

Chapter 10

The Value of Self Deliverance and the “Prayer of Loosing and Binding!”

You have now come to the exciting part of this book. Thank you for hanging in there with me while laying this foundation of the soul and the new revelation of loosing and binding. Now you can really apply your faith and be excited about your own self deliverance, and being the caretaker of your own soul.

ESTABLISHING A HABIT - Many of you probably heard it has been documented that it takes 21 days to establish a new habit or behavior. Now recent research says it can take up to eight months. But I would like to suggest that based on Dr. Caroline’s work and current medical research, it takes three cycles of 21 days to rewire the brain and create new neurological pathways. That is why I am suggesting that you do the Prayer of Loosing and Binding for 63 days to release toxic emotions that are stored in the layers of your soul.

According to the first principle of Hering’s Law of Cure, for every year you’ve had in illness, disease or symptom, it takes one month for your body to respond to the alternative adjustments. In other words, it took years to get you to where you are, and it’ll take some time to undo the damage. But 10 minutes a day for 63 days isn’t a bad price to pay for freedom.

The third principle of Hering’s Law of Cure is "We heal from the head down". This means that before we can even begin to heal, we must believe we can heal . . . or as Jesus said many times, “It’s done unto you as you believe!” Most illnesses and diseases are caused by stress, anger, and unforgiveness. The first step to healing is to acknowledge these conditions, renounce them, and repent. That’s what the Loosing part of the Prayer helps us do.

WHO IS DR. CAROLINE LEAF? - Dr. Caroline Leaf is a cognitive neuroscientist with a PhD in Communication Pathology specializing in cognitive and metacognitive Neuropsychology. Since the early 1980's she has researched the Mind-Brain connection, and did some of the initial research back in the late 80's showing the neuroplasticity of the brain. She is the author of several books including “Switch On Your Brain”. For years she has traveled the globe as a highly respected public speaker and leader in Neuropsychology, and in how the mind and brain make connection. She is a born again Christian, and I highly recommend her books.

THE POWER OF PERSERVERANCE – What is perseverance? Perseverance is defined as persistently doing something despite difficulty or delay in achieving its success. It’s an important virtue in order to be successful in many aspects of life. It entails practice, hard work, commitment, determination, and patience with oneself and others. Perseverance is the quality of those who continue to do or try to

achieve something despite difficulty or discouragement, knowing the goal once achieved will be worth it in the long run.

We all experience different struggles in the course of our life. Sometimes it can be very challenging to motivate ourselves whether at work, at home, or in our personal lives. And I believe that is why God filled the Bible with so many encouraging verses about perseverance. We need to remember that all of us on the path of righteousness are being shaped by God, and He is assisting us through our challenges. "If God be for us, who could be against us!"

SCRIPTURES TO MEDITATE ON

Exodus 18: 23 - "God will direct you, you will be able to endure."

1 Chronicles 16:11 - "Seek the Lord and His strength; seek His Presence continually!"

Psalms 16:8 - "I have set the Lord always before me; because he is at my right hand, I shall not be shaken."

Proverbs 19:21 - "Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand."

Isaiah 40:29 - "He gives power to the faint, and to him who has no might He increases strength."

Isaiah 61:1 – "He sent me to bind up the broken hearted."

Matthew 16:19 - "And I (Jesus) will give to you the keys of the kingdom of heaven: and whatever you shall bind on earth shall be bound in heaven: and whatever you shall loose on earth shall be loosed in heaven."

Matthew 24:13 - "But the one who endures to the end will be saved."

John 14:15 - "If you love me, you will keep my commandments."

Romans 12:12 - "Rejoice in hope, be patient in tribulation, be constant in prayer."

Romans 12:21 – "Do not be overcome by evil, but overcome evil with good."

1 Corinthians 13:7 - "Love bears all things, believes all things, hopes all things, endures all things."

2 Corinthians 4: 8 - "We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed."

Galatians 6:9 - "And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

Philippians 4:13 - "I can do all things through Christ Who strengthens me."

James 1:12 - "Blessed is the man who remain steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love Him."

James 4:7 - "Submit yourselves, then, to God. Resist the devil, and he will flee from you."

