



HOST TEAM MANUAL

BE FREE

LIVING IN FREEDOM
EVERYDAY

The Center of It All...
the *WorshipCenter*
CHRISTIAN CHURCH



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BE FREE RETREAT GOALS

To cultivate and prepare an environment in which attendees can experience and receive divine revelation

For each person in attendance to encounter the extravagant love of the Father, the amazing grace of the Lord Jesus Christ, and the intimate friendship of the Holy Spirit through the power of Jesus

To usher in freedom in Christ, who overcame the devil and set us free from sin and bondage so we can love others, bear fruit, take our stand against the devil, and enjoy the presence of God every day of our lives

TEAM COLORS

Retreat teams are identified by specific colors. Please see the descriptions below to learn about the significance of each one.

Intercessor Team: White

This team wears white, a sign of purity, victory, and righteousness through Christ. They lead the battle and provide a prayer covering over the room. They keep the enemy at bay and act as watchmen as well as worshipers and builders, creating an atmosphere in which the power of God can be released.

Intercessors focus on the big picture: Freedom. They rely on the Holy Spirit to point them toward specific areas or groups of people or even other teams who may need intercession (things like fatigue, fear, or focus), and they discern where and how to focus their prayers.

Prayer Team: Red

This team wears red, which represents the blood of Jesus—and there is power in the blood! Their role is to listen to the Holy Spirit, love people to wholeness,

and to be bold in the face of the enemy. The Prayer Team focuses on “the one.” Each person who comes forward to receive prayer is the one to whom God wants to extend freedom and healing, and this team in turn becomes tangible hands, feet, and voices for the message of victory.

Host Team: Light Blue

The Host Team ministers to participants and maintains order and flow in the auditorium. They are there to support the ministry happening on the line and assist participants.

Events Team: Navy Blue

The Events Team ministers to participants by maintaining order outside of the auditorium. They are there to create a warm, welcoming, and distraction-free environment, so that participants can experience freedom.

Captain Team: Neon

This team wears neon, a color that simply signifies support to the retreat teams. Their role is to help the Prayer Team and provide additional prayer covering for participants as well as Retreat team members. If questions arise, Captains can help facilitate answers and are available to provide extra help during prayer times.

SECTION 1 PREPARE

ENCOURAGED & EQUIPPED *How to prepare for your role in the BE FREE Retreat*

Stay Humble.

A humble heart and a sincere desire to see others experience the freedom in Christ that you have personally experienced are essential when it comes to being an effective member of the Retreat team.

Commit to unity.

It takes a big team composed of many smaller teams to make this Retreat a success. Just as each team has a responsibility, the men and women serving on those teams have specific responsibilities as well. Respect them and look for ways to help and encourage your brothers and sisters. Think of yourself as a soldier in a battle. As you war against the enemy, you must be **in unity**, or he will be able to penetrate and resist our efforts to bring people to freedom.

“Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.” Ephesians 4:1-3

Remember: This is not about you; it is about our King, Jesus, and His heart to bring freedom to those that He loves so much. You are helping extend His kingdom.

Make preparation a priority.

Take time to prepare your heart for what the Lord wants to do in and through you. Study the Word and find out where your strength comes from. Focus on faith and obedience in your daily activities and be intentional about seeking Him and having a heart of thankfulness. Be genuine with God and give Him access to your struggles and desires. Turn to Him when you sin and choose to have a forgiving heart. Being intentional with your relationship with the Lord will help you come to the Retreat prepared to minister with a heart that is open and sensitive to the Holy Spirit who will use you to do great things!

FAITH IN ACTION

Practical ways to prepare

Fasting

Fasting helps change your focus and is useful in preparing yourself for ministry, especially when engaging in spiritual warfare. You can fast in a variety of ways (talk to your team leader if you would like more information) but remember

the most important part of fasting does not involve what you take away, but what you add regarding time spent with the Lord. Ask Him what needs to be done in your heart as you fast.

