

Spiritual Warfare Training through Self Inner Healing Worksheet

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If you're dealing with a problem, simply follow these steps: turn to Jesus, ask, knock, and seek answers. No matter the issue, be it demonic oppression, deep-seated emotional pain, or any other form of struggle, we can confidently approach our Heavenly Father, knowing that He hears our cries and will respond in His perfect timing. Witness as Jesus aids in releasing you from the pain burdening your heart. Using the principle of knocking, seeking, and asking, we approach Jesus as our Father in prayer with persistence. We knock on the door of His mercy, seek His will in our lives, and ask for His divine provision, forgiveness, protection, and guidance.

“Steps to get freedom”

Step 1: Loudly declare, "In the name and authority of Jesus (refer to Philippians 2:9-11), I separate soul and spirit (according to Hebrews 4:12), and I command any evil spirits to detach and leave in Jesus' name" (as per John 14:13-14).

Step 2: If forgiveness is required, say aloud, "I forgive _____ for what they did to me" (referencing Matthew 6:12. If you need assistance, request help from Jesus). If this isn't applicable, proceed to the next step.

Step 3: At this juncture, ask aloud, "Jesus, I ask you to heal this part of me, now" (as per Mark 11:24), "Jesus, please come, speak with me, minister to me, and provide a confirmation to allow me to move forward" (in line with John 10:27).

During the third step, be patient and await the Lord's assurance of healing. Jesus generally manifests His healing in three ways. Firstly, He might communicate directly with us. Secondly, He could convey His message via personal encounters or visions. Finally, much like the faith of the centurion in Matthew 8:5-13, Jesus brings serenity to our troubles through the everlasting power of His word.

Step 4: In continuation with your prayer (Luke 11:5-8), you must seal the healing you've received in Jesus's name. Say aloud, "In the name and authority of Jesus Christ, I seal this healing, and I declare that this door to my past is now closed" (in reference to Isaiah 22:22).

Step 5: Finally, thank Jesus for the healing you've received. Express your gratitude by saying, "Thank you, Jesus, for healing me. Thank you for your love and mercy. I praise you, and I give you all the glory" (as Psalm 100:4 guides us to enter his gates with thanksgiving and his courts with praise).

Additional steps if you feel stuck:

If you're having trouble achieving healing, sensing Jesus, or feeling God's peace, then boldly say aloud, "With the sword of the Spirit (Ephesians 6:17), I break the enemy's grip over my spiritual ears in Jesus' name. Demon, detach and depart in Jesus' name."

If difficulties persist, then express, "Jesus, I humbly ask you to send your angels to suppress these demons, helping me to attain freedom (as per Daniel 10:13)."

If you haven't received your confirmation yet, then be guided by the Holy Spirit to approach Jesus once more, treating Him like a close friend, and persistently knock on the door until it is opened to you. Jesus enlightens us about the strength found in relentless, unabashed requests. The man who arrives at midnight to seek bread from his friend does so due to an immediate necessity. He remains undaunted by the untimely hour or the

first rejection; he continues until his plea is fulfilled. Thus, we must continuously ask, knock, and seek in Jesus' name.

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