

## Removing Curses from Your Life – Part 2

- Identifies new information added since part 1 covered in Module 5

**Overview:** One key to receiving healing and walking in divine health is to remove the hindrances to the flow of the anointing in one's life. One primary hindrance is unconfessed sin. Make it a habit to confess your sins regularly. In addition, one should break the effects of the curses and demonic strongholds.

### 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. (e.g., 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)
  - 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 (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.

## \*H. Breaking the Power of Sin

1. There are four steps in removing curses and/or the impact of sins on your life:
  - a) **Repent**  
Repent of your sins by confessing them to God and in the Name of Jesus determine in your heart never to commit that sin again. Ask the Holy Spirit to help you never again to commit sin.
  - b) **Forgive**  
In the Name of Jesus, forgive yourself and every person who has participated in the sin or has been affected directly or indirectly through your sin. In the Name of Jesus, remove any negative spiritual bondage which your sin may have produced in their lives.
  - c) **Renounce**  
Renounce the demonic spirits behind that sin. In the Name of Jesus, declare that you remove their legal right ever again to operate in your life based on that sin, because that sin has been forgiven by your Heavenly Father.
  - d) **Break**  
Pray as follows: “In the Name of Jesus, I break every curse which has been operating in my life because of that sin. From this moment forward, these curses and the memories of that sin will never again return to me nor affect me in any way.”
2. A holy lifestyle is crucial for preventing demons from re-entering your life.
  - a) Be on the alert for recurring temptations.
  - b) Treat all temptations as sins: **Confess, Repent, Renounce and Break – (CRRB).**

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

## A Sample Prayer for Breaking Curses

1. In the Name of Jesus, I repent of the sin of \_\_\_\_\_  
(Example: Calling myself fat)
2. In the Name of Jesus I forgive every person from my heart who has participated in this sin or caused me to sin or been affected by this sin.
3. In the Name of Jesus, I renounce Satan and every demon, devil and evil spirit behind this sin.
4. In the Name of Jesus, I take away the legal right of Satan, every demon, devil and evil spirit to operate on me, my body or my life because of this sin.
5. In the Name of Jesus, I break every ungodly soul tie to this sin and to every person and spiritual being connected to or behind this sin.
6. In the Name of Jesus, I break every curse, every vow, every covenant, every contract, every hold, every hook, and every connection to evil, resulting from this sin.
7. In the Name of Jesus, I have been set free by Jesus Christ. He/She whom the Son sets free, is free indeed.

### Summary Version

Heavenly Father, in the Name of Jesus, I repent of all my sins and I turn my back on them. In the Name of Jesus I forgive every person who has participated in this sin or caused me to sin or been affected by this sin. In the Name of Jesus, I renounce Satan and every demon, every devil and every evil spirit behind these sins and I take away their legal right to influence me because of these sins. In the Name of Jesus, I break every ungodly soul tie and every connection to these sins and to the demons, devils and evil spirits behind them. Amen.

ABC Healing School  
Semester 1 Module 16  
Removing Curses from Your Life Part 2  
Homework Assignments

1. Begin to incorporate the Breaking Curses Prayer into your lifestyle of confessing sins. Use the extended prayer if you have time or the summary version each time you confess your sins.
2. Pray the Alignment prayer at least twice per day and preferably every time you are tempted to sin, or if you do sin, include it as part of confessing your sins.
3. Continue with the mini scenarios from Module 15.