(Tip: Fast before, not at the Retreat—it is good to go into battle strengthened.)

“Is it a fast that I have chosen, a day for a man to afflict his soul? Is it to bow down his head like a bulrush, and to spread out sackcloth and ashes? Would you call this a fast, and an acceptable day to the LORD? “Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?” (Isaiah 58)

Prayer

Prayer readies your heart for battle and helps you hear and know God’s voice. In 1 Thessalonians 5:17, the Bible says to “pray without ceasing.” Live a lifestyle of prayer. Never underestimate the power of God working through heartfelt prayers; they release the power of God and change reality.

“The effective, fervent prayer of a righteous man avails much.” James 5:16

The Word

The Word is the Sword of the Spirit, and it is instrumental in seeing the works of darkness destroyed. Just as food nourishes your body, the Word nourishes your soul. The Word is a major warfare weapon. As you study, ask the Lord to write the scriptures on your heart and get ready to be amazed by the way God uses those very scriptures to serve participants.

John 8:32 says that the truth will set us free. The Holy Spirit actually ignites the truth that we’ve poured into ourselves, and He uses it to cut through the lies and deception that hell has bound people to. The powers of darkness recognize the eternal Word of God. When Jesus was tempted by satan, He said three times, “It is written, it is written, it is written.”

“It is the same with my word. I send it out, and it always produces fruit. It will accomplish all I want it to, and it will prosper everywhere I send it.” Isaiah 55:11

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.” Hebrews 4:12

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.” 2 Timothy 3:16-17

Worship

When all else fails and your will or desire are gone, worship is the way back into life abundant. He is worthy of praise, so even when you do not feel like praising, choosing to glorify Him changes things in your heart and mind.

Worship not only brings the presence of God into our lives, but it also establishes His dominion in us. Praise and worship unlock doors and break down walls in ways that we cannot see; worship is warfare.

“Let everything that has breath praise the Lord.” Psalm 150:6

“Let the high praises of God be in their mouth, and a two-edged sword in their hand, to execute vengeance.” Psalm 149:6-7

SECTION 2 EXECUTE

Function of the Host Team

Our number one goal is to make participants feel welcome and safe.

The Host Team serves everyone! Although you will be assigned to a team with a position and specific responsibilities, your main objective is to do what is needed so that the Retreat runs smoothly.

The Golden Rule of the HOST Team is to be unoffendable. If you remain unoffendable, the participants will have an experience that is unforgettable.

Three Host Teams

The Host Team consists of three individual teams working together to provide a structured and inviting atmosphere in and around the auditorium during the Retreat. These teams are:

1. Greeter/Directional Host Team

This team will be stationed at each doorway to welcome guests as they arrive each day.

Directional Hosts will be available in main corridors to provide information and directions to participants.

Look for participants who may need assistance. Make eye contact and look for opportunities to help. Avoid pointing and telling a participant where to go. Spend the time walking them to their destination or taking them to a team member who can assist them further.

2. Ministry Supply Team

This team is responsible for providing all of the supplies to make each participant feel cared and provided for during the BE FREE Retreat.

The Ministry Supply Team will be responsible for stocking and restocking ministry tables throughout the Retreat.

Other supplies that will need to be distributed: tissues, hand-sanitizer, index cards, pens, communion, and response cards.

3. Ministry Space Team

This team will be positioned inside the auditorium at the front and back of each open aisle. During times of ministry, they will release each row of participants to the prayer team.

Ministry Space Team serving in the front of each aisle will send participants to the prayer teamers when they raise their hand. Their primary role is to minister to and serve both participants and Prayer Team Members as they maintain order during ministry times.

Friday

Team Worship

Each team member should make plans to attend Team Worship! This is a special time set aside for you to draw close to the Lord and hear His voice. Please refer to your specific schedule for time and location.

Registration, lanyards, and BE FREE Team shirt pick-up will be available for leaders following worship – all leaders must be registered to receive their Team t-shirt.

