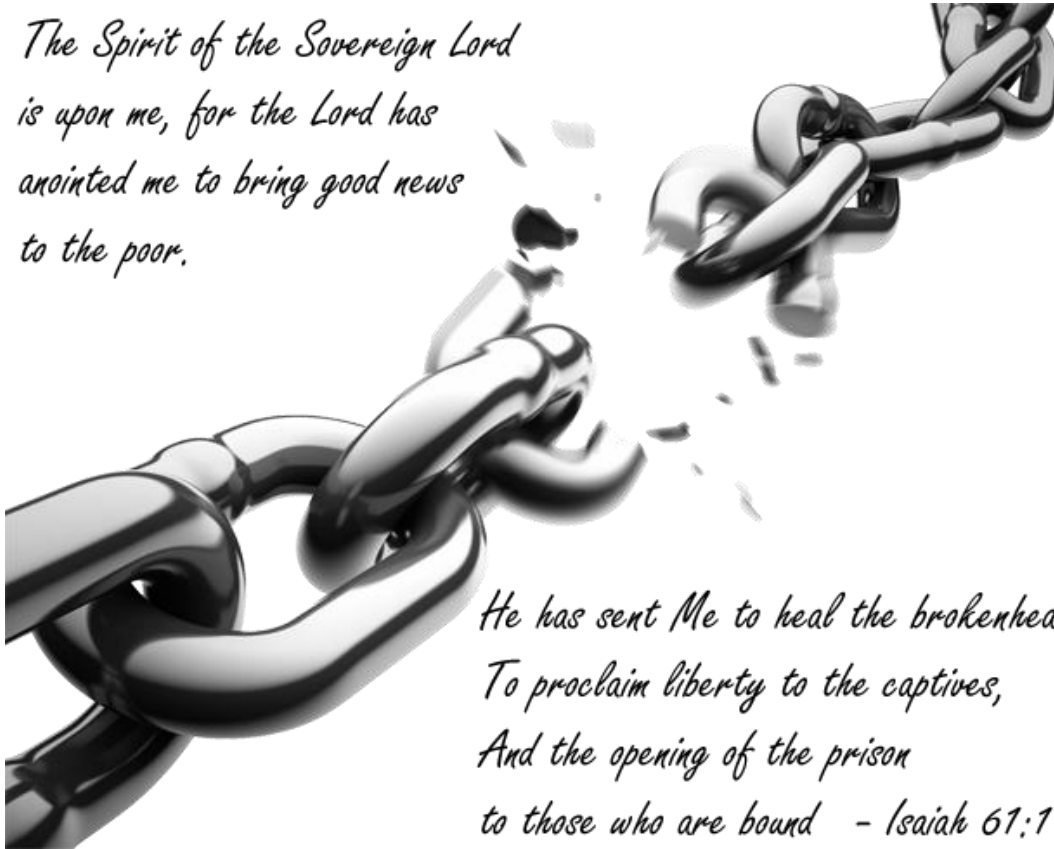


# 'Idols'

## Inner Healing and Deliverance Prayers

*The Spirit of the Sovereign Lord  
is upon me, for the Lord has  
anointed me to bring good news  
to the poor.*



*He has sent Me to heal the brokenhearted,  
To proclaim liberty to the captives,  
And the opening of the prison  
to those who are bound - Isaiah 61:1*

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***\*\*\*\*Most of the prayers in this PDF are unique and not a replica of other people's ideas ~ they are created through revelation of the Holy Spirit and our view of what He has shown us as He works with us. There may be the odd prayer or idea that has been added to our Ministry from others because it impacted us, but more often than not you will be viewing an original.***

***All prayers are subject to change as God gives new insight and revelation. All prayers are to be prayed out loud. Often you will see we ask you to do a prophetic act. A prophetic act is an action of obedience as a step of faith in the natural (physical) realm that supports God's workings in the spiritual realm, to release the power, presence and victory of God into a situation.***

**Prayer Of Protection:** “Father God in the name of Jesus Christ and by the Power of Your Holy Spirit I pray that You would guide me through this journey of deliverance and healing. I thank You for the presence of the Holy Spirit.

I ask for Your protection, and that I am covered with the Blood of Jesus Christ. I also pray this protection over my loved ones, our pets, our belongings and our surroundings.

With the authority given to me by the Lord Jesus Christ of Nazareth, I bind you Satan, all demons and any other agents of Satan, my own human flesh which is antichrist, from any harm or attacks targeting me, my family, our homes and properties, our pets and belongings, our health and our finances, our businesses and our ministries.

I also bind you from any interference, distraction, transference, or blocking or counterfeiting the Holy Spirit, in Jesus name. I bind up and forbid any counterfeit gifts, un-godly manifestations, and lying signs and wonders, in Jesus name.

Father God, I thank You for Your heavenly angels and pray that they would be released in accordance with Your word.”

***Please Note - Many of our prayers as an added precaution will include the term ‘ancestors’ to cover any sins that they may have participated in that you are unaware of.***

**Idolatry/Addictions/Greed (Mammon)/Gluttony** - The word idol according to the dictionary is defined as a person or thing that is greatly admired, loved, or revered, or an image or representation of a god used as an object of worship.

An idol is also something that we bow down to and worship. The word worship means 'to serve', 'to bow down to' and 'an expression of reverence to someone or something of a superior rank'. When we see the true meaning of worship we see that we can serve, bow down and show reverence to many other people and things. What does the Bible say about such things? ***For thou shalt worship no other god: for the LORD, whose name is Jealous, is a jealous God (Exodus 34:14).***

***“You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. “You shall not worship them or serve them; for I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me, but showing lovingkindness to thousands, to those who love Me and keep My commandments (Exodus 20:4-6).*** The word god is translated as **elohiym** and means divine one, God-like, graven image, carved image, and idol. The word idol is translated as **eidolon** and means an image, likeness, whatever represents the form of an object, real or imaginary, a false god. Idolatry can even be when we worship creation and not the creator. The Lord told me that our own flesh is a false god. We bow down to it and serve it all the time through our human emotions, desires and needs. Idols can also be things we put ahead of God in our lives, or even things we continue to worship alongside God. Many people go so far as to not have any ornaments in their home such as stones, animals etc. because they are under the category of ‘on the earth and under

the earth' but my understanding is that these inanimate objects hold no power if they are merely additions to your home as decoration. They were not added in any belief of power or used as worship or replacements for God. The Lord told me that an idol only has power when we give it power by worshipping it. This does not however apply to things that are knowingly occult as the object itself has power. Idolatry can be things such as addictions, greed, cravings, worries or fears, gluttony, pornography, food, gambling, love of money or possessions, worry of finances, television, computers, games, work, our families, worldly ways, or even ourselves. Fear itself is an idol if we bow down to it. This is classed as worshipping a false god. The Bible classes many things deemed as idolatry which surprised me.

***Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry (Colossians 3:5, NKJV).***

***"For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because you have rejected the word of the Lord, He also has rejected you from being king" (1 Samuel 15:23, NKJV).*** So what we see here is that stubbornness is idolatry, fornication, uncleanness, passion, evil desire and covetousness is idolatry. Interestingly many translations replace the word stubbornness with presumption, so even presuming something to be true when it hasn't been proven is also idolatry. How many times have I presumed that God was going to do something a certain way and blamed Him for letting me down when He hadn't done it the way I presumed He would. I was blaming Him but in His eyes I was committing idolatry against Him.

Another thing I caution against is praying such prayers like **'I pray that You would smash the idols Lord, or that You would remove them'**. I had someone pray over me like this as it was revealed to them that I had idols. Coming into agreement with this made my family and my pets vulnerable which resulted in unnecessary attack against them, as at that time they were the idols as God had shown me that I loved them more than I loved Him. This gave the devil a legal right to attack them and attack them he did! God told me it was better to ask Him to bring into divine balance the correct order of God being first before all things as praying this way prevents a lot of unnecessary heartache.

**(PRAYER) – "I ask the Holy Spirit for any specific idols/false gods/addictions/Greed and Gluttony within my life".** *(Write them down)*

"Father God I repent and renounce the sin of idolatry on behalf of myself and ancestors. I repent for worshipping false gods, serving false gods, making and keeping idols which includes carved or graven images of false gods and bowing down to false gods. I repent for worshipping the god of this world (the devil), the god of the ground, and the god of the constellation and the host of heaven. I repent for worshipping creation and not the creator. According to the Bible idolatry says 'we hate You' and that we are committing adultery against you when we put other things ahead of You. I confess the sin of adultery against You and the sin of hatred towards You. I forgive my ancestors for the curses which were inflicted upon me and my family because of this. I have bowed down, served and worshipped many things including my

own flesh as a false god with its appetites and desires, fear, presumption, stubbornness, addictions, cravings, money, uncleanness, passion, evil desire, covetousness, my family, pets and (*name anything else*). Some of these things turned into addictions. Only through the power of Jesus can these addictions be broken. I repent that I have enjoyed these things especially when they are unhealthy for me. Father God I have used these practices to bring comfort and satisfaction of the flesh. I have exchanged these things in place of Your love. This is false comfort and false satisfaction.

