



## Steps To Freedom In Christ (9 – 12 years)

*Please ensure that you have read through the introductory notes and have found your own Freedom in Christ before leading a child through these steps. There are also special renunciations which you may need to download before you begin.*

Jesus wants you to be free! Free from the sins of your past, free from the problems you have right now, and free from any fears you may have. If you have received Jesus as your Saviour, He has already won your battles for you through His death on the cross and His resurrection, which means that Jesus rose from the dead. If you haven't been living free in Christ, maybe you just haven't understood what Jesus has already done for you.

Here's the good news! You may be young, but you don't have to live with sin and evil in your life! Satan wants you to think that he is more powerful than he really is, and equal with God, but that is a lie. The Lord Jesus Christ has disarmed him. He may be buzzing around like an invisible bee, but he has no sting left. You are a child of God and have been joined together with Christ. If spiritual forces threaten you, tell them who your all powerful and everywhere-present Father is.

I am going to do everything I can to help you, but before we go through these Steps I must ask for your help as well. The enemy always tries to attack us in our minds. So you need to tell me how you are feeling and what you are thinking if you have thoughts that are threatening or questioning you or me. Those are not your thoughts, and they have no control over you unless you believe them. You will destroy the enemy's plans if you share what those thoughts are. So if you get any bad thoughts or feel sick in any way, please tell me. It is just the enemy trying to scare you or distract you. If we stop and pray, we can tell him to go away. I can pray with you at any time.

We're going to start now. I'm going to pray this prayer and say the following declaration out loud with you.

**Dear Heavenly Father, we choose to believe that You are present in this room and in our lives. You are everywhere, all powerful, and You know all things. We need You, and know that we can do nothing good without You. We believe the Bible because it tells us what is really true. We refuse to believe the lies of Satan. We ask You to bind Satan, and place a hedge of protection around us so we can do Your will. In Jesus' name we pray. Amen.**



## **Declaration:**

**Because we are children of God, we take authority over Satan and command Satan to release us in order that we can know and choose to do the will of God. In the name of Jesus, we command Satan and all his evil spirits to be bound and silenced so they cannot inflict any pain or in any way prevent God's will from being accomplished in our lives. We believe that Jesus died for our sins and rose from the dead so that we can be forgiven and have new life in Him. Jesus is the Lord of our lives, and Satan has no authority over us.**

## **Step One - Renouncing Involvement with Spiritual Counterfeits**

Now we are ready to start with the first Step. We're going to go through seven steps to help you be free in Christ. Remember that you can only win your battles when you *personally* choose to believe the truth and confess. Confession is simply agreeing with God. Since Satan cannot read your mind, only God can, it is important that you read each prayer *out loud*. This tells the enemy that we really mean what we are saying.

You are going to take an honest look at your life. There is nothing to fear by doing this, because God perfectly loves you and you are already forgiven. He just wants us to be honest with Him and to have a relationship that is truthful. It is important that you go through all seven steps, so don't give up, because it is not over until the last Step. The freedom that Jesus purchased for all believers on the cross is meant for *you!*

The first step is to confess and turn away from false guidance and false religions. Satan uses past experiences to draw us away from God and to control the way we think and behave. We need to be honest about these experiences with God so that Satan will not bother us anymore. Begin by reading the following prayer out loud:

**Dear Heavenly Father, I ask You to help me remember any spiritual games or false religious practices that I have done. If someone or something has guided me the wrong way, would You also help me to remember that. I want to be free and able to do Your will. I ask this in Jesus' name. Amen.**

Even if you did something as a game or thought it was a joke, you need to confess what you did and turn away from it. Even if you were just watching others do it, you need to confess it. Even if you had no idea it was evil, you need to turn away from it. Put a tick by anything you have been involved in (this is only a partial list):

- Out of body experience or levitation
- Magic charms, lucky charms (four leaf clover)



- Interest in auras or chakras
- Numerology
- Using Pendulums or Dowsing
- Belief in past lives/reincarnation
- Yin-Yang
- Pentagrams
- Dream Catchers
- Yoga
- Crystals, believing they protect, heal or have powers.
- Superstitions, stepping on cracks, walking under ladders etc.
- Celebrating Halloween
- Attending Pagan Festivals, Hand Fasts, Summer Solstice.
- Ouija board
- Bloody Mary
- Table lifting
- Magic Eight Ball
- Fortune Telling Fish
- Putting spells or curses on people
- Automatic writing
- Spirit guides, any angel or being offering guidance or comfort
- Talking to Aliens (these will be deceiving spirits)
- Talking to Fairies (these will be deceiving spirits)
- Have you ever been visited by a ghost (dead relative)
- Fortune Telling
- Tealeaves Reading
- Tarot/Angel Cards



