

## Breaking Curses as a Lifestyle

### A. Living a Holy (Cleansed) Lifestyle

#### 1. Overview

1 Tim 1:5 says that the end result of our teaching is love from a pure heart, a clean conscience and a sincere faith. The more we live out the righteousness to which we have been called is the more of God's blessings and power we will have in our lives. The lifestyle of confessing sins (CRRB), of casting out of our lives the demons, devils and evil spirits, of living in the Kingdom of God and of regularly breaking curses leads us into a life of Glory.

#### 2. Removing Curses from your Life

We know that by confessing our sins, we restore our fellowship with God. However, as we can clearly see, restoring our broken fellowship with God is only one of the four components. The devil really doesn't mind a lot if we temporarily restore our fellowship with God as long as he still has his hooks into us. I say "temporary" because, with his hooks established, the devil can easily jerk on the strings and get us to sin (e.g., provoking us to anger; thereby getting us again to break fellowship with God). Therefore, in order to avoid or minimize these occurrences, the other three components must also be addressed.

We deal with the other three components by repenting, renouncing and breaking. We repent of our sins by inwardly turning our backs on the sins. We renounce satan and all his demons and evil spirits behind the sins. We also break any demonic holds or agreements which may have been connected to our lives or bodies as a result of the sins. Our lifestyle then, after **confessing**, should consist of **repenting** (including forgiving), **renouncing** and **breaking** (i.e., CRRB).

### B. The Process of Cleansing (CRRB and C/O).

#### 1. Casting Out (C/O)

Building on what has been previously taught in HS Semester 1, this module teaches how to cast demons, devils and evil spirits (DDEs) out of your life and your home but only after you have prayed the CRRB prayer. Notice that the command to cast out DDEs is at the end of the entire prayer.

#### 2. How to Pray - CRRB

Heavenly Father, in the Name of Jesus, I confess all my sins (*specify the known ones and include any ungodly spoken words of which you are aware*); and in the Name of Jesus, I repent by turning my back on all sins. In the Name of Jesus, I ask You, Lord, to help me not to commit these sins again. In the Name of Jesus, I forgive from my heart every person who has ever offended me and I speak blessings over them. In the Name of Jesus, I renounce satan and all demons, devils and evil spirits behind all of my sins and I take away their legal right to be in me, on me, or to influence me in any way because of these sins. In the Name of Jesus, I cancel all ungodly words, spoken by me or by others against me, and make them null and void. In the Name of Jesus, I break every tie, every hold, every hook, every connection, every agreement, every covenant and every contract to all evil involved in these sins and to the demons, devils and evil spirits (DDEs) behind them. **In the Name of Jesus, I cast all these demons, devils and evil spirits out of my home and life.** Amen.

### 3. Guidelines

- a) Use this CRRB Prayer to confess sins regularly during the day including every occurrence of a known sin. (Every known sin must be connected to a known incident).
- b) Unknown sins: purpose to confess frequently during the day even when you are unaware of any known sins (*If there are no known sins, pray "Heavenly Father, In the Name of Jesus, I am not aware of any sins since the last time that I confessed, so please cleanse me of all unrighteousness."*)
- c) Don't confess ongoing sins that are unknown (*i.e., you know that you are challenged with this sin on an ongoing basis but, since your last confession, you are not aware of a specific incident of committing it*).
- d) Don't confess **again** previous sins that have already been confessed.
- e) Treat the memory of old sins as sins [i.e. confess them (e.g., pleasure in the memory, shame, guilt, condemnation)], then CRRB them.
- f) Walk in joy, peace and patience.

### 4. Short Prayer for Cleansing

- a) Once you are experienced in living a lifestyle based on the above guidelines, then you may use this short prayer during the day, when either time or circumstances limit you.
- b) Confess your known sins or pray, "Lord, I am not aware of any sins, so please cleanse me of all unknown sins." Then continue.
- c) In the Name of Jesus, I renounce these sins, the effects of these sins and all the demons, devils and evils spirits (DDEs) behind these sins; and I break every tie, hold, hook, connection, agreement, covenant and contract to the DDEs and I cast them all out of my home and life.

### C. Establishing the Kingdom of God (KOG)

Once you have confessed your sins by CRRBing and cast the demons, devils and evil spirits out of your life, then go on to re-establish the KOG around you as we learned in Module 7: In the Name of Jesus, I re-establish the KOG around me and I pour out of my spirit Rivers of Living Water to flood me and this place with the anointing and Glory of God and to wash out of this place all DDEs.

### D. Expanded Prayer for Breaking Curses

The Expanded Prayer for Breaking Curses, in the accompanying module, takes us now to a higher level of breaking curses by addressing all the connections behind the sins. Instead of just repenting of the sin itself, the Expanded Prayer also breaks all spiritual connections to the sins which caused the initial sin; and to the sins resulting from the initial sin. By addressing sins of attitude, intention, desire, thought, memory, words, actions or deeds associated with the sin, the Expanded Prayer takes us to deeper levels of breaking the holds of sin on our lives. From now on, replace the Prayer for Breaking Curses (Sem 1 Mod 16) with this version.

The **Expanded Prayer for Breaking Curses** should be used frequently whenever you have the time for in-depth cleansing of specific sins in your life. It should also be used when you are working on breaking a stronghold of a particular category of sin (see Semester 2 Mod 2 document, **Understanding Curse Breaking**). The Prayer in Section B2 How to Pray – CRRB is meant for daily use in confessing sins. If during the day, your circumstances and time are very limited, then use the Short Prayer for Cleansing in Section B4 in order to confess sins.

## **Expanded Prayer for Breaking Curses**

### **Repent – Restore Fellowship**

1. In the Name of Jesus, I repent of the sin(s) of \_\_\_\_\_  
(Example: Calling myself fat)
2. In the Name of Jesus, I repent of all my sins of attitude, intention, desire, thought, memory, words, actions or deeds concerning the sins of \_\_\_\_\_
3. 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. In the name of Jesus I bless them from my heart.

### **Renounce – Spiritual Warfare**

4. In the Name of Jesus, I renounce satan and every demon, devil and evil spirit behind these sins.
5. In the Name of Jesus, I take away the legal right of satan, every demon, devil and evil spirit to operate in or on me, my body or my life because of these sins.

### **Break – Sever Ungodly Ties**

6. In the Name of Jesus, I cancel and make null and void all ungodly words spoken by me or others concerning these sins and I break every curse and vow connected with these words.
7. In the Name of Jesus, I break every ungodly heart, soul, mind and body ties to these sins and to every person and spiritual being connected to or behind these sins.
8. In the Name of Jesus, I break every hold, every hook, every connection, every agreement, every covenant and contract to evil resulting from these sins.

In the Name of Jesus, I have been set free by Jesus Christ. S/He, whom the Son sets free, is free indeed.