I relinquish to You Lord Jesus all gods, fleshly wants, idols, desires, my finances, the things I love and treasure including my family, my belongings, pets and activities and proclaim that Jesus Christ is my one and only God, Lord and Saviour. I trust You with these things and pray that You would 'use' and 'remove' as You see fit whatever I need or don't need for My purpose in You. I ask that You would help me bring into divine balance the correct order of God being first before all things! I lay down my flesh to You with its unholy appetites and desires in the name of your son Jesus Christ. Help me to crucify the flesh in Jesus name. I break every addiction at the root and command all idolatry, addictions, cravings, greed, gluttony and Mammon and all demons with you to leave in the name of Jesus Christ. ***I can do all things through Christ Who strengthens me (Philippians 4:13, NKJV).***"

**False Altars/Covenants** – An altar is an elevated place or structure, as a mound or platform, at which religious rites are performed or on which sacrifices are offered to gods, ancestors, etc. A covenant is a contract or agreement between two or more people. When we become Christians if our ancestors have made any covenants to continuously serve satan then that contract is broken and curses can ensue. When you make a promise to someone or something you need to repent for breaking the promises you made - even when the promise in itself is wrong! ***If a man makes a vow to the Lord, or swears an oath to bind himself by some agreement, he shall not break his word; he shall do according to all that proceeds out of his mouth (Numbers 30:2, NKJV).***

***“Again you have heard that it was said to those of old, ‘You shall not swear falsely, but shall perform your oaths to the Lord.’ But I say to you, do not swear at all: neither by heaven, for it is God’s throne; nor by the earth, for it is His footstool; nor by Jerusalem, for it is the city of the great King. Nor shall you swear by your head, because you cannot make one hair white or black. But let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No.’ For whatever is more than these is from the evil one (Matthew 5:33-37, NKJV).*** It is the broken promise or oath that enables satan to exact revenge against you.

**(PRAYER)** – “I repent, renounce and dismantle every false altar made by myself and my ancestors where there was a covenant, sacrifice or bloodshed to false gods, goddesses, false deities or other people. I repent for every covenant made with satan to serve him on behalf of my bloodline. I repent for every covenant made with satan or others that meant our word was broken. I command all demons who have access to me because of false altars and covenants to leave immediately in the name of Jesus

Christ. I break every curse that came as a result of broken covenants. I pledge, vow and declare that today I make a new covenant to serve the one and only true God, the Lord Jesus Christ. I repent on behalf of my bloodline for all covenants made to serve the Lord Jesus Christ that were broken and never fulfilled”.

**A.A and other 12 step programmes** – I recently met someone who was a member of A.A who asked me if it was okay for a Christian to attend. Not knowing anything about A.A or 12 step programmes I searched the history of how it was founded and what they offered. Firstly I was shocked to learn that the programme was spiritual and not just a place where people helped and supported each other through addiction.

The first three steps of A.A are: -

- 1) The admittance that you are powerless over your addiction.
- 2) To choose a higher power that can restore you to sanity. (This higher power can be anything of your choosing such as God, Jesus, Buddha, the devil, even a doorknob). They state that this is a spiritual programme but not religious as they do not promote one religion, and all religions are welcome.
- 3) Make a decision to turn your will and life over to God as you understand him.

Throughout the rest of the steps there is mention of confession of wrongdoings to one another, making amends with people who have wronged you and meditation and seeking direction from God as you understood him. The last step is if you have had a spiritual awakening then you have to carry this message to other alcoholics.

On the surface this programme could appear Christian – as there is mention of God and the Lord’s Prayer is prayed, alongside many Biblical principles. The problem is there is no mention of Jesus Christ as the one true God who is the only one that can save you from your sins. There is also no salvation through Jesus within the A.A programme. This poses a problem, the Bible is emphatically clear that you cannot come to God (the creator) without knowing Jesus Christ. Anything that denies Jesus Christ as the one true God and as our one and only Lord and Saviour means that **any** god can answer because it is only through Jesus Christ that one can know God the Father. *Whoever denies the Son does not have the Father either; he who acknowledges the Son has the Father also (1 John 2:23, NKJV).*

*He who believes in the Son of God has the witness in himself; he who does not believe God has made Him a liar, because he has not believed the testimony that God has given of His Son (1 John 5:10, NKJV).*

**Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me (John 14:6, NKJV).** If Jesus is not the centre of the A.A programme then this means that those who enter this programme without the knowledge of Jesus will more than likely encounter a counterfeit god who is an ‘angel of light’ who brings counterfeit healings, signs and wonders.

The founder of Alcoholic Anonymous is Bill Wilson who formed the 12 steps with the help of the Oxford Group (A Christian movement). In the beginning it appeared to be more centrally based on Christianity (although there was no mention of Bill becoming a Christian or dedicating his life to Christ) but more and more members became



unhappy with the Christian based theme. In order to counteract this A.A removed 'all things Christian' and became an organization that made it possible for alcoholics of all faiths, or no faith at all, to embrace the A.A. program of recovery.

The following is cut and pasted from an A.A website: - *Bill concludes: "We finally began to talk about the possibility of compromise. . . . In Step Two we decided to describe God as a 'Power greater than ourselves.' In Steps Three and Eleven we inserted the words 'God as we understood Him.' From Step Seven we deleted the words 'on our knees.'*

*And, as a lead-in sentence to all the steps we wrote these words: 'Here are the steps we took, which are suggested as a program of recovery.'*

What does that mean for one who is a Christian and enters the 12 step programme using Jesus Christ as their higher power? To answer this question I sought the Holy Spirit. This is what I believe He spoke to me: - ***"A.A is open to all higher powers. It is universal. In A.A all gods are created equal. Jesus is the most High God – there is none greater than Him. In the programme you bow down to a higher power. This is classed as worship. I will not be part of a programme that promotes worship of other gods alongside Me. Thou shalt have no other gods before me (Exodus 20:3, KJV). In ignorance to the programme if you choose Me as your higher power I will not forsake you but once you know the truth I cannot continue in it with you. Come out of her – I am calling you out from the world. A.A is a worldly programme that denies My existence as Lord and Saviour and as the only way to be saved, but not only that it puts Me equal to and alongside of 'the worship of other gods'. By being a member you are coming into covenant with the compromise of removing Jesus from the core of the programme and declaring Him equal and no greater than other gods. Why would you want to be part of an organisation that promotes this? By being actively involved you deem yourself guilty by association because you come under their authority."*** For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present you as a chaste virgin to Christ" (2 Corinthians 11:2, KJV)

The Lord then showed me why A.A works. Addiction is an idol. When you lay down that idol for another idol (the deity that is more powerful than the addiction) you can end up with a healing but in the long run be left with something even worse. Another thing I noted when researching A.A was the symbols in the sobriety coins that are given when members have completed certain time frames of sobriety. The coins have a triangle and a circle inside of them. This symbol is the same symbol in the illuminate organisation (all Seeing Eye) that promotes one world order, and one world religion. Coincidence? I think not!

My advice to a Christian who is involved in A.A – pray to the Lord Jesus Christ and ask Him to lead you to a group who is Christian and does a similar programme based solely on Jesus Christ as your Highest Power and as the foundation of the **only** way to be healed, saved and delivered.

**(Prayer)** – "Father God I repent in Jesus name for compromise. I repent for entering into any membership or covenant with principles and core beliefs where You were

removed or put alongside of other gods in the false belief that You are equal to them. You are the most High God, there is none like You, nor will there ever be. I break all ungodly soul ties connected to any associations where there were beliefs that rejected You as Lord and Saviour, and where You were no greater than any other god, being, object or deity. Any demon I have inherited through membership or covenant with any associations that reject or depower You I command them to leave now in the name and power of My Lord and Saviour Jesus Christ. If I have ever accepted any other higher power that was not any of the Godhead 3 in 1 I reject you now and command you to leave also in the name and power of Jesus Christ. Jesus Christ I give to You my weaknesses and addictions. I admit in my own strength I am powerless over them. Your word says that You give us all power and authority over the enemy. I thank You for this Holy power and I pray that You would lead and guide me to any group or association that has You as the head that can help nurture and love me as I journey with You. These things I pray in Jesus name, Amen.”

**Total Submission to the Spirit of God** – The time of writing this is February 2016. I was saved in January 2009. From the very moment I was saved the Lord told me that I needed to trust Him. My world was ruled by fear, stress and anxiety. I would molly coddle and self-protect myself and my environment to help keep me safe and to gain an element of peace. Fear ruled my life. To be honest I had no idea of what living in peace could even feel like. My life was constantly ruled by worry. God kept telling me to trust Him and let go. In my eyes this was such an impossible feat. I would hand over the reins of control only to take them back again when fearful situations and circumstances hit. Fear, stress and anxiety were making me physically sick. I was finding it harder and harder to find peace and happiness. This afternoon the Lord spoke this to me:- ***“Are you ready to lay down your idol? You have an idol which is putting trusting yourself ahead of trusting in Me.”*** I knew this was true. I also knew that no matter how hard I tried and allowed God to be in control, I would always take back those reins of control. I asked God how could I lay that idol down and not pick it back up again. This is what He spoke: - ***“There comes a time when you have to let go. If you are unable to do this yourself you need to ask Me not to let you pick up the reins of control again once you have handed them to Me. Free will allows you to make choices. I will never violate free-will. This decision allows you to make a choice to decide whether you trust God to be in control, or you! Trusting God with the reins of control in your life is the ultimate sacrifice of trusting in Him.”*** After He spoke this to me I then realised that I had always wanted Him to be in control of my life and circumstances because let’s be honest He is much better at it than me, but I had struggled so much with actually letting go. To let God be in control means that nothing can happen to you that He is not in control of. If we don’t willingly hand control of our lives over to Him we can actually tie His hands to prevent many needless things that can happen to us. This was fantastic. God was now offering me a solution on how to truly let go!