Dress for the Retreat

- Team shirt and nice comfortable blue jeans. No torn jeans or shorts. Comfortable shoes.
- You may wear a long-sleeve t-shirt under your Retreat shirt if you get cold easily, but please do not wear a jacket over your shirt.
- Light or no cologne.
- You may want to bring your toothbrush.

There will be dinner for the BE FREE Retreat Team on Friday evening followed by team meetings.

Team Seating

As you enter on Friday and Saturday, locate the Host Team seating. Once in designated seating, choose a seat closest to your assigned area.

Personal Belongings

It is recommended to bring only necessary personal items into the BE FREE Retreat. Please secure any valuables out of sight in your car.

Reserved Seats

We ask that leaders do not reserve seats for participants. Our heart is for all of the participants to feel welcome and valued, and we do not want the wrong message to be communicated. Please encourage your participants to meet before the BE FREE Retreat to find seats as a group.

Greeting the Participants

Everyone is to be in the auditorium following the final team meeting on Friday evening and Saturday morning. Make sure the Host Team is in the auditorium before the participants arrive! If you are a greeter or directional host, you will take your place at your assigned position.

Greet participants warmly! They have worked hard to be here! Congratulate them for their effort this semester!

Help them to find a seat or seats for their group. People with sensitive hearing will want to sit middle to back and away from the speakers. Seat participants in wheelchairs (or with physical limitations) on the end of rows for easy access to the prayer team.

Participants will continue to arrive during the first 30 minutes of the Retreat—be watching for them during your personal worship time. It will be loud, crowded, and dark. They will need you to help them find a seat. Continually survey the floor and know where there are open seats.

You will have large groups, groups that travel long distances, and people who would just want to sit together. Do everything you can to accommodate them. Because many participants will arrive early to stand in line for seats, it is only fair not to have seats saved ahead of time. Please do *not* allow any leader or participant to save seats before the start of the Retreat. As always communicate the heart behind this.

Things to know

Let people know where restrooms, refreshments, etc. are located. Many people will not be familiar with the layout of the venue.

Have a schedule ready to answer questions regarding the times for teachings, breaks, lunch, and dismissal.

It is a great idea to have pens ready for participants during the first teaching. They will want to take notes. Be aware of items that participants may want/need, and find a member of the Ministry Supply team for any needs.

Remember, there is a **good** way to say everything. Always look for a way to make things work.

Be kind, love people, and look for needs.

Ministry Times

- The Host Team will sit in designated seating during the teachings.
- The speaker will say, “Will the teams take their places?” This is your cue to come forward and stand in your spot.
- We will release rows starting in the front for the first teaching and then switch to the back with the next teaching (Front-Back-Front-Back). It is up to the Host Team to coordinate this smoothly.
- When the ministry time starts, remember that all of the prayer team is available for participants. Release enough rows to cover the prayer team. Then, have only 10-15 people waiting in the aisle.
- Prayer team will raise their hand when they are ready for a participant. Be ready to send participants quickly and kindly.
- With the people waiting, form two lines, one for men and one for women. This will help you to easily send men and women to prayer teamers as they become available.
- We want everyone in each row to go up for prayer. If there is someone “on the fence” about going up for prayer, they will go forward if everyone does.
- Females pray with females, male with males, no exceptions.
- We use hand signals to identify if male/female prayer teamers are available. **Open hand**-female prayer team member, **Closed hand**-male prayer team member available; with the other hand show how many.
- If a participant is sent to a prayer team member, but another participant arrives first, move to the waiting person quickly. Help them find another prayer team member without any awkwardness. Otherwise, they may sit down without prayer.

Flow of Traffic

Participants will come to the front and cross the bloodline for ministry time. After they receive prayer, they will turn to their right and left, move along the outside of the rows, and back up the aisles to their seat. This will keep them from interfering with the people standing in the aisle waiting to receive prayer.

Please help to keep all conversations to a minimum. Keep your conversations with participants focused on the retreat.