3 John 2:2 - "Beloved, I wish above all things that you prosper and be in health, even as your soul prospers."

Friendly reminder: In the binding and loosing prayer below, you are releasing soul toxins. Just like your physical body takes time to release the toxins that have accumulated, the same principle applies to your soul. There are many toxic layers in your soul to release. In these soul layers are Strongholds (sometimes called "Strongman Demons"), each of which contains deposits of toxic Emotions, Attitudes, and Reactions that continually reinforce the Strongholds. There are also layers of addictions, soul clutter, perverse language, and adversity.

So let's get started on your new freedom!

The Prayer of Loosing and Binding!

The following prayer and decree is meant to be spoken out loud and for 63 days. After a few times of binding the Stronghold, you may pass on saying that decree of binding. Be led by the Holy Spirit, of course, on this.

Father God, I choose as an act of my will, to renounce all partnerships and agreements with the following toxic emotions, attitudes, and reactions. I ask Your Forgiveness for any and all thoughts and actions that have caused sin to manifest. I choose to receive Your Forgiveness now and I give You all the praise and thanksgiving for it now. By faith I am forgiven, in Jesus Name! Amen! I choose as an act of my will to loose from my soul, heart, DNA, and cellular memory all the following things that are not of You.

Stronghold of Fear

I take authority over the Stronghold of Fear right now, in Jesus Name. I command you to loose me and I give you no place in my life! Go to dry places never to return again!

Father God, I choose as an act of my will to loose from my soul all fear. If I've been fearful, or heard things of fear, I loose it from my soul now. I loose all worry, anxiety, confusion, helplessness, panic, and suspicion. (Now take a deep breath and see all of these stuck emotions being released from you now.)

Father God, I now choose as an act of my will to bind to my soul the empowerment of the Holy Spirit, Your Love, and a sound mind, for I have the Mind of Christ. I bind to my soul Confidence, Peacefulness, and Trust. According to 1 Corinthians 2:16, "But I have the Mind of Christ."

Stronghold of Anger

In Jesus Name, I take authority over the Stronghold of Anger right now. I command you to loose me and I give you no place in my life! Go to dry places never to return again!

Father God, I choose as an act of my will to loose from my soul any and all anger stored as feelings of abandonment, anxiety, betrayal, bitterness, blame, criticism, despondency, greed, guilt, hard-heartedness, hate, hostility, hurts, offense, pride, rage, rebellion, shame, strife, and unforgiveness towards others and myself; in Jesus Name! (Take a deep breath and see all of this releasing from your soul now!)

Father God, I choose as an act of my will to bind to my soul Forgiveness for myself and others, Self-Control, Peacefulness, Faithfulness, Contentment, Hope, Generosity, Love, Healing, Acceptance, Humility, Serenity, Obedience, and Honor.

Stronghold of Rejection

I take authority over the Stronghold of Rejection right now, in Jesus Name! I command you to loose me and I give you no place in my life! Go to dry places never to return again!

Father God, as an act of my will, I choose to loose from my soul rejection, grief, guilt, shame, and feeling unwanted and abandoned. (Take a deep breath and see all of this releasing from your soul now!)

Father God, I choose as an act of my will to bind to my soul Your Joy, Your Forgiveness, Your Life, Your full acceptance of me, and Your Unconditional Love for me.

Stronghold of Sorrow

I take authority over the Stronghold of Sorrow right now, in Jesus Name! I command you to loose me and I give you no place in my life! Go to dry places never to return again!

Father God, I choose as an act of my will to loose from my soul all sorrow, agony, anguish, despondency, lethargy, guilt, loneliness, neglect, rejection, shame, withdrawal, and worthlessness. (Take a deep breath and see all of this releasing from your soul now!)

Father God, I choose as an act of my will to bind to my soul Your Comfort, Contentment, Hope, Support, Acceptance, and Worthiness. I bind to my soul Your plans and enthusiasm for the life You have for me in Christ Jesus.

Stronghold of Rebellion

I take authority over the Stronghold of Rebellion right now, in Jesus Name! I command you to loose me now and I give you no place in my life! Go to dry places never to return again!