**(PRAYER)** – “Father God I repent for trusting in myself ahead of trusting in You. I repent that trusting in myself has become an idol because I put it ahead of trusting in You. I lay down this idol and ask You to help me trust more in You than myself. Show



me I can trust You so that I don't need to constantly fret and worry about being in control of all things. I willingly hand over the reins of control once again to You, but this time Lord I ask that You keep them. Do not allow me to take them back of You. I make this choice to You Lord Jesus Christ with my free will that Father God has given to me."

*(Prophetic Act) – Kneel at the foot of the cross and lay down the idol 'trusting in myself ahead of trusting in God'. Hand over the reins of control to the Lord Jesus Christ and then walk away!*

**Putting Yourself on the Cross** – I had been suffering for years with ill-health with a promise from God that He would heal me when I spent time one on one with Jesus. In fact His promise was when I trusted Him He would heal me. This was proving to be a painful time for me. I tried and tried in my own strength to trust Him but would waiver back and forth daily. It all came to a head when I became too ill to continue on in Ministry. The Lord asked me to lay it down and spend time with Him so He could heal me. Two months into this I was no better – in fact I was worse. I sought help from the doctors but it seemed every new thing they tried made me worse. During this two months after laying down the Ministry I was obedient and was seeking quality time with Jesus. The problem was He was nowhere to be seen. I was instead visited many times from the enemy posing as an angel of light pretending to be Him giving me advice that never worked (hence how I knew it wasn't Him). What I did know was that most of my problems were from entering into menopause which intensified an existing anxiety disorder. My nervous system was stuck on hyper because of the fluctuating hormones and each day I spent 24/7 with adrenaline surges, violent heart palpitations that felt as though I was going to have a heart attack, oesophageal, rib, colon, bladder, uterus, back, neck and abdominal cramps, shaking, trembling, internal buzzing, internal burning (particularly in my chest and stomach which would make its way down to my feet) and nausea. I was barely sleeping. I could barely function. I was losing weight without even trying. I avoided going out and inviting people over as any kind of excitement sent my heart and adrenaline through the roof. I instead opted to spend the majority of my day in my room in bed away from the noise and energy of people. To say it was a tough time was an understatement. I really felt that God had abandoned me and that my life was doomed. Many times during this I thought I was dying.

During this time my uncle passed away and my dad (who lives in Christchurch) informed me that he was coming over for a few days and was going to stay with me. This sent me into a frenzy as I knew I was barely functioning let alone having my father stay over. My only answer during this time was to take Ativan (a benzodiazepine) with serious side effects, particularly the risk of addiction and tolerance within a few weeks of taking the med daily. It is great while you are on it but coming down off it is not so great. I avoided this medication as a daily fix and used it only in cases of emergency when I really needed it as it. The day before my dad was due to come I felt very strong in my spirit to ask him to pray a Fathers blessing over me. He is a non-believer so I knew this was going to be a big ask. The Lord had revealed to me years earlier that anxiety disorder is a curse that comes from 'lack of love from the Father'. I felt in my spirit that my father's blessing

could break the curse. Love deficit comes in many forms, it doesn't just mean that your father doesn't love you, it can be lack of nurture, blessing, security or a need that he didn't fulfil in you. In my case the biggie was security as my mother and father divorced when I was ten in which my father moved out. He went on to marry again and have three more children. I knew spiritually the fathers blessing was going to be very impacting in my life. I had always known my father loved me dearly but he also had never affirmed me. I grew up with the belief I was never good enough and sought to please him all the time. The Lord showed me that trying to please him and get his approval all the time had become an idol.

A friend of mine once sent me some information about seeking approval. This is what she wrote – 'Without realising, we set the path of our life toward self-fulfilment through the insecure hope of obtaining another person's love and approval, subconsciously usurping God's love'.

The day before my father came the Lord started to reveal wounds I never knew I still had as I had told my father I had forgiven him. As God brought these wounds to the surface I found myself crying deeply and saying "I forgive you dad for leaving me. I forgive you dad for leaving me and getting a new family. I forgive you that you left me and not them.

I forgive you that you never told me you were proud of me and that you never affirmed me. I know that you love me and I love you too". I wept and wept. God then showed me in that instant whilst experiencing the pain I had truly forgiven him. Not long after my Father arrived I asked him if he would pray a Fathers blessing as I believed it to be a detrimental thing in my walk with Jesus Christ. He happily with no hesitation agreed. I invited my mother around when my dad was here and they both laid hands and blessed me together. I had downloaded a Fathers blessing prayer to his adult daughter which he prayed over me whilst my mother said 'amen'. It was a very special moment for me.

Two days later I was no better in my health so as you can imagine I was incredibly upset with God as I believed that there would have been a significant change. I entered into so much unbelief and despair. My husband and I sat down (as we had on many occasions) and asked God if there was something I had or hadn't done that was preventing my healing. Mark had a thought come to him in which he wondered if I had taken on too much in my God walk. He wondered if I was asking God to fulfil my call quicker than I was supposed to. That thought hit me like a ton of bricks. Oh my I had been asking God to fast track me and do whatever it took to get me to where I had been prophesied to go. It then struck me – was it my own fault I was in this state of poor health? I asked God and this is what He spoke (as He spoke this to me I literally felt the healing enter into my battered war-torn spirit):- ***"You put yourself on the cross. You ran ahead of Me and wanted to be fast-tracked. You couldn't wait, you wanted more, you wanted it all and you wanted it now! Pride, compassion and your love for Me were the driving force. In the God walk you are crucified with Christ. You have to go through the cross but this is in My timing. I transition you through. I allow things to happen to transform you into a Christ-like creation – but My ways are gentle. Is it painful?"***

*Chastisement is not pleasant but it should not be painful. Christ took the burdens from you. The pain is the yolks you carry. It is your own burdens that causes the most pain. Carrying your cross is never easy. The road to God is narrow but God never gives you beyond what you can handle. You asked for more! My children never change – blockages on your end prevent you receiving what Christ has for you. Your whole Ministry is about removing the blockages to receive My blessings. I love you so much and just want to bless you. Your nervous system is on hyper because you are on hyper. How can I heal your nervous system if you won't be slowed down? Like a wild horse running ahead you had to be tamed. The only way to make you stop and rest was to allow the devil to inflict you. He is his own worst enemy. Each infliction gives you a revelation to teach and help others. In this time of transition I want you to rest in Me. Allow Me to wash and pour out My love over you. Like a good Father who loves His daughter so much. Allow Me to reign in you. I love you so much. As you spend time with Me I will heal you. Spending time with Me is all about intimacy in Christ. I will bless you, cover you, nurture you and love you. In this time we will get to know each other more. The next six months is about discoveries I have for you. I want for you to get to know Me. I want to show you My presence but first I had to test your heart. Do My children want Me for Me because they love Me or because of what I can do for them? I want My children to seek Me for Me. I want them to want to get to know Me – no agendas. It's about you, it's about Me, it's about us. It is a partnership. As long as you love Me for Me then I can give you what you want. You will preach, you will teach but it will be in My timing. Striving to be the best you can be but for the right reasons before I can fully use you. If I had of let you be who you wanted to be ahead of My timing 'pride' would have destroyed you. I need you humble so that 'you' and 'Me in you' can work in unison together. The inner qualities you bring to the table that are uniquely bound in Me are the ones that bring fruit – for you can do nothing without Me.*

It was then that I knew that my impatience had landed me where I was. I now had to wait on God and rest in Him whether I liked it or not.

Below is the prayer of repentance I prayed to Him. Immediately after this prayer I sensed that something had changed. For the first time in my life I felt secure in Him. I felt like I actually trusted Him. I asked Him why and He showed me it was because I had forgiven my father for leaving me and the insecurity that was with me could now be removed and healed. I had also projected my lack of trust onto God believing that He too may abandon me. The repentance of running ahead was another form in which God could forgive me that I had not trusted Him. The blessing my Father had given me was now able to break the curse – 'Lack of love from the Father'. God could now show Me more of His love. At that instant I was infilled with strength that was so powerful it literally brought me to my knees. I had an infilling of joy whilst the Lord repeated over and over "The joy of the Lord is your strength" to me. He also said "Now that you trust Me I can heal you." I knew that this moment with both my natural Father and my Heavenly Father was incredibly life changing. I am again trusting that the times I spend with Jesus in His presence will bring healing to my physical body. Not only this He is revealing more and more of Himself to me. Since

the blessing from my Father I am having some very special encounters with Jesus. These encounters can only happen when we take time out and rest in Him.

**(PRAYER)** – “I repent Father God for putting myself on the cross. I repent that I ran ahead whether it was for the right or for the wrong reasons. I asked You to fast-track me. I asked You to take me to where I thought You wanted me which was ahead of my time in You. I repent for lack of trust in You. I repent for trying to gain approval from others which became an idol as it was usurping Your love. I now ask for You to transition me into the call of God over my life in Your timing in Jesus name. I lay down any counterfeit calls along with counterfeit gifts and counterfeit fruit. I take up the gifts, fruit and call of God that You want me to have only in the name of Jesus Christ, Amen.”

**Double Anointing** – What is the anointing? *The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord (Luke 4:18-19, NKJV).* The word anointed in this verse in Greek is **Chrio** and means to 1) to anoint. 1a) consecrating Jesus to the Messianic office, and furnishing him with the necessary powers for its administration 1b) enduing Christians with the gifts of the Holy Spirit.