Participants take their cues from the retreat team. If our voices are soft and focused on the Retreat, they will be less likely to carry on personal conversations.

Don't stroke or "pet" participants that are waiting in line for prayer. Be sensitive to their comfort level of physical touch.

Role of Captains- *(No Captains for the First Freedom Retreat)* Captains are wearing gray shirts. They are walking around during ministry time and available for prayer support. Please always be aware of any prayer team member that may need additional assistance during prayer and quietly send a captain their way.

It is always acceptable for you as a Host Team member to offer assistance until a captain arrives.

Communion

Friday night, we will have communion for the participants and team. Combos are pre-counted and in buckets located under the righthand seat of each row. Under direction from the stage, the person seated in this seat will take the bucket out and pass it to the left. After communion, the person on the left will pass the bucket back and collect the trash. Please move into the aisles and pick up the buckets and carry them to the pre-determined place.

As participants are leaving on Friday night, remind them when the doors open on Saturday morning. Tell them you are looking forward to seeing them! Quickly pick up trash and straighten the auditorium for the next day.

Saturday

Breakfast will be served for the team on Saturday. Team meetings may be before or directly following breakfast. Please check your schedule.

Greeting on Saturday

On Saturday morning, be in the auditorium before the Retreat starts and before the doors open to participants.

As participants arrive, instruct women to sit stage right and men to sit stage left. This separation will allow for segregation during the sensitive teachings that will be covered.

After lunch, be in the auditorium early to greet participants as they return.

Sensitive Teachings

Purity, Healing from Abuse, Forgiveness

There can be a lot of emotion during these teaching times. It is wise to consider this part of the deliverance process. Allow the participants to experience these emotions without interference. The Ministry Supply team will make sure Kleenex is available before the teaching starts. Unless there is a disturbance, allow the Holy Spirit to move during these times. Ministry Space members should have Kleenex available for participants as they move to and from prayer.

Baptisms

We will offer Baptisms after the Retreat on Saturday for people whose lives have been forever changed! We need team members to help register participants, help them in and out of the tanks, take pictures, and most importantly to celebrate!

Response Cards

Response cards are our way of knowing how lives have been changed and who may want to lead or co-lead a Freedom Group next semester.

Clean up

It does not take long to put the auditoriums back in order. We need all hands on deck to assist with cleanup!

SECTION 3 RESOURCES

Lordship (Pride)

Declaration

I declare and proclaim this is my day to lay down my life.

It's no longer I who lives, but Christ who lives in me.

I have done nothing—absolutely nothing—to earn my salvation.

Jesus, you paid the price for me to live and be free.

God, burn away my pride and consume my sin.

You are my Master.

Not my will, but yours be done!

God resists the proud, so I resist pride.

I embrace humility and put it on like a garment.

I choose to go low. God's power is made perfect in my weakness.

I boast in my weakness, and God's power rests on me!

I humble myself under God's mighty hand.

He will exalt me whenever and however He chooses.

I empty myself now.

I am a slave to God and a servant to people.

Father, in the name of Jesus, take my life! Amen.

Scripture on *Lordship*

And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place *because of the blood of Jesus*. Hebrews 10:19

If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9

Whoever finds his life will lose it, and *whoever loses his life* for my sake will find it. Matthew 10:39

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 1 Peter 5:6

God resists the proud, but gives grace to the humble. James 4:6

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers.

1 John 3:16

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Galatians 2:20

For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— not by works, so that no one can boast. Ephesians 2:8-9

You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. Colossians 2:13

Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me. John 14:6

Father, if you are willing, take this cup from me; yet not my will, but yours be done. Luke 22:42

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” 2 Corinthians 12:9

Believe in the Lord Jesus and you will be saved, along with everyone in your household. Acts 16:31

Humble yourselves before the Lord, and he will lift you up. James 4:10

Mammon

Declaration

I am of God and the devil has nothing in me.

I will not serve two masters. I will not serve both God and mammon.

