

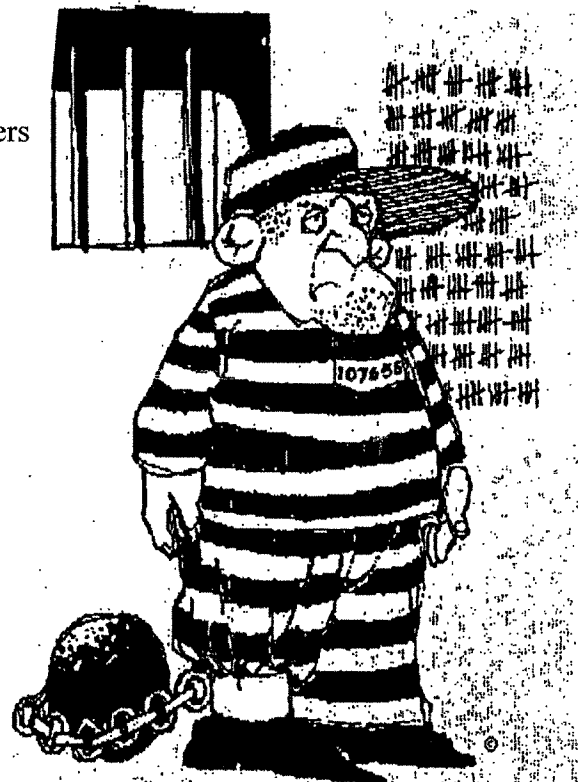
## Inner Vows

I WILL NEVER.....

Let anyone love me  
Be weak  
Trust anyone  
Allow myself to need  
Let them take anything away from me  
Allow anyone to touch me  
Share what is mine  
Allow anyone to give me money  
Write, read, understand  
Allow myself to be hit  
Go out at night  
Let you see who I am  
Let anyone know I hurt  
Tell a women anything  
Let a man control me  
Be responsible for actions of others  
Receive a compliment  
Participate in life  
Allow a woman in my heart  
Be sick  
Be violent or abusive  
Grow up, mature

I WILL ALWAYS.....

Remain aloof, separate  
Be in control of my life



**Inner vows imprison us to think  
and act as they have set the mold**

## Table O

### Practice Writing Ungodly and Godly Beliefs

---

UGB: Those important to me will abandon me at critical times and in critical events.

GB: God has promised to be with me always. He has also given me others in the Body of Christ who will be faithful friends.

Script: Mat 18:20, Prov 18:24

---

UGB: My spouse will never treat me the way I want to be treated.

GB: As I forgive and repent of my judgments about my spouse and the way that I have treated her/him, God is free to work in her/his life to bring about loving change.

Script: Eph 5:21-33

---

UGB: I will never fully be able to give or receive love, to have intimate, satisfying relationships with people.

GB: God, who is love, can and will teach me how to enter into 1 Cor 13 love. I choose to let down my defenses and to enter into His kind of love.

Script: 1 Cor 13:1-8, 1 Jn 4:8

---

UGB: God will not be pleased with me if I take time for myself to rest and play.

GB: God is holding the universe together. It will not fall apart if I rest or play. He desires for me to have a balanced life, to enjoy Him and His creation, as well as to do satisfying and fulfilling work.

Script: Eph 2:11, Heb 4:1-11

---

UGB:

---

---

GB:

---

---

---

Script:

---

UGB:

---

---

GB:

---

---

---

Script:

---

## 2. Submission Prayer

We again have a “model prayer” that you can use as you help your receiver prepare to renew his mind.

**UGBs Submission Prayer:** Lord, according to Your Word in Romans 12:1-2, I choose to submit to the process of being transformed by the renewing of my mind. I ask You to search my heart today, invade my thought life, and make me aware of any wrong thinking or blind spots. I thank You that You have created me in Your image and that You desire to set me free from all negative ways that I view myself, others, and You, God. I commit my way to You, Lord, knowing that You will establish my thoughts.

As You continue to renew my mind, I ask You to give me grace to cooperate with You fully in the process of changing my Ungodly Beliefs to Godly Beliefs so that I can see myself as You see me; complete in You. Let Your mind be in me, Lord Jesus.

I declare, through the Blood of Jesus, that I have been redeemed, forgiven, and sanctified. I belong to Christ, my body is the temple of the Holy Spirit, and I shall have victory today as I submit myself to this renewing and transforming process on the authority of, and in the Name of, Jesus Christ. Amen!

### Ungodly Beliefs

1. I *confess* my sin ((if appropriate) and my ancestor's sin) of believing the lie that \_\_\_\_\_.
2. I *forgive* those who contributed to my forming this UGB. (Be specific.)
3. I ask You, Lord, to *forgive* me for receiving this UGB, for living my life based on it, and for any way I have judged others because of it. I *receive* Your forgiveness.
4. On the basis of Your forgiveness, Lord, I choose to *forgive* myself for believing this lie.
5. I *renounce* and *break* my agreement with this UGB. I *break* my agreement with the power of darkness. I *cancel* all agreements with demons.
6. I choose to *accept, believe, and receive* the GB that \_\_\_\_\_.