As Christians most of us can claim that we hunger after the anointing. The day I was saved I have had a fire burning within me to carry the fullest measure of the anointing I can possibly get because I have a heart to help hurt people. Recently I was at a healing meeting. The Minister spoke something that really resonated with me. He said “Salvation is free but the anointing costs.

No one will ever know how much the anointing of Jesus Christ I carry today to set people free cost me.” How true that statement was. I wanted the anointing, I sought the anointing and I got told that the anointing would cost me, but I never fully realised the cost. What does it take to gain the anointing? *He must increase, but I must decrease (John 3:30, NKJV).* To gain the anointing one must be prepared to lay down his life. We need to be prepared to exchange our will for His will. What is the will of God in our lives? To save souls and glorify Jesus. A true disciple is one who chooses God over self and self needs. ***Seek first the Kingdom of God and His righteousness and everything else will be added unto you (Mathew 6:33, NKJV).*** When we put God first ahead of ourselves He will then supply our needs and ultimately we end up with our needs met, His needs met and many souls saved. Laying down our lives is incredibly hard and incredibly painful. Not everyone is prepared to do this. There are many times I have said ‘I can’t’ and actually meant it, but the burning desire to serve God always caused me again to say ‘I can and I will’. In the times that we can’t God will still love us, and we are still saved and still His. The more that we can though, the more of Him we will carry into a world that is so lost. There is a cost to carry the anointing of God and not everyone is prepared to pay the cost. There are varying degrees of anointing. The greater degree of anointing you are chosen to carry the greater the cost. There is an anointing called the double anointing and the Lord told me a long time ago that I was going to receive

the double anointing. What is the double anointing? We read in 2 Kings about Elijah and Elisha, and how Elisha wouldn't leave Elijah's side until Elijah was taken by God in a whirlwind so he could receive a double portion of his mantle. A double anointing is a double portion of Elijah's mantle.

How do we receive this portion? I received the answer to this today and it all began when the Lord Jesus spoke to me. This is what I heard: - ***“Has desiring the anointing become an idol in your life? Do you put it ahead of relationship with Me?”*** I pondered this and knew in my heart that my desire for relationship with Jesus and my desire for the anointing was 50/50. Was this good, was this bad? Was it an idol? I sat down on my bed and He spoke again. This is what He said, ***“What if I were to tell you that you weren't going to carry My anointing to heal people or perform miracles but instead you were going to teach people about My love, and how you learned to trust Me. What if I told you that My love is what I am giving you to carry.”*** A bit confused by this I thought 'Oh maybe I will just teach things I have learned and not carry any anointing at all. How did I feel about that? I wasn't sure. I figured it was up to God at the end of the day. The Lord spoke again, ***“What is anointing? It is the power of God. What is love? Something far greater than anointing. You will carry My love. To carry My love is to entrust you with My heart. My heart heals all. My heart is Me. I am giving you Me. People who carry the anointing can perform signs, wonders and miracles but is that the same as carrying Me? The devil can perform signs, wonders and miracles too. The heart of Jesus changes the atmosphere. Carrying My power is also about carrying My heart. That is how you determine the difference between one who is all about self and self-gain and craving the limelight. You started off carrying My anointing but after the refining you will carry My heart. That is why you had to lay down the Ministry. You had wrong heart motives. You put self ahead of Me and serving others. Although you loved to serve Me and minister to others it was not ahead of self-gain. Glorifying Me and serving others should be the ultimate focus in your heart. Because of wounds of rejection you loved recognition. Recognition turns to Pride. Those who carry My anointing are prime targets for pride to come upon them. People glorify you because you carry My power and in a heart that has been wounded with rejection the anointing becomes an idol. One of the reasons you desired the anointing was because you got recognition. Carrying the heart of Jesus represents the double anointing. You start off with carrying My anointing. No one can claim that they have 100% pure heart motives when they first start operating in the anointing. You are no different to anyone else who began in Ministry. Pride and self-recognition has taken out too many of My Ministers. I need for you to desire the anointing for the right reasons. You need to go through the fire of God to bring about a change in your heart motives. It is all about removal of self. Will you still want to spend time with Me and even serve others when I have not given you what you want? If the answer is yes then that determines the thoughts and intents of the heart. My heart is to serve. I look for those whose hearts are to serve. I took you out of the limelight and you continued to minister behind the scenes to the people I sent you. At the end of the refining you receive a new heart. My heart. You cannot receive the double portion until***



*you have laid down you.*” I then spoke to God and I said “I understand this completely Lord but what about the original question you asked me. You asked if desiring the anointing had become an idol in my life, and you asked if I put it ahead of relationship with you. I truthfully answered that it was equal. I desired relationship with you as much as I desired Your anointing. Is this okay?” I decided to scour the Scriptures to get my answer. I first decided to look at the commandments spoken by Jesus.

***Then one of them, a lawyer, asked Him a question, testing Him, and saying, “Teacher, which is the great commandment in the law?”***

***Jesus said to him, “You shall love the LORD your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment. And the second is like it: ‘You shall love your neighbour as yourself.’ On these two commandments hang all the Law and the Prophets” (Matthew 22:35-40, NKJV).***

***A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.” (John 13:34-36, NKJV).***

I also found this Scripture. ***“And now, Israel, what does the LORD your God require of you, but to fear the LORD your God, to walk in all His ways and to love Him, to serve the LORD your God with all your heart and with all your soul, and to keep the commandments of the LORD and His statutes which I command you today for your good? (Deuteronomy 10:12-13, NKJV).***

So what did I learn? The first and greatest commandment is to love God. Jesus says the second commandment to love your neighbour as yourself is like it. The word like in Greek in this verse is **Homoios** and means similar, resembling and corresponding to a thing. What does loving God look like? A desire to know Him, serve Him and glorify Him. We see by these verses that a love relationship with God is about serving Him and carrying His love into a lost world. Why does God want a relationship with us? The answer is love. He wants us to seek His heart so He can show us His heart. When we see His heart we start to trust Him. In the trusting comes our true love for Him. As we trust we start to step out in faith. Faith moves mountains. True trust and faith comes when you know the heart of God. Having a relationship with Him to seek His heart and learn about Him is equal to wanting His anointing, which is His love and power to be able to impart to a lost world. The key is the motive and intent behind wanting His anointing. If you want His anointing for the right reasons it is not an idol if you put it equal to wanting a relationship with Him.

Desiring His anointing and desiring a relationship with Him should be equal as Scripture has proved they are one and the same. It is in the relationship that the refining, the changing and the right heart motives are revealed and dealt with so you can then go on to help others in the same way He helped you. Loving God is wanting to serve Him and glorify Jesus. Serving Him is all about preaching the Gospel and healing the sick. In fact that is Gods ultimate will for us. It is easier to do these things

when you are operating under His anointing. Relationship with Jesus is the key. You can't have one without the other. We see that in the story of Elisha wanting the anointing of Elijah the one thing He could not do was take His eyes of Elijah. When we want the anointing of Jesus we must never take our eyes of Him. Doing so brings the focus of Jesus and His will and onto other things. These things then become idols.

Do you want to carry a double anointing which is the heart of Jesus Christ into a nation full of lost hurting people? If the answer is yes and you have a burning desire to save the lost and heal the hurting be prepared that God will need to remove any wrong heart motives for His anointing from you.

**(PRAYER)** – “Father God in Jesus name I desire to have a double portion of Your anointing. I understand that a double portion is to carry the heart of Jesus Christ to a lost world that is hurting and needs an encounter with the one and only Lord and saviour – the living Lord Jesus Christ of Nazareth. I ask that You would give me a burning desire to serve You and carry Your glory, as I go through the refining process which is removing impure heart motives I may have for You and Your power. I repent for anytime I desired the anointing for the wrong reasons and it became an idol as I put it ahead of You. Relationship with You is all about me loving You, You loving me, seeking and knowing Your heart and serving You in Your quest to save souls and heal a broken world full of broken people. Lord Jesus if you have cleansed and refined my heart and determined that I am ready to carry Your heart and Your double anointing I ask that You would release this to me in Your perfect timing. Thank You, In Jesus name, Amen.”

**Self-Pity** – I recently came across a couple of Ministers who were preaching about self-pity and how we have to avoid coming into this place. What they were teaching was that you had a choice, you could be positive and maintain a belief and positive confession in God or you could enter into a place of negativity and feel sorry for yourself. They went on to say that if someone asks you how you are then don't mention how bad you are feeling but simply say 'I am on my way to being whole'. I felt a little annoyed by the teaching because I myself had entered into bouts of feeling very sorry for myself and needing comfort, prayer and intercession from those around me. Suffering and struggling through each day when you are in turmoil is not easy. I thought about how the Bible teaches that those who mourn will be comforted, and about how those who are suffering will be healed. Surely God doesn't expect us to pretend we are okay and put on a brave face and go about our business in pain? Does this mean that it is wrong to tell others how we are feeling? Surely not, otherwise how do we ask for prayer and intercession from others when things are going bad? I decided to do a Scripture study to see what the Bible says. I came across the passage in Matthew where Jesus was distressed and sorrowful in the garden of Gethsemane and had asked God to take the cup of suffering from Him. He even became annoyed with His disciples because they fell asleep and didn't sit with Him in His time of need. Jesus in His humanness even needed comfort and support when He was in a place of despair but ultimately He told God that He wanted His will to be done. He made a choice to follow God the Father and then an

angel strengthened Him ready for what was to come, the crucifixion. The thing that stands out to me in this is that when Jesus entered into a place of despair and then made a choice to follow the will of God, He was strengthened because of that choice.