- Palm Reading
- Astrology/ Horoscopes
- Hypnosis
- Trying to read minds
- Trying to move objects with your mind
- Séances
- Witchcraft, books on witchcraft
- Meditation
- Dungeons & Dragons
- Fighting Fantasy books
- Blood Pacts/brothers or sisters
- Video or computer games with occult powers or cruel violence
- Music that is anti-Christian
- Movies or TV shows that contain magic (harry potter), mediums, ghosts, violence
  
- Books, magazines, containing magic, violence or that are anti-Christian
- Martial Arts
- Non-Christian religions, Buddhism, Islam, etc
- Light as a feather
- Special powers from toys (Care Bears, Power Rangers, wands, amulets)
- Imaginary "friends"
- Vows or agreements with the devil
- Guided imagery – has anyone ever asked you to imagine that you are somewhere else, walking around and exploring.

Now that you have completed the checklist, pray the following prayer:



**Dear Heavenly Father, I confess that I have been involved in (name everything checked above). Thank you for your forgiveness. I turn away from all forms of false guidance and false religions.**

(Note to parent, pastor, or counsellor: If the child has been subjected to satanic rituals or has any eating disorders, please download "Special Renunciations" from the FIC website.)

### **Step Two – Choosing Truth**

God's Word is true, and we need to believe the truth with all our hearts (Psalm 51:6). King David wrote, "how blessed is the man . . . in whose spirit there is no deceit [falsehood]" (Psalm 32:2). Start this important step by praying the following prayer out loud:

**Dear Heavenly Father, I know that you want me to know and believe the truth, and I must be honest with You. I have been fooled by the Father of Lies, and I have fooled myself. I cannot hide from You, and You see everything and still love me. I pray in the name of the Lord Jesus Christ, and ask You Heavenly Father to silence all of Satan's demons by Your power. Because I have asked Jesus into my life I am now Your child. I ask the Holy Spirit to lead me into all truth. I ask You to search me and know my heart. Show me if there is anything in me that I am trying to hide or believe that is wrong. In Jesus' name I pray. Amen.**

Remember that God loves you and wants you to have an honest relationship with Him and others. If what you believe and what you are doing is wrong, then you are not living like you should and that will only hurt you and it will hurt your relationship with others. Satan is a deceiver and believing his lies will take you down the wrong path. If what we believe is wrong then what we feel won't be right either. Below are some common lies that many have believed. Tick the ones that you have been tempted to believe:

- Believe that money and things can make me happy.
- Believe that I should only have to eat the food that tastes nice and not have to eat the food that is good for me.
- Believe that I can only be happy if I am pretty/handsome to look at.
- Believe that sex before marriage is okay, that it is fun and it will not harm me in any way.
- Believe that I can sin and it won't harm me if I get away with it.
- Believe that I can do whatever I want and life will still be good for me.



- Believe that I can have the wrong kind of friends and they will not harm me.
- Believe that I can watch bad movies, read wrong books, listen to bad music, play wrong video games, and they will not harm me.
- Believe I must do whatever it takes to make other people love and accept me in order to be happy.
- Believe that it's OK to not tell the truth sometimes

Now that you have completed the checklist, pray the following prayer:

**Dear Heavenly Father, I confess that I have been believed (name everything checked above). Thank you for your forgiveness. I choose to believe the truth that is in the Bible. In Jesus name I pray. Amen.**

Read the following statement of faith out loud:

- 1. I believe that there is only one true God who is the Father, Son and Holy Spirit. I believe that He made all things and holds all things together.**
- 2. I believe that Jesus Christ is the Son of God who defeated Satan and all his demons.**
- 3. I believe that God loves me so much that He had His own Son go to the cross and die for all my sins. Jesus delivered me from Satan, because He loves me, not because of how good or bad I am.**
- 4. I believe I am spiritually strong because Jesus is my strength. I have the authority to stand against Satan because I am God's child. In order to stay strong, I am going to obey God and believe His Word. I put on the armour of God so I can stay strong in the Lord.**
- 5. I believe that I cannot win spiritual battles without Jesus so I choose to live for Him. I resist the devil and command him to leave me.**
- 6. I believe that the truth will set me free. If Satan tries to put bad thoughts into my mind, I will not pay any attention to them. I will not listen to Satan's lies and I will not do what he wants me to do. I believe the Bible is true and I choose to believe it. I choose to speak the truth in love.**
- 7. I choose to use my body to do only good things. I will not let Satan into my life by using my body in a wrong way. I believe that what God wants me to do is the best thing for me, and so I choose to do it.**



