

## Identifying Sins and Breaking Curses - Work Sheet

### I. Identifying Sins and