***In all their affliction he was afflicted, and the angel of his presence saved them: in his love and in his pity he redeemed them; and he bare them, and carried them all the days of old (Isaiah 63:9, KJV).*** The word pity in this passage in Hebrew is **Chemlah** and means mercy and compassion. Many times when we take pity on another through our mercy and compassion anointing is released from the Holy Spirit within as we pray for them. When God takes pity on us He releases toward us His Grace and mercy. If pity means mercy and compassion then does self-pity mean mercy and compassion towards self? According to the **Meriam Webster Dictionary** self-pity means a *self-indulgent dwelling on one's own sorrows or misfortunes*. The key to this is the word 'self'.

In everything we do we are to lay down 'self' for Christ's sake. Self is of the flesh which is why Jesus was willing to lay down 'self' for the sake of others. I sought the Lord and this is what I believe He showed me: - *It is okay to feel grief, be sad, be disappointed and mourn when things go wrong. It is also okay to take pity (mercy and compassion) on yourself and pray to God and ask others for help. It is okay to want to be comforted. As you have seen even Jesus experienced this. The key when in this place is to pray and seek God and remain focused on Him making the choice to enter into His will. In this time of need we need to come closer to God. Many find that instead of remaining positive in a solid belief in Christ's provision they can then enter into negativity, doubt and self-pity. What is self-pity? An excessive focus on one's own problems. Self-pity becomes an idol because our focus becomes stronger on the problem than on the problem-solver. We all know how easy it is to lose focus on God in these times – unbelief, doubt and disappointment that these things that hurt us haven't been removed in the way we would like, can make us lose focus. The more we enter into self-pity the more we move away from God. How then do we overcome and not let our hurts, pain, disappointment, doubts and disbelief become our major focus?*

The Lord then spoke: - ***“Remain focused on Me. Look to the author and finisher of your race. Don't lose sight of Me. When in this state of self-pity many turn away. Self-pity opens the door to heaviness. The more self-pity you enter into the heavier things become. You lose sight of Me. Repent for losing sight of Me. Repent for allowing your problems to become greater than the problem solver (Me). Remain in Me and Your joy will be full. There is a specific time and a specific place predestined for you to receive all I have for you. Self-pity opens the door to heaviness and heaviness smothers. In this place you become enshrouded in a place of heaviness, doom and gloom. It is hard to see. Heaviness is like a smog that causes clouded judgment. You may make decisions and do things you wouldn't normally do. The cloud of heaviness is lifted when you repent for allowing self-pity to become an idol because you put it ahead of Your purpose in Me.”***

He then went on to speak a personal word to me. To gauge an understanding of the word He spoke to me (which is below) I will go into the history of my walk in God and the promise He gave to me of being healed in His presence. The date of writing this is 14/11/2018. About six years ago I started to become unwell. He had told me at the beginning of this that I would be healed when I trusted Him. Over this time Mark and I started up a Team Ministry in which we ministered to others with a group of other people. At the beginning of 2016 I had become very unwell. I had prayed and asked God what to do. I then received a word telling me to lay down the Team Ministry. I prayed for confirmation and at the time none of the other team members got confirming words. We assumed this word to be from a deceiving spirit. I continued and it was very difficult. A few months later I again told the Lord I was struggling and could no longer continue ministering to others in my current state. The word I received at this time was "***When you pray for others you will be healed in the anointing as they are healed.***" In light of this word I kept going for another six months continuing as a team and doing Ministry but I got worse and not better.

In October 2016 I said to God as I wept "I have to lay down this Ministry and pick it back up again when I am well. I won't do Ministry anymore until I am well." The Lord told me to go ahead and lay down 'Team Ministry' and reminded me that He had told me to do this at the beginning of the year. I asked Him why He never confirmed it, and He replied that He had and showed me that the confirmation of His word was that my health was so poor I couldn't continue. He told me that Team Ministry was no more and that the Ministry Model I used was now null and void and that He had a new thing for me. All I knew was that it involved a double anointing for myself to minister to those whom God showed me and that doors would also open to enable me to teach all I had learned.

Sometime later I got told that Christian Connection would not have an actual Ministry Model to operate from – it would simply be about being used by the Holy Spirit and all I had to do was be willing and available. This word was not confirmed so I was unsure if this was correct or not so I just held on to it. The year and a half after that was incredibly tough and is outlined throughout the entire PDF's of prayers. He talked to me greatly in this time about the second infilling of His Holy Spirit which included a double portion of His anointing in which I would minister. He told me that I would carry an anointing of the Blood of Jesus that would remove sin, cleanse and heal. I knew this word to be from God as I received that inner peace and knowing where you just know that you know. I then had deceiving spirits trying to give me direction left right and centre. I also got told not to start ministering to people until I received a new Ministry Model and the double anointing. One word told me that I was **not** going to receive a Ministry Model, whilst other words told me I would. It was hard for me to discern the real from the counterfeit so I just kept waiting, but it was all very frustrating.

Six months ago I went to a Healing Meeting with a man who ministered from Africa. This man prayed for me then gave me a very accurate word. He repeated so much of what God had already told me and said that 'It was now time to pick up my mantle again and start ministering and that God wanted to give me a double anointing', then he imparted it to me. I felt a slight sensation of power as I received it. He then told

me that as I ministered to others under this double anointing I would receive healing at the same time. Wow – the same word I got given when I was doing the Team Ministry and it did not happen. It must have been meant for the New Ministry which is why it did not come to pass when I kept ministering.

The next day I prayed to God and told Him that ‘I pick up my mantle’ and was ready to start ministering again. I was still very unwell but trusted the word that I would be healed under the anointing when I prayed for others. That very day a friend rang to visit. I discerned a need when she was here and started ministering. The anointing was strong and we were both impacted. In fact I felt so great after she had left that I also attended an equipping station meeting that night in which I had been previously too unwell to attend over the last year and a half.

The following week I had an email from someone wanting Ministry. Up until then I had been declining but decided to go ahead with this one. The session was fantastic and again afterwards for a few hours I was buzzing. I was hoping to feel 100% well again after these two sessions but I did not, however I did note that I had in the last few weeks gone from terrible to bearable. I decided to try again the following week but the skype would not work. We tried for hours to no avail. Was this the enemy or God showing me that I was not ready? I wondered if maybe I had picked up my old mantle and was doing Ministry in the old way, and not the new and that I had to wait for the Ministry Model (if there was such a thing). I tried again with another lady the following week and she had to cancel our session because of unforeseen circumstances on her end. I prayed again and all I heard was ***“I want you to minister to those two ladies under the new anointing and I got reminded that the new anointing carried the power of the Blood of Jesus.”*** My understanding of this word then, was that I had to wait for a new Ministry Model and/or anointing which was still to come. Although the Minister had imparted to me a double anointing I assumed that this was not the entirety of what I was waiting for and that there was still more to come, specifically the second infilling. Why did I assume this? My salvation experience when I was born-again in my spirit was so hugely powerful and impacting and life changing that I was expecting the second infilling to come into my soul to be the same, and that I would receive it all at once as I did the first time. I deemed from that day then that I was to wait and used the cancellations as the confirmation. I laid down my mantle again and told God I would wait on Him as it was all so very confusing.

Now onto the personal word I received: - ***“My daughter in this place of ‘laying down’ not only did you lay down Team Ministry you also laid down ‘your Ministry’. Although you have ministered to some people in this time that I have sent your way, you told Me that you did not want to start your Ministry again until you were well. You shut the door on your own Ministry. My timing is always when you are ready. You were not ready so I stopped using you in the powerful way that you loved to be used. When the visiting Minister told you to pick up your mantle again the enemy interfered which made you lay it back down again. You believed it was Me wanting you to stop, but it was not. Your healing will come when you minister in My anointing (which you have already received, the manifestation of which will become apparent when you step into***



*it). I asked you to lay down Team Ministry, not your Ministry. That was your decision. You believed you were not well enough to do Ministry with Me, yet I had already told you that you would be healed when you did this. It is time to trust Me now. This word of your healing has now been confirmed by other Ministers. Pick up your mantle and step out of the boat and keep your eyes on Me. What is the new Ministry? To be available to minister to whomever I send your way and to be available wherever I send you. Your healing will come in My presence and to be in My presence is to be under My anointing. Minister to those whom I send you. Go where the Spirit says 'go'. You will minister on your own and you will minister in groups alongside other people. Be lead and guided by Me, and completely in My will and I will clearly show you the way. Confusion has kept you from your destiny in Me. Conflicting words, conflicting voices, and believing you were too unwell to be used by Me. As long as you are available I can use anyone. Is this cruel to ask you to minister when you are still unwell? Why would it be when I promised to heal you when you pray for others? Why are you waiting? Why are you disappointed when the answer to your promised healing has been there the entire time? The anointing you already received is activated the moment you trust Me and step into it."*

To say I was astounded is an understatement. God was now telling me that I received the new anointing for the New Ministry the day the African Minister imparted it and that it would outwardly manifest within me and to others when I activated it simply by stepping out and ministering again. Why had God not made it clearer to me? I had been waiting and waiting for my healing, and for the new anointing and Ministry Model and the answer had been there the entire time. Not only this, He had also told me that at the very beginning that I would be healed when I trusted Him. All I had to do now was make myself available and start up Ministry in Him simply by stepping out in trust and the rest would simply fall into place. I asked God why He had not made this clearer to me as clearly I had been under a shroud of confusion. This is what He spoke: - **"I made it very clear, you just didn't hear it."** He showed me again the cloud of heaviness. I had entered into self-pity because of how bad I was feeling. Self-pity is an excessive focus on one's own problems. In my own strength I could not do Ministry. I had told Him that I would not start up ministry again until I was well. I had slammed the door well and truly shut on the Ministry He had for me. I had put more focus on my problems believing I could not be used by God in this state. The reason for this, was that after receiving the word that I would be healed when I prayed for others and continuing on doing Team Ministry, it did not happen. I now knew this was because He had a new Ministry for me. It involved working one on one with Him and going wherever He needed me to go. The word of healing for me was His promise for the new Ministry, not the old Ministry. The Team Ministry was a stepping stone into the new Ministry. I had to lay that down in order to do the new thing. The answer had been there the whole time and I did not 'see' it. Now all I had to do was trust God that as I stepped out in faith to minister to others (even in my broken state) He would heal me as the Spirit of God in me healed others. So beautiful, so simple. My mind-set also of what the second infilling should look like dictated to me how I proceeded. The second infilling I believe has already been imparted.