I will worship the Lord and serve Him only.

If my Heavenly Father feeds the birds, He'll take care of me.

If He clothes the lilies, He'll provide for me.

If I seek His kingdom and His righteousness, all these things will be added to me.

Everything in the heavens and the earth is the Lord's. He is the Lord of all and supplies all my needs.

I produce wealth because God gives me ability.

He richly provides everything for my enjoyment.

By God's command and my obedience to Him, I am blessed. I am blessed in the city. I am blessed in the country. My children are blessed. My business is blessed. I am blessed when I come in. I am blessed when I go out.

I am the head and not the tail. I am above and not beneath.

Everything I put my hand to is blessed.

I renounce all greed, selfishness and selfish ambition, all boasting and envy.

Lord, purify my motives and my heart.

I commit today to keep myself free from the love of money.

I am content with what I have and in all circumstances.

My stuff will perish, but my God remains. He is my all in all. Amen.

Scripture on *Mammon*

No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. *You cannot serve God and mammon.* Matthew 6:34

For what profit is it to a man if *he gains the whole world, and loses his own soul?* Matthew 16:26

For the love of money is the root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many grieves. 1 Timothy 6:10

For where your treasure is, there your heart will be also. Matthew 6:21

Honor the LORD with your wealth and with the best part of everything you produce. Then he will fill your barns with grain, and your vats will overflow with good wine. Proverbs 3:9-10

Yours, O LORD, is the greatness, the power, the glory, the victory, and the majesty. Everything in the heavens and on earth is yours, O LORD, and this is your kingdom. We adore you as the one who is over all things. 1 Chronicles 29:11

My God shall supply all your need according to His riches in glory by Christ Jesus. Philippians 4:19

But seek first the kingdom and His righteousness, and all these things will be given to you as well. Matthew 6:33

Keep your lives free from the love of money and *be content with what you have*, because God has said, “Never will I leave you; never will I forsake you.”
Hebrews 13:5

“[Jesus] have come that they may have life, and have it to the full.” John 10:10

Our citizenship is in Heaven and we eagerly await a Savior from there, the Lord Jesus Christ. Philippians 3:20

Then he said to them, “Watch out! Be on your guard against all kinds of greed; a man’s life does not consist in the abundance of his possessions.” Luke 12:15

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Philippians 2:3

Such is the fate of all who are greedy for money; it robs them of life.
Proverbs 1:19

Rejection

Declaration

I am blessed with all spiritual blessings in heavenly places.

If God is for me, who can be against me?

I am chosen by God. He has not rejected me!

God loves me so much that He gave His only Son for me.

He chose me and appointed me to bear good fruit.

God contends with those who contend with me.

Spirits of rejection come at me in one direction, but flee in seven!

I am holy and blameless. I am redeemed through the blood of Jesus.

I have the spirit of wisdom and revelation.

I am an heir of heaven. I am seated in heavenly places.

I am God’s workmanship. I am fearfully and wonderfully made.

I am a new creation. I am a citizen of heaven.

I am rooted and grounded in love.

I am more than a conqueror. I am an overcomer.

I am healed. I am free!

Lord, everything You say about me is true! Amen.

Scripture on Rejection

God loves you dearly, and He has called you to be his very own people. Romans 1:7

I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; *I have chosen you and have not rejected you*. Isaiah 41:9

"And this is my covenant with them," says the LORD. "My Spirit will not leave them, and neither will these words I have given you. They will be on your lips and on the lips of your children and your children's children forever. I, the LORD, have spoken! Isaiah 59:21

If God is for us, who can be against us? Romans 8:31

"Never will I leave you; never will I forsake you."
Hebrews 13:5b

You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name. John 15:16

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen." Jeremiah 29:11-12

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. Ephesians 1:4

Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan. Ephesians 1:11

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14

God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus. Ephesians 2:6

Even if my father and mother abandon me, the LORD will hold me close. Psalm 27:10

“No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the LORD, and this is their vindication from me,” declares the LORD. Isaiah 54:17



Declaration

Purity

I have been crucified with Christ. I no longer gratify the cravings of my old sinful nature. My body is the temple of the Holy Spirit.