8. **I ask my Heavenly Father to fill me with His Holy Spirit, and guide me into all truth, and make it possible to live a good Christian life. I love the Lord my God with all my heart, soul, and mind.**

Some very important decisions for truth have just been made that will have a lasting impact. This is a good time to share with each other how you are feeling and what you are thinking.

### **Step Three – Forgiving Others**

You may need to reassure the child at this point that it's OK to say how they feel towards others, even if that person is you. In some cases it may be hard for a parent to take their own child through this step.

When you do not forgive those who have hurt you, you become a wide-open target for Satan. God commands us to forgive others as we have been forgiven (Eph. 4:31). You need to obey this command so that Satan can't take advantage of you (2 Cor. 2:11). Ask God to bring to your mind the names of the people you need to forgive by praying the following prayer out loud:

**Dear Heavenly Father, I thank You for Your kindness and patience and love for me. I know that at times I have not been very loving and patient toward others, especially those whom I don't like. I have been thinking bad thoughts about other people, and holding onto bad feelings. I ask You to bring to my mind those people that I need to forgive. I ask this in the wonderful name of Jesus who will heal me from my hurts. Amen.**

On a sheet of paper, make a list of the names of everyone you have bad feelings towards. The Lord will bring them to your mind. It's okay to put Mum and Dad on your list if you need to forgive them for something. Forgiving people that have hurt you is God's way of setting you free from those past painful experiences. Unless we forgive, the past will continue to cause us pain and have a hold on us. (Take time to finish the list of names.)

Now that you have finished your list, let's think about what real forgiveness is:

#### **Forgiveness is not forgetting.**

You may not be able to forget your past, but you can be free from it by forgiving others. Once we forgive someone, we don't need to bring up the past and use it against them ever again.

#### **Forgiveness is my choice.**

Forgiveness seems so hard because we naturally want revenge for the things that were done to us. But God tells us to never take our own revenge (Romans 12:19).

#### **Forgiveness is like removing a painful fish hook.**



Forgiving is like removing fish hooks that others have put in us. It is a painful process, but when you forgive someone you are no longer hooked to them. As long as those fish hooks are still in you, you are still bound to that person and the past.

**When I let someone off my hook, they aren't off God's hook.**

We must trust Jesus to deal with the other person justly, fairly and mercifully. That's something we cannot do. "Revenge is mine, I will repay, says the Lord."

**Forgiveness is to accept that we can't change what happened.**

If someone told a lie about you, you can't change that. You can be mad for a long time, or you can forgive them and let God deal with them. People do bad things and we can't always stop that, but we can choose to not let what they did control us.

To forgive from your heart, you need to admit the hurt and the hate. Go through your list of names one at a time. Stay with each person until you have chosen to forgive them for everything that God brings to your mind. Then go on to the next person. Say the following prayer out loud for each name.

**Lord, I forgive** (name the person) **for** (say what they did to hurt you).  
**It made me feel** (say how you felt).

**Step Four - Rebellion**

Why do we all want to rebel against teachers, parents, and other adults? Maybe we just want to be our own boss. Sometimes we don't like the person who is telling us what to do. The truth is God has placed people in authority over us (parents, teachers, church leaders, policemen). It's wrong to think that those in authority over us are robbing us of our freedom. Actually, God has placed them there for our protection so we can enjoy our freedom. God assures us that living under authority is for our good.

Rebelling against God and His authorities is a serious problem. Rebellion comes from Satan. It gives Satan an opportunity to attack us. Obedience to God is the only answer. He wants you to submit to those who are in authority over you. Below is a list of different authority figures that God has put over us. If any of these people are asking you to do something that is wrong, you need to tell someone. God cannot tell us to do something that is wrong and we do not have to obey someone that is telling us to do something that is morally wrong. If any of these people are telling you to do something bad, or emotionally abusing you then ask for help from someone you can trust. If these people are telling you to do something that is not morally wrong, even if you don't like it, you are to obey. If you have disobeyed anyone in the list below, put a tick by them and pray the following prayer out loud:

- Parents
- Grandparents
- School teachers





- Sunday school Teachers
- Policemen
- God (if you have said yes to any others they your have automatically rebelled against God!)