I believe it is intertwined and part of the double anointing I was imparted. It was now up to me to allow it to spread and completely resurrect that which was dead in me. It was like a seed ready to spring forth and change me from within when I allowed it to be unleashed simply by stepping out with God in my God-given destiny. It is my belief that the second infilling/fire baptism is made up of 'being imparted with the fire of God', and 'a resurrection from the impartation' once the process is complete. I believe the resurrection will be much like being born again when I was first saved (in my spirit). Therefore, I believe it is a process of cleansing, refining, deliverance and lastly transformation. For now, I am awaiting the resurrection/transformation of my soul.

Although I am still very unwell I have again picked up my mantle and have made myself available to God to use me and start up the Ministry again. Today the new Ministry begins. He is right, the Ministry is not as it was before. A new adventure is about to unfold with God and me. I am excited to see where He takes me. I have repented of self-pity, the shroud of heaviness and confusion has been lifted. I await now His direction and will follow the leading of His Holy Spirit

**(PRAYER)** – “Father God in Jesus name I repent for self-pity in which there was an excessive focus on my own problems. I repent for allowing self-pity to become an idol because I put it ahead of Your purpose in me. I repent for losing sight of You and for allowing My problems to become greater than the problem solver (Jesus). I now speak to heaviness - that great fog of doom and gloom that enables confusion and clouded focus and judgement to leave immediately in Jesus name. I now ask You Father God that where there was confusion and lack of clarity in my God-given destiny for You to bring clarity and confirmation, so I can enter into the perfect will of God for my life. Thank You Father, Son and Holy Spirit, Amen.” *(Prophetic Act) – Put on the Garment of Praise for heaviness and start praising God – Isaiah 61:3).*

**Eyes of Jesus** - I had recently become friends with a lady when I noted she tended to judge others harshly through condemnation rather than love. I had ministered to her on a number of occasions so approached God as to the root of this behaviour. I believe God showed me that she viewed the world and all its ways through eyes of bitterness. 'Hurt' and 'anger' (because of the hard blows) in her life had caused bitterness to grow and take hold. I saw her through Gods eyes and had compassion on her as He showed me. She needed to be healed of this bitterness and I had empathy for her because she has had awful things happen which made me completely understand the bitterness, but for those around her it was toxic and was causing people to be cautious and reject. I noted also that although her heart was 100% toward God her focus was at times very inward – always about her. I saw that she wanted it to be outward (about others and God) but when it became outward (about others) she would bring it back to become inward again (about her). The reason for this was that she was very unwell and when you are at your worst it is hard to focus on anything but your own healing. The problem with this (as God taught me this a while ago) is that our sickness or burdens become an idol in our lives because we put them ahead of God and His purposes for us. A belief we may have also may be that God can use us for His Kingdom 'more' or 'better' when we

are well. Little do we realise it is in our place of weakness that He can use us more. I believed that she needed to forgive God for allowing (and not preventing) the hard blows that had happened in her life. I believe also that as hard as it is, when we put Jesus and His needs ahead of our needs, in this time of laying down self, Jesus then makes it about us and our needs. ***But seek first the Kingdom of God and His righteousness and everything else will be added unto you (Matthew 6:33).***

God then talked to me about righteous judgement and how we are to exercise it. He showed me that I also did not exercise righteous judgment correctly and would always enter into self-righteous judgment. All human-beings fall short of the Glory of God and only through Jesus is anyone judged worthy. When we judge other believers through condemnation we are judging them as unworthy because of their deeds. When we do this we are drinking judgment on ourselves because Father God sees them as worthy. He sees them as worthy because He views them through the eyes of Jesus who loves them and covers them in His Blood. When we judge another believers deeds and judge them unworthy we are negating the righteous Blood of Jesus that is covering them. Instead of seeing them as unworthy we need to see them as worthy and 'in love' direct them to the ways of the Lord. When we walk contrary to the ways of God we can reap carnage to our flesh. It is our duty to bring righteous correction to a fellow believer to help them in their walk. In regard to unbelievers there was a time when we were all once unbelievers and all our deeds (including good ones were unworthy). ***But we are all like an unclean thing, And all our righteousness's are like filthy rags; We all fade as a leaf, And our iniquities, like the wind, Have taken us away (Isaiah 64:6, NKJV).*** Jesus is the only one who makes us worthy.

Instead of condemning those who are unsaved for their worldly deeds we need to exercise righteous judgement and show them they need the love of Christ as we too are only worthy to partake because of His Blood. Instead of judging and condemning them for their worldly ways we need to love them and show them the Kingdom. In our own strength we are no more righteous than they are. Our righteousness comes only from the love of Jesus in our hearts. ***But now the righteousness of God apart from the law is revealed, being witnessed by the Law and the Prophets, even the righteousness of God, through faith in Jesus Christ, to all and on all who believe. For there is no difference; for all have sinned and fall short of the glory of God, being justified freely by His grace through the redemption that is in Christ Jesus, whom God set forth as a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed, to demonstrate at the present time His righteousness, that He might be just and the justifier of the one who has faith in Jesus (Romans 3:21-26, NJKV).***

***Speak not evil one of another, brethren. He that speaketh evil of his brother, and judgeth his brother, speaketh evil of the law, and judgeth the law: but if thou judge the law, thou art not a doer of the law, but a judge (James 4:11, KJV).***

**How should we judge?** We judge all actions in accordance with the word. Anything that is contrary to the word needs to be reprov'd. The word reprove means to scold or correct usually gently or with kindly intent. Anything outside of this is condemnation and unrighteous judgment. ***“Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you. And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye? (Matthew 7:1-3, NKJV).***

***(1 Corinthians 11:24-34, NKJV) And when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me." For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes. Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. For this reason many are weak and sick among you, and many sleep. For if we would judge ourselves, we would not be judged. But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.***

The above Scripture spoken by Paul shows us when we partake of communion we need to judge ourselves so we would not be judged. If we have been judging others we can drink judgment upon ourselves and enable God to judge us with the same measure, and can be a big reason why many of us are sick. Communion is about coming before the Lord and reflecting on what Christ has done for us. It is about examining ourselves and seeing ourselves through the eyes of Jesus. This can be good or bad for us. When you judge others you are drinking judgement on yourself. There is a fine line between righteous judgment (which we are called to do), and self-righteous judgment. You can choose to see yourself through the blood of Christ where you are judged righteous, or you can choose to see yourself through the eyes that you yourself judge others. When you choose to judge others you are choosing judgment upon yourself. I believe when we partake of communion we should first take time to examine ourselves and judge ourselves unworthy and remember all Jesus has done for us because we did not deserve it.

We are called as ambassadors of Christ to be humble. There is a fine line between humility and unworthy. Seeing ourselves as worthy only through the righteousness of Christ actually heals our lack of self-worth. This is humility and examining ourselves. A good prayer to pray every time we partake of communion is: ***"Father God in my own righteousness I am not worthy to be a partaker. It is only through the righteousness of Christ that I am deemed worthy to partake of the body and blood of Christ and all it has to offer"***.

The final judgment from Jesus when the world will be condemned is when He returns. ***“When the Son of Man comes in His glory, and all the holy angels with***

***Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'***

***"Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?'***

***And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'"******Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.'***

***"Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' And these will go away into everlasting punishment, but the righteous into eternal life."***(John 25:31-46, NKJV).

***Do ye not know that the saints shall judge the world? And if the world shall be judged by you, are ye unworthy to judge the smallest matters? Know ye not that we shall judge angels? How much more things that pertain to this life? (1 Corinthians 6:2-3, KJV).*** The word judge in this passage is **Krino** in Greek and means 'To separate, put asunder, to pick out, select, choose'. What does it mean that we will judge the world? It means we will literally have to condemn the world with God. We will be standing with Him at the time of judgment and agreeing with Him that those who are not His will be condemned to death and cast into the lake of fire alongside of the angels who rebelled against Him. This does not sound like a fun job to me. It is up to us to save as many souls as we can now before He returns. The more we can save now the less we have to judge in the future. How can we save those who we are judging and condemning? Many in the world view Christians as judgmental, hypocritical and self-righteous (which isn't wrong) as we are falling way short of reflecting the love of Jesus. Many of us are not reproofing the world's ungodly deeds through love, we are instead condemning them in a sense of self-righteousness. We need to be as Jesus was – loving, nurturing, compassionate and considerate of others. We need to ask Jesus to remove the veil of self-righteous judgment and ask Him to give us His eyes of righteous judgment, and remember that



we are no better than the world in our own strength. We are all sinners and all fall short of the Glory of God.