My body may be weak, but my spirit is willing.

I am never tempted beyond what I can bear—God always provides the way out.

I flee youthful lusts. I resist the devil, and he must flee from me.

I have the mind of Christ. I will set before my eyes no vile thing. I take captive every thought.

My thoughts are true, noble, right, and pure. I am sober and alert, ready for any attack.

My God arms me with strength and makes my way perfect. He who is in me is greater than he who is in the world.

When evil comes, I will stand my ground. I am a new creation—no more condemnation.

Christ has set me free! And by His blood, my hands are clean, my conscience is clear, and my heart is pure. And the pure in heart will see His face.

Lord, I want to see your face! I have only one desire: Your presence in my life. Show me Your glory! Amen.

Purity

Though your sins be like scarlet, *they shall be white as snow*. Isaiah 1:18

Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Hebrews 10:22

For we know that our old self was crucified with Him so that the body of sin might be done away with, that we should no longer be slaves to sin. Romans 6:6

But he who unites himself with the Lord is *one with Him in spirit*. 1 Corinthians 6:17

I urge you, as aliens and strangers in the world, *to abstain from sinful desires*, which war against your soul. 1 Peter 2:11

The *one who is in you is greater than* the one who is in the world. 1 John 4:4

Scripture on

So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law. Galatians 5:1

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Ephesians 6:13

For God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:20

Blessed are the pure in heart, for they will see God. Matthew 5:8

Create in me a pure heart, O God, and renew a steadfast spirit within me. Psalm 51:10

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! 2 Corinthians 5:17

How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God! Hebrews 9:14

Therefore, there is now no condemnation for those who are in Christ Jesus. Romans 8:1

Shame

God chose me before the creation of the world to be holy and blameless in His sight.

Jesus Christ, the Righteous One, has redeemed me.

The blood of Jesus washes away my sin.

The blood of Jesus purifies my heart.

The blood of Jesus cleanses my conscience.

The blood of Jesus gives me a fresh start.

God lifted me out of a slimy pit, out of the mud and mire, and placed me on a rock.

I am forgiven—He remembers my sin no more.

I am forgiven—He blots out my transgression.

Declaration

As far as the east is from the west are my sins from me.

As high as the heavens are above the earth: so great is His love for me.

I no longer condemn myself, and neither does God condemn me.

I silence the accuser now! Satan is the father of lies.

By the power of the blood—I tear down the veil of shame.

Lord, take these worthless fig leaves, and clothe me in Your righteousness.

I run from darkness to light.

My face is radiant and unashamed.

Instead of shame, I will receive double honor.

I will never be put to shame again.

Whom the Son sets free is free indeed! Amen.

Shame

If we walk in the light as He Himself is in the light, we have fellowship with one another, and *the blood of Jesus cleanses us from all sin*. 1 John 1:7

Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being *transformed into the same image from glory to glory*. 2 Corinthians 3:17-18

If any one of you is without sin, *let him be the first to throw a stone at her*. John 8:7

Christ loved the church and gave himself up for her to make her holy, *cleansing her by the washing with water through the word*. Ephesians 5:25-26

Let us draw near to God with a true heart in full assurance of faith, having *our hearts sprinkled from an evil conscience* and our bodies washed with pure water. Hebrews 10:22

If we confess our sins, He is faithful and just and will forgive us our sins and *purify us from all unrighteousness*. 1 John 1:9

For I will forgive their wickedness and will *remember their sins no more*. Hebrews 8:12

As far as the east is from the west, *so far has he removed our transgressions from us*. Psalm 103:12

Scripture on

I waited patiently for the LORD; he turned to me and heard my cry. *He lifted me out of the slimy pit*, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. Psalm 40:1-2

Those who trust in me will never be put to shame. Isaiah 49:23b

Therefore, if anyone is in Christ, *he is a new creation*; the old has gone, the new has come. 2 Corinthians 5:17

Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. Psalm 34:5

Though he stumble, he will not fall, for the LORD upholds him with His hand. Psalms 37:24

Instead of your shame you shall have double honor, Isaiah 61:7

For though a righteous man falls seven times, he rises again. Proverbs 24:16

Abuse

God knows me and loves me. His Spirit is near to me. He hems me in and protects me, and heals my broken heart.

