

## Removing Curses From Your Life - Part 1

**Overview:** One key to receiving healing and walking in divine health is to remove the hindrances to the flow of the anointing in ones life. One primary hindrance is unconfessed sin. Make it a habit to confess your sins regularly.

### A. Definition of Sin.

1. Any disobedience to God or to the Word of God.

### B. Necessary Conditions

For your actions to be considered as a sin before God and thereby break your fellowship with God, three conditions must be met:

1. You must believe it is a sin. (i.e., facial make-up in certain churches)
2. You must be willing to do it.
3. You must do it either in the physical or in your heart. (i.e., entertaining the memory of sin)

### C. There are four components to sin:

Even if an action is not considered as a sin before God, the action can still produce sinful effects, which are curses. This is because any disobedience to God's word, whether known or unknown, can open the door to a spiritual attack; this spiritual attack can have four components.

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|---|--------------------------|
| 1. It breaks your fellowship with God.                          | 1 John 1:6-9             |
| 2. It opens the door to demonic attacks.                        | John 5: 1-14 esp 14      |
| 3. It affects your body and possessions.                        | Mark 2:1-11 esp 9        |
| 4. It affects your relationship with others and with the world. | Josh 7 esp v24; Rom 5:12 |

### D. Understanding Known and Unknown Sins

1. Known Sins
  - a) Behavior/actions of which you are aware and which you understand are sins.  
These include omission/commission, accidental/reflexive/deliberate/coerced, direct/indirect, (e.g., stealing, not tithing, adultery, rape, etc.).
2. Unknown Sins (7 Categories) Psalm 19:12-13 NLT
  - a) Iniquity: Behavior/actions of which you are aware and which you believe are not sins, (e.g., anxiety, concern, keeping the Sabbath holy, giving offense). (Luke 17:1; Matt 5:23)
  - b) Ongoing Unknown: Pride, Impatience, Fear, Unforgiveness, Bitterness, Laziness, etc.
  - c) Generational: include the entire ancestry Ex 34:7
  - d) Sexual: include all partners plus their partners plus generations. 1 Co 6:16; Gen 34:1-4 (2 partners, 7 levels and 4 generations = 7,680 connections )
  - e) Substance Abuse: include alcohol, drugs, prescriptions, food, salt, sugar, etc. Gal 5:23
  - f) Works of darkness: Satanism, witchcraft, human/animal/blood sacrifices, ouija board, astrology, fortune telling, palm reading, black/white magic, tarot cards, etc.
  - g) Words: against yourself, against others, curses against you, satanic covenants/vows

### E. Process of restoring Fellowship

1. Confess – agree with God's Word that the action is sinful.
2. Repent – turn your back on the sin by making a commitment in your heart not to do it again.
3. Receive – accept forgiveness for your sins.

**Note:** The mnemonic CRR will be used to represent all 3 – Confess, Repent, Receive.

## **F. The Remedy**

1. Confess (CRR) your sins frequently using 1 John 1:9.
2. Confess (CRR) after every known sin.
3. Confess (CRR) before every holy interaction (e.g., Communion, tithing, affirmations, prayer, talking to God, reading your Bible, etc.).
4. Confess (CRR) unknown sins after some defined period of elapsed time during which you are not aware of committing any sins.

## **G. Sample Prayers:**

1. **Known Sins:** In the Name of Jesus I confess my sin of “fear”; I repent of this sin; and I receive my forgiveness. I thank you Father for forgiving me of my sin and cleansing me from all unrighteousness.
2. **Unknown Sins:** In the name of Jesus I am not aware of any known sins but I receive forgiveness for all unknown sins because you have cleansed me from all unrighteousness.

**Affirm many times per day:** “In the Name of Jesus, I reckon myself dead to sin but alive unto God through Christ Jesus, my Lord.” Rom 6:11

ABC Healing School  
Semester 1 Module 5  
Removing Curses from Your Life Part 1  
Homework Assignments

1. Confess (CRR) your sins each time you knowingly sin and before each spiritual interaction with God.
2. At regular intervals (i.e., 2 to 4 hours) throughout the day receive forgiveness for any unknown sins. “In the name of Jesus I am not aware of any known sins but I receive forgiveness for all unknown sins because you have cleansed me from all unrighteousness.”