***So when they continued asking Him, He raised Himself up and said to them, "He who is without sin among you, let him throw a stone at her first." And again He stooped down and wrote on the ground. Then those who heard it, being convicted by their conscience, went out one by one, beginning with the oldest even to the last. And Jesus was left alone, and the woman standing in the midst. When Jesus had raised Himself up and saw no one but the woman, He said to her, "Woman, where are those accusers of yours? Has no one condemned you?" She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more." (John 8:7-11, NKJV).***

**(PRAYER)** – “I repent in the name of Jesus Christ that my needs have become an idol in my life as I have put my needs ahead of Your needs and the needs of Your Kingdom. I repent for anger and I repent for the bitterness that has grown in my heart because of the hard knocks that life has dealt me. Instead of seeing the world through Your eyes Lord Jesus I am seeing the world and all its circumstances through eyes of bitterness and condemnation. I renounce this bitterness and choose to forgive You Father God for allowing and not preventing the hard knocks life has dealt Me. I forgive all those who have been a part of the hard knocks that have hurt me. I forgive the world for hurting me. I ask that You would remove the veil of bitterness and the veil of self-righteous judgements that I see through and I pray that I would see the world and all its people through eyes of love.

I command hurt, resentment, anger, bitterness, unforgiveness and toxicity to leave in the name of Jesus Christ. I pray to see the world through Your eyes Lord Jesus. Help me to exercise righteous judgment and not self-righteous judgment. I repent for all unrighteous judgment and condemnation I have had for others. Your word says to bless those who curse me. I indeed bless all those who have cursed me Lord Jesus. All human-beings fall short of the Glory of God and only through Jesus is anyone judged worthy. My own works of righteousness are as filthy rags. I have judged other believers as unworthy because of their deeds but You Father God see them as worthy because You see them through the eyes of Your Son who loves them and covers them in His Blood. When I judge another's deeds and judge them unworthy I am negating Your Blood Lord Jesus. I repent for this. I was once an unbeliever and all my deeds and acts whether good or bad were unworthy for the Kingdom of Heaven. You are the only one who makes me worthy. Instead of condemning those who are unsaved for their worldly deeds I must exercise righteous judgement and show them they need the love of Christ. Instead of judging and condemning them I must love them and show them the Kingdom. Time is short and the harvest is near. I pray that You would bring to me the people whom you have prepared ready to receive the Good News. I repent also for lack of self-worth. Your word says that no weapon formed against me shall prosper and every word that rises up against me you shall condemn. This means I have been condemned by my own negative words that have risen up against me that I have spoken over myself. Although I am to see myself as worthy only through the Blood of Jesus this does not mean that I should see myself as worthless with or without Jesus because before I

was saved I was still loved by You. Your love for me was the reason Jesus paid the price for my sin. I am a child of the most-high God and I am loved, treasured and protected under His wings through the love of Jesus Christ and His sacrifice for me. Thank You Jesus, Amen.”

**Lay Down the World** – My husband Mark and I had some time together recently with the Lord. We put on some worship music and asked Jesus to share His heart with us. During this time I received a word which I perceived to be from the Lord Jesus. This is the word I received: - *“I am above all things. When I am in you, you are above all things. I have given you dominion over all things. I have given you authority to trample on serpents and scorpions and over all the power of the enemy (Luke 10:19). The problem however, is when you allow the world to be greater in you than I am. This is when you choose the world. In this world you will have tribulation but fear not for I have overcome the world (John 16:33). You have to relinquish the world ‘in you’ to Me. Let go of the world so I can have dominion. I only have dominion in you over that which you have laid down and given to Me. What you hang onto and don’t allow Me access to still carries power. When the love of the world is greater than the love of Christ whatever you give power to exerts the greatest control. If you accept the world and its influences that are not Godly you compromise Me and My Kingdom. How do you overcome the world? You allow Me to reign in you. Lay down that which is weak. You can’t do all this yourselves. That is why each and every one of you needs ‘Me’, ‘in you’, doing it ‘with you’. I test your heart to see how much you are really in the Kingdom of God as opposed to the world. How much of the world is each one willing to let go of? Whatever you are willing to let go of, if it is too difficult I will help you. It is not all done at once. This would cause resentment, it would be too hard and many would give up and walk away. Bit by bit I call you to lay down the world and enter into My Kingdom. You are seated with Christ in Heavenly Places but it is up to you to choose to sit there with Me. For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus (Ephesians 2:6 NLT). One foot in the world and one foot in the Kingdom. Eventually I will call you fully into My Kingdom. This requires commitment and sacrifice and is not an easy feat. The more you let go of, the more you gain. He who loses His life for My sake will gain life and he who does not lose his life for My sake will lose life. Anyone who finds his life will lose it, and anyone who loses his life because of me will find it (Matthew 10:39,CSB). It really is that simple. Are you ready to lose your life for Me?*

I pondered this word and felt really excited about releasing it. He basically spelt it out for us. It is up to us what we choose and when we choose Him over the things of the world we gain the Kingdom. We bring Heaven to earth. We already have the Kingdom as our inheritance but it is only through death that we actually receive all of it.

***Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life (Romans 6:4, KJV).*** This can mean physical death

or dying to the world through the sanctification process. When we are born-again we are sanctified, set apart and made holy. We are saved and have our inheritance in Heaven and nothing can take away this free gift from God except if we choose not to accept it. This means upon death we go to Heaven and are with the Lord forever. After we are saved and born-again and still here on earth the world however is still in us even after we have first received the Holy Spirit. The world is our carnality - our flesh (which comprises the soul and physical body). These parts of us need to be cleansed, healed, and restored so they can be preserved blameless. **And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ (1 Thessalonians 5:23, KJV).** At the beginning of our salvation our spirit is born-again. **The Spirit Himself bears witness with our spirit that we are children of God (Romans 8:16, NKJV).** Our soul and physical body are not made new at this time. Paul talks very clearly of the war between soul and spirit (Romans 8) so we see by this that there is a work to be done in our fleshly (not born again) areas of our soul (heart) and physical body. Many believe that the moment we are born again that we are born again completely in our hearts also. This is incorrect. Our heart (soul) is the part of us that needs to be sanctified, cleansed, purged, delivered and healed. **Who hath also sealed us, and given the earnest of the Spirit in our hearts (2 Corinthians 1:22, KJV).** The word 'sealed us' in Greek is **Sphragizo** and means to 1) to set a seal upon, mark with a seal, to seal. The word 'the earnest' (of the Spirit) in Greek is **Arrhabon** and means 1) an earnest 1a) money which in purchases is given as a pledge or down payment that the full amount will subsequently be paid.

We see by this when we first receive the Holy Spirit our spirits bear witness with His Spirit that we are children of God, and our heart is sealed with a down payment of the Holy Spirit in which the full amount will subsequently be paid. We have not received the fullness of the Holy Spirit until the heart (soul) is cleansed, healed and made whole through the sanctification process of purification and the renewing of the soul. As the old man dies, the new man rises up in resurrection power – it is a process.

The Bible tells us not to love the world and that the things in the world are for the lust of the flesh, the lust of the eyes and are the pride of life. **Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world (1 John 2:15-16, NKJV).** The Bible describes the whore of Babylon as a great Harlot woman. She represents the world and the worldly system in allegiance with the beast. She is an idolatrous figure. The Bible says to 'come out of her'. **And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues (Revelation 18:4, KJV).** We are told to separate ourselves from the world. Although we are in the world we are told we are not of the world. **For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life (John 3:16, KJV).** God still loves the world itself (as it is His creation and He gave His only Son to save the world) but He does not like the sin in the world. He wants us to separate ourselves from the ungodly things of the world. God wants to present us to Jesus as His Bride upon His return undefiled, without spot or wrinkle. We need to be ready. We need to allow the Holy Spirit in us to clean us up and transform us into the

creation God purposed us to be. We need to work with Him and allow Him to wash us clean. ***For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present you as a chaste virgin to Christ (2 Corinthians 11:2, KJV).*** In this Scripture Paul says that his goal was to present the Church of Corinthians 'as a chaste virgin to Christ'. The word chaste in Greek is **Hagnos** and means 2a) pure from carnality, chaste, modest 2b) pure from every fault, immaculate 2c) clean.