Today I receive my healing. What the devil meant for evil, God will turn for good.

I have authority to overcome all the power of satan.

People may have hurt me, but I am not a victim. I release all who have hurt me in any way.

I command a blessing on all my enemies. I entrust them now to the righteous Judge.

I choose to forget the past and leave it behind.

I pull up all bitter roots and throw them in the fire!

Christ has redeemed me from the curse of abuse.

I renounce all anger, resentment, and hatred. I break any generational curse of abuse off my life. Lord, cleanse my hands of all abuse. Make my hands reach out in blessing to lift others up.

Declaration

Lord, cleanse my mouth of all hurtful words. Let these lips speak words of healing, encouragement, and blessing.

Lord, cleanse my eyes of all looks of hatefulness and intimidation. Let my eyes show forth love, kindness, and tenderness.

God has a plan for me, a hope and a future to prosper me and bless me.

He will restore to me all of the years the devil has stolen.

I cast my burden Him. The old is gone, the new has come. Amen.

Abuse

The Spirit of the Sovereign LORD is on Me, because the LORD has anointed Me to preach good news to the poor. He has sent Me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners. Isaiah 61:1-3

He heals the brokenhearted and binds up their wounds.
Psalm 147:3

He is near to those who have a broken heart and saves those who are crushed in spirit. Psalm 34:18-19

But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14

But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you. Matthew 5:44

You ought to forgive and comfort him, so that he will not be overwhelmed by excessive sorrow. 2 Corinthians 2:7

Jesus said, "Father, forgive them, for they do not know what they are doing."
Luke 23:34

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

God is our refuge and strength, an ever-present help in trouble.
Psalm 46:1

Scripture on

Fear

I am a member of the body of Christ and satan has no power over me, for I have overcome evil with good.

I am of God and have overcome satan, for greater is He who's in me than he who's in the world.

I will fear no evil for God is with me. His word and His Spirit, they comfort me.

I am far from oppression, and fear does not come near me.

No weapon formed against me will prosper. I will not be afraid of the terrors of the night, nor fear the dangers of the day.

The Lord is on my side. I will not fear. What can man do to me? My righteousness is of the Lord, and whatever I do will prosper, for I am like a tree planted by the rivers of water.

I am delivered from the evil of this present world, for this is God's will for me.

No evil will befall me! Neither will any plague come near me, for the Lord has given His angels charge over me. They keep me in all my ways. I take the shield of faith and quench every fiery dart that the wicked one brings against me.

Christ has redeemed me from the curse of the law in the name of Jesus I am an overcomer, and I overcome by the blood of the Lamb and the word of my testimony.

I am submitted to God, and the devil flees from me.

The Word of God is forever settled in heaven; therefore, I will establish His word on earth. Fear, you must go now!

I am made perfect in love. I am a person of faith. Amen.

Fear

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7

There is no fear in love; but *perfect love casts out fear*, because fear involves torment. But he who fears has not been made perfect in love. 1 John 4:18

For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, 'Abba, Father.' Romans 8:15

The Lord is on my side; I will not fear. *What can man do to me?* Psalm 118:6

Declaration

No harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways. Psalm 91:10-11

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. 1 John 4:18

Do not be afraid or discouraged, for the LORD is the one who goes before you. He will be with you; He will neither fail you nor forsake you. Deuteronomy 31:8

Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. Exodus 14:13

Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go. Joshua 1:9

I have set the LORD always before me. Because he is at my right hand, I will not be shaken. Psalm 16:8

Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident. Psalm 27:3

The name of the LORD is a strong tower; the righteous run to it and are safe. Behold, God *is* my salvation, I will trust and not be afraid. Proverbs 18:10

I sought the LORD, and he answered me; He delivered me from all my fears. Psalm 34:4

Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges My name. Psalm 91:14

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Heaviness and Depression

Declaration

I prophesy to myself—Dry bones, hear the word of the Lord: I will live and not die! I will declare His mighty works.