**Dear Heavenly Father, You have said in the Bible that rebellion is the same thing as witchcraft, and disobedience is like honouring other gods. I know that I have disobeyed and rebelled in my heart against You and others that You have put in authority over me. By the shed blood of the Lord Jesus Christ, I resist all evil spirits who took advantage of my rebellion. I now choose to be obedient and submissive to those in authority over me. Thank You for Your forgiveness. In Jesus' precious name I pray, Amen.**

#### **Step Five - Pride**

Pride says, "I am better than everyone else." It also says, "I can do this all by myself, without the help of God or anyone else!" Oh no we can't! We always need God, and we need each other. Paul wrote, "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves" (Philippians 2:3). He also said that we are to be "strong in the Lord and in the strength of His might" (Ephesians 6:10). We will have spiritual problems when we are proud (James 4:6-10 and 1 Peter 5:1-10). Pride is what caused Satan to be cast out of Heaven. Below is a list of some ways we are prideful. If any of these are true of you, use the following prayer to promise that you will live humbly before God.

- I don't need God or anybody else to help me!
- I never do anything wrong!
- I'm better than others!
- People should take more notice of me!
- I am a very important person and different from others!

**Dear Heavenly Father, I confess that I have thought only of myself. Many times I think I am better than others. I have believed that I am the only one who cares about me, so I have to take care of myself. I have turned away from You, and not let You love me. I am tired of living for myself and by myself. I turn my back on the self-life, and ask that You fill me with Your Holy Spirit so I can do Your will. By giving my heart to You, I stand against all the ways that Satan would attack me. I ask You to show me how to live for others. I now choose to make others more**



**important than myself, and make You the most important of all. I ask this in the name of Jesus Christ. Amen.**

### **Step Six - Sin**

The next step to freedom deals with sins in our lives. There are many sins that can hurt our relationship with God and others. The Bible says, "Let us put aside the deeds of darkness and put on the armour of light. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature." (Romans 13:12, 14). Pray the following prayer out loud:

**Dear Heavenly Father, I agree with You that I have done some bad things. I ask You to help me know all the things that I have done which are wrong. In Jesus' name I pray. Amen.**

The following list contains some of the more common sins. Put a tick by the sins you have committed and then pray the following prayer:

- stealing (shop lifting)
- lying
- fighting
- jealousy
- envying
- outbursts of anger
- complaining
- desire for sexual pleasures from videos, computers or magazines
- cheating
- swearing (cussing)
- greedy
- lazy
- vandalism (damaging someone else's property)

**Lord, I have committed the sins of \_\_\_\_\_. Thank You for Your forgiveness and cleansing. I turn away from these sins and turn to You, Lord. In Jesus' name. Amen.**

God has completely forgiven you of those sins. Don't ever let Satan put you down or make you think you are still guilty of them. Whenever sin creeps back into your life,



remember 1 John 1:9: "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

Pray the following prayer:

**Lord, I thank You for forgiving me for all my sins. I ask You to fill me with Your Holy Spirit so that I will not sin any more. I now command Satan to leave me, and I choose to live the right kind of life so that I can be free. In Jesus' name. Amen.**

(Note to parent, pastor, or counsellor: If the child has been subjected to sexual sins, please download "Special Renunciations" from the FIC website)

### **Step Seven – Sins Of The Fathers**

The last step to freedom is to turn away from the sins of your parents and grandparents. You are not guilty for the sins of any other family member, but because of their sin, Satan may have gained an entrance into your family. In order to be free of the influence of those sins of your parents and their parents, make the following declaration and the following prayer out loud:

#### **Declaration:**

**I reject and turn away from all the sins that have been committed in my family. I have been set free from the power of darkness and I am now in God's eternal family. Jesus has died for all my sins and the sins of my family. I am alive in Christ, and united with Him. I belong to Jesus. I reject all the ways in which Satan may claim ownership of me. I announce to all the forces of evil, that I believe in Jesus and I belong to Him. As a child of God and by His authority I command every evil spirit, and every enemy of the Lord Jesus Christ to leave my presence forever.**