Father God, I choose as an act of my will to loose from my soul rebellion, murderous thoughts, hate, pride, selfish ambition, blame, obsessions, retaliation, and rage. (Take a deep breath and see all of this releasing from your soul now!)

Father God, I choose as an act of my will to bind to my soul Your Life, Your Love, Your Ways, Self-Control, Forgiveness, and Obedience.

Stronghold of Bitterness

I take authority over the Stronghold of Bitterness right now, in the Name of Jesus. I command you to loose me and I give you no place in my life! Go to dry places never to return again!

Father God, I choose as an act of my will to loose from my soul any and all bitterness, pessimism, irritability, complaining, murmuring, cruelty, self-pity, antagonism, vindictiveness, hatred, pride, jealousy, animosity, resentment, and selfishness. (Take a deep breath and see all of this releasing from your soul now!)

Father God, as an act of my will I choose to bind to my soul Generosity, Patience, Forgiveness, Comfort, Kindness, Joy, Self-Control, Goodness, Diligence, and Perseverance.

Stronghold of Trauma

I take authority over the Stronghold of Trauma right now in the Name of Jesus! I command you to loose me now, and I give you no place in my life. Go to dry places never to return again!

Father God, I choose as an act of my will to loose from my soul all trauma, all fear, helplessness, anxiety, shock, denial of any kind, suicidal thoughts, depression, and disconnectedness from you, myself, and others. (Take a deep breath and see all of this releasing from your soul now!)

Father God, as an act of my will I choose to bind to my soul Peace, Joy, Hope, Healing, Your Love, Your Life, Connectedness to you, myself and others, and complete Restoration.

Strongholds of Addictions, Soul Clutter, Perverse Language, and Adversity

Father God, I choose as an act of my faith to loose from my soul all addictions, whether a drug, cigarettes, alcohol, perversions, homosexuality, pornography, shopping, or addiction to a person, place or thing. I renounce all partnerships and agreements with these demons of habits and I repent for using these addictions to fill a void that only You can fill. In Jesus Name!

Father God, I choose as an act of my will to loose from my soul all soul clutter; all unholy lyrics in music I have listened to, that are stored in my soul and unconscious mind. They are loosed from me now, in Jesus Name! I choose to loose from my soul all graphic violence seen and heard. They are removed from my soul and unconscious mind now, in Jesus Name!

Any and all perverse language I have said or heard, I choose to loose from my soul now. I repent and ask for forgiveness now, in the Name of Jesus. I command all word curses spoken over me all the way back to the womb to be removed from my soul, unconscious mind, cells, and DNA now; along with any and all words I have spoken over myself that are not in alignment with what You say and who You say I am. I choose to loose them all from my soul and I now fall out of agreement with the words that created curses in my life. I command them to bear no fruit from this day forward, in Jesus Name!

I decree all adversity released into my life from words I have spoken is broken, as well as words I have spoken over others as word curses. And every dark force operating against me ceases its operations by the authority Jesus Christ has given me!

I ask for a cleansing of my soul right now, with the Blood of Jesus, from all defilement that has occurred in my soul and the entrances (gateways) to my soul through my eyes, ears, mind, and heart. They are now cleansed by the anointing of the Holy Spirit and the Power of the Blood of Jesus that washes over me now! I ask that every void be filled now by the Holy Spirit's Presence. I ask for a hunger for God's word so my mind is renewed!

“Create in me a clean heart and renew a right spirit in me.” Psalm 51:10

Father God, I choose as an act of my will to bind to my soul the Fruits of the Spirit; Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control, along with Your Power and a sound mind in Christ Jesus!

According to Job 22:28, “You shall decree a thing and it shall be established.” KJV

I declare and decree I am prosperous of soul! The Power of the Holy Spirit is healing my mind now so I can think the right thoughts. The Power of the Holy Spirit is healing my emotions so my soul can be clean. The Power of the Holy Spirit is healing my will to make right decisions. I choose as an act of my will to submit to the Holy Spirit my mind, will, and emotions to the Authority of Jesus Christ. Amen!

An Ask: Please relay to me any testimonials and comments from doing this process with the Holy Spirit via Email or text. They will be much appreciated. Thank you so very much, and may God richly bless you with every perfect gift! Amen!

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