God is my refuge.

He is my deliverer. His mercies are new every day.

His joy is my strength. His wings are my shelter.

He heals my broken heart. He restores my soul.

What I have sown in tears, I'll reap in joy.

What the devil meant for evil, God turns for good.

Jesus, I run to You. I trade this heavy yoke for joy unspeakable.

I trade every burden for peace like a river. I have the mind of Christ.

I am complete, and lacking nothing.

I am rooted and established in God's love.

How wide, how long, how high, how deep is His love for me!

I wear a crown of beauty, instead of ashes; the oil of gladness, instead of mourning; the garment of praise, instead of despair.

I'm alive! I take off the grave clothes and come forth. Amen.

Scripture on *Heaviness and Depression*

Behold, the Lord's hand is not so short that it cannot save; nor is His ear so dull that it cannot hear. Isaiah 59:1-2

I will not die but live, and will proclaim what the LORD has done. Psalm 118:17

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6

Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness. Lamentations 3:21-23

Then they cried out to the Lord in their trouble, and He saved them out of their distresses. He brought them out of darkness and the shadow of death and broke their chains in pieces. Psalm 107:13-14

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

He heals the brokenhearted and binds up their wounds. Psalm 147:3

He is near to those who have a broken heart and saves those who are crushed in spirit. Psalm 34:18-19

Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. Psalm 51:12

Those who sow in tears shall reap in joy. Psalm 126:5

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. Romans 8:18

You have made known to me the ways of life; You will make me full of joy in Your presence. Acts 2:28

Let the heavens rejoice, and let the earth be glad; and let them say among the nations, "The LORD reigns." Chronicles 16:31

These things I have spoken to you, that My joy may remain in you, and that your joy may be full. John 15:11

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. Romans 15:13

Scripture on *Baptism of the Holy Spirit*

You know of Jesus of Nazareth, how *God anointed Him with the Holy Spirit and with power*, and how He went about doing good and healing all who were oppressed by the devil, for God was with Him. Acts 10:38, NASB

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a *violent wind came from heaven and filled the whole house* where they were sitting. Acts 2:1-2

They saw what seemed to be tongues of fire that separated and came to rest on each of them. *All of them were filled with the Holy Spirit* and began to speak in other tongues as the Spirit enabled them. Acts 2:3-5

He [Jesus] will *baptize you with the Holy Spirit* and with fire. Matthew 3:11

This is what was spoken by the prophet Joel, "In the last days, God says, *I will pour out my Spirit on all people*. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Even on my

servants, both men and women, I will pour out my Spirit in those days, and they will prophesy. Acts 2:14-18

“As I began to speak, *the Holy Spirit came on them* as he had come on us at the beginning. Then I remembered what the Lord had said: ‘John baptized with water, but you will be baptized with the Holy Spirit.’ So if God gave them the same gift as he gave us, who believed in the Lord Jesus Christ, who was I to think that I could oppose God?” Acts 11:15-17

“But *you will receive power* when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” Acts 1:8

For we know, brothers loved by God, that he has chosen you, because our gospel came to you *not simply with words, but also with power, with the Holy Spirit* and with deep conviction. I Thessalonians 1:4-5

I tell you the truth, anyone who has faith in me will do what I have been doing. He will do *even greater things than these*, because I am going to the Father.
John 14:12

And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ from the dead will also give life to your mortal bodies through *His Spirit, who lives in you*.
Romans 8:11

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