#### **Prayer:**

**Dear Heavenly Father, I come to You as Your child. I ask You to fill me with Your Holy Spirit. I present my body to You so people will know that You live in me. All this I do in the name of the Lord Jesus Christ. Amen.**



## **Staying Free**

Jesus has set you free, but you must choose to stay free. You will still be tempted and you can still be deceived. If you want to stay free in Christ you should:

1. Make sure you have the right kind of friends.
2. Always think and speak the truth in love.
3. Read your Bible daily.
4. Honour your Mother and your Father.
5. Obey all those who have authority over you.
6. Don't let problems build up. Share your struggles with someone.
7. Don't try to live the Christian life by yourself.
8. Always call upon God when you think you are under attack.
9. If something tries to scare you, tell it to leave in the name of Jesus.
10. Enjoy the wonderful life that God has given you, and all that He has created. Christ will meet all your needs according to His riches in glory.
11. Read the I AM list below before bed every night for a few weeks.

Read together the following:

### **I AM ACCEPTED IN CHRIST**

John 1:12	I am God's child.
John 15:15	I am Christ's friend.
Romans 5:1	I have been justified. (made good in God's eyes)
1 Cor. 6:17	I am united with the Lord and I am one with Him in spirit.
1 Cor. 6:20	I have been bought with a price. I belong to God.
1 Cor. 12:27	I am a member of Christ's body.
Eph. 1:1	I am a saint.
Eph. 1:5	I have been adopted (chosen) as God's child.
Eph. 2:18	I can go right to God through the Holy Spirit.
Col. 1:14	I have been redeemed (bought by God) and forgiven of all my sins.
Col. 2:10	I am complete in Christ.

### **I AM SECURE IN CHRIST:**

Rom. 8:1, 2	I am free from condemnation.
Rom. 8:28	I am assured that all things work together for good.
Rom. 8:31f	I am free from any condemning charges against me.
Rom. 8:35	I cannot be separated from the love of God.
2 Cor. 1:21	I have been established, anointed, and sealed by God.
Col. 3:3	I am hidden with Christ in God.
Phil. 1:6	I am confident that the good work that God has begun in me will be perfected.



Phil. 3:20 I am a citizen of Heaven.  
2 Tim. 1:7 I have not been given a spirit of fear, but of power, love, and a sound mind.  
Heb. 4:16 I can find grace and mercy in time of need.  
1 John 5:18 I am born of God and the evil one cannot touch me.

### **I AM SIGNIFICANT IN CHRIST**

Matt. 5:13, 14 I am the salt and light of the earth.  
John 15:1, 5 I am a branch of the true vine, a channel of His life.  
John 15:16 I have been chosen and appointed to bear fruit.  
Acts 1:8 I am a personal witness of Christ's.  
1 Cor. 3:16 I am God's temple.  
2 Cor. 5:17f I am a minister of reconciliation. (bring others to God.)  
2 Cor. 6:1 I am God's co-worker (1 Cor. 3:9).  
Eph. 2:6 I am seated with Christ in the heavenly realm.  
Eph. 2:10 I am God's workmanship.  
Eph. 3:12 I may approach God with freedom and confidence.  
Phil. 4:13 I can do all things through Christ who strengthens me.

#### Notes:

Binding Satan does not ensure total release for the victim. If that were the case then the entire instruction in the Epistles would be to bind Satan all over the world and cast him to some far away planet. The Lord will cast him into the abyss in the final days, but until then he roars around. We do have all the authority in Christ we need to live a righteous life ourselves, and carry out the ministry that God has called us to. The beginning declaration is an agreement with scripture, an acknowledgement of God's sovereignty and an announcement to the enemy of our authority in Christ.

Our children will be genetically predisposed to certain strengths and weaknesses. And the environment that they were raised in will also affect them for good and evil. Could there also be an unrighteous inheritance? We think the answer is yes. Look at the words of Jer. 32:17, 18. "Ah Lord God! Behold, Thou hast made the heavens and the earth by Thy great power and by Thine outstretched arm! Nothing is too difficult for Thee, who showest lovingkindness to thousands, but repayest the iniquity of fathers into the bosom of their children after them, O great and mighty God. The Lord of Hosts is His name." In our experience, sins passed on from one generation to another is the second most common ground for Satan having access to our children. In little children that is about all it can be since they haven't yet had the opportunity to get involved in sex and drugs, etc.