***Husbands, love your wives, even as Christ also loved the church, and gave himself for it; That he might sanctify and cleanse it with the washing of water by the word, That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish (Ephesians 5:25-27, KJV).*** This Scripture shows the people of the church, defiled by sin, becoming unblemished, wrinkle free, holy, and spotless. When we compare this to the nation of Israel as a type, **Ezekiel 16:9** shows God cleaning up His people. ***Then washed I thee with water; yea, I thoroughly washed away thy blood from thee, and I anointed thee with oil (Ezekiel 16:9, KJV).*** This is a progressive work – it does not all happen the moment we are born-again. There are many in the Body of Christ who believe that when you are saved and born-again that it is done and that no more work is needed in the area of sanctification. These Scriptures and word from God show us clearly that when we were saved and born-again that it is only just the beginning of our journey and that there is more work to be done before we can be preserved blameless unto the coming of our Lord Jesus Christ. It is up to us to work with the Holy Spirit who was given to us as our teacher, comforter, and the one who intercedes, supports and acts as an advocate, even convicting us when we have sinned. Paul one of the greatest apostles talks about how hard the walk of God is because the sin in him makes him do what he does not want to do. If Paul struggled with sin then what makes us believe we are exempt from this struggle? Even Paul talked about how he was not yet perfected and that it is a process. ***Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus (Philippians 3:12-14, NKJV).***

*For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast (Ephesians 2:8-9, NKJV).* The word for saved in Greek is **Sozo** and means save, make whole, and heal. Jesus came to save, make whole and heal us in our spirit, soul and body. All that is required from us from the moment we accept, is for us to lose our lives for His sake. This means we need to make a total commitment to Christ and make Him our Lord and Saviour over every area of our lives and allow Him to remove that which is not Godly. We are to walk in the Spirit and not in the flesh. When we walk in the flesh we sow corruption to ourselves. This is not the life Jesus wants for us to live. Jesus gives us life so that we can have life in abundance (John 10:10). To inherit this life we are to lay down our lives and let go of the world in all areas of our lives, so that we can be in the world, but not of the world. Seek after the Kingdom of God and His righteousness and all things will be added unto you. ***But seek ye first the kingdom***

***of God, and his righteousness; and all these things shall be added unto you (Matthew 6:33, KJV).***

(PRAYER) – “Father God in Jesus name I pray that You would show me any worldly things I am hanging onto that prevents me from fully entering into Your Kingdom. I repent for these things. I lay down my life for Your sake so I will gain Your life that You have for me. I let go of the world and ask You to help me do it. You have overcome the world and while You are in me I too can overcome the world. If I still have one foot in the world and one foot in Your Kingdom I choose and am willing to take this foot from the world to plant both feet firmly in Your Kingdom. I choose to sit with You in Heavenly places. This means Lord Jesus Christ, the Son of God I am fully Yours to do with me as You will. I let go of my agenda, my plans and my will to enter fully into Yours. Whatever Your will for me is, I enter into it. I choose You and not the world. This includes Your path, Your destiny, Your purpose and Your plans for me. These things I pray in Jesus name, Amen.”

**Is The Holy Spirit Your Comforter?** – As I go through the menopause journey there are many days that I feel incredibly down, and when I feel like that, the first thing I do is reach for comforting foods that taste real good and don't offer much in the way of nutrition. As I was particularly down one day and munching on comfort foods the Holy Spirit spoke to me and this is what He said, ***“You are replacing the Holy Spirit as the source of your comfort. Comforting foods have become an idol in your life because you look to them ahead of Me”***. As I pondered this I thought to myself, ‘Wow, He is right, I do use food as my source of comfort and I reach for this first, each and every time when I am feeling down’.

I believe that there are many things we can use as comfort ahead of the Holy Spirit and we need to learn to ‘first’ seek Him before we reach for anything else as the source of our comfort. At this time the Lord also revealed to me that I also had a mind-set that He wanted to break. He told me that He wanted me to look at food differently in order to break this mind-set. The mind-set was that I looked at food as a source of comfort and pleasure rather than as a source of health and nutrition. Although I make sure I do eat healthy foods, I know that my diet contains even more unhealthy food. From now on I was to look at my daily food intake and before I eat, ask myself this question, “Is it good for me’? In times past I always chose food that I wanted because it tasted good. God created food for health and for pleasure, but health should always be our number one priority in choosing the foods we eat. I now had to replace my old eating habits with these new ones. I had tried and tried in the past to eat healthier only to go back to my old unhealthy eating habits and I now realise that I was always using food as comfort and pleasure and not for health and nutrition. If the main diet of people is foods that are not filled with body-building nutrition then you will end up with a not so healthy body and health problems.

What then are unhealthy foods? According to the nutritional experts unhealthy foods are often high in fat, sugar, salt and chemicals and low in vitamins and other nutrients. These kinds of foods are processed, full of man-made chemicals and additives and laden with white sugar and trans-fats. They are known as junk foods



and classed as treat foods. Our bodies are designed to need all food groups which are carbohydrates, fats, fibre, minerals, vitamins, water and protein so eating a balanced diet is what we should all be doing. It is all about learning about food and what it offers nutritionally to your body. I was also surprised to learn that things like cheese, butter, honey, eggs, cocoa and milk were considered as nutritious (as long as they are not over-eaten). I even learned that unrefined sugar in small amounts has some nutritious value to our bodies – even more so when used in home baked goods that contain other nutritious things like oats, bran, fruit and vegetables. This means that you don't have to give up fat and sugar to eat healthily, as long as you don't over consume them.

I believe also that making most of your food your self is way better than buying things that are ready-made. Although they are convenient, in the long run they are not good for your bodies. Choosing whole foods also, is way better than processed or heavily refined foods.

I then asked God if that meant I could no longer eat any type of junk food. This is what I believe He spoke to me, ***“I am not asking you to give up treat foods – but you do need to eat less. Focus on nutrition – not pleasure. I want you to enjoy your food but look for nutritionally nourishing foods that you enjoy first. Needs versus wants. Eat what you need more than what you want. Changing your mind-set. Look at food as a means to health first – not pleasure. Putting health first when choosing food will change your mind-set. It does not mean you have to eat food you do not enjoy because I made food to be enjoyed. Changing your mind-set to focus first on nutrition means you will no longer rely on it for comfort. Plan your daily meals. It is about balance. Lean more toward nutrition. Currently your treat foods are more than your healthy foods. Flip it around. Eat more healthy foods and a small amount of treat foods every day. Don't deprive yourself as this is the worst thing to do. Aim to eat healthy food.”***

The question, 'Is it good for me' I believe can be applied to almost anything you do in your life. Are you doing things that are not good for you? Are you looking to external sources for pleasure and comfort before going to the Holy Spirit as the source of your comfort? Are there things that you need to give up, or cut down on in your daily life that are not good for you?

As I was writing this I remembered how God once told me that I couldn't receive my healing until I laid down my eating of the wrong foods. I had over the years tried and tried to change my eating habits where I would be great for a time only to again fail resorting back to eating unhealthy foods way too much. As I was pondering this and thinking 'Oh my gosh, I keep failing at this no matter how much I want to do the right thing. What if I can't do it?' This is what I believe the Lord spoke, ***“Eating the right food is predominantly about eating the word of God as your source of food. Eat my flesh and drink My blood. It is about eating from Me and not from the world. I am the word of God. Eating My flesh is about digesting the word of God and living by those principles. When you eat from Me in all things you then thrive. My son, give attention to my words; Incline your ear to my sayings.***

**Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And health to all their flesh (Proverbs 4:20-22, NKJV). Food was an idol. You sought it ahead of Me. You had to lay down that idol. My word says that I am a jealous God (Exodus 34:14, Nahum 1:2). I need for you to seek Me first in all things. Because you have repented I can now be the source of your comfort. How could I comfort you when you did not seek Me first as the source of your comfort. Time and time again you looked to food as the source of your comfort. Your own choices became a blockage to My comforting power. Instead of coming to Me you went to food. You laid down My comfort and entered into being comforted by your own worldly choices. Seek Me always as the source of your comfort. Come to Me first and foremost and I will help you – every time. Be patient in the waiting for I do not always answer straight away.”**

What are we putting ahead of God? What are we using as comfort ahead of the Holy Spirit? Seek Him first in all things. Put God first so that those idols do not become a blockage in your life. It is time to lay down those idols!

**(Prayer)** – Father God in Jesus name I ask that You show me all things that I look to as comfort ahead of the Holy Spirit.” *(Wait on God and write down what you are shown).* Father God in Jesus name I repent for all things I put ahead of You. I confess these things as idols in my life and lay them down. Help me to remove them from my life. I am sorry for all things I used as comfort rather than going to the Holy Spirit as my comforter. I ask You Holy Spirit to always remind me to seek the Lord Jesus Christ and the Kingdom of God first in my life. I ask You Lord Jesus through Your Holy Spirit that before I partake of anything that I first am reminded to ask myself ‘Is this good for me’? Help me to ‘look for’ and ‘seek after’ that which is good for me. Please reveal to me all things that are not good for me and help me to cut back on them, or in some cases completely give them up. Holy Spirit I come now to You as my comforter and ask for You to comfort me in all things. Thank You, In Jesus name, Amen.”

**Post Deliverance Infilling Prayer** - “I break every curse over my life from preconception to the present day in the name of Jesus Christ. I ask Father God that every curse would be replaced with a blessing. In the name of Jesus and by the stripes He bore on His body I pray for healing within every area of my spirit/soul and body. *(Pray specifically for all ailments).* I command all misalignments to come into divine order in Jesus name. I cast out the spirit of infirmity in Jesus name. I cast out fear, shock and trauma in Jesus name. I command every fibre, every cell and every part of this body to come into divine order. I command all pain to leave in Jesus name. I pray for a creative miracle in all areas where body matter needs to be regenerated. I command all cells, cell structure, DNA, RNA, and all parts of the spirit/soul and body not to remember all traumas in Jesus name. I pray for the fire of God to burn off all remaining remnants and dross in Jesus name. I command every demon who has access to me to leave immediately in Jesus name. With the blood of the lamb I seal all doorways closed to the demonic and declare that demons can only exit and not re-enter. I bind the demonic doorkeepers and terminate their assignment against me in Jesus name. I ask for the Holy Spirit to infill with light all areas that were once dark in Jesus name. I pray for a hedge of protection to be placed around me and for any holes

to be repaired in Jesus name. Thank You Father God in Jesus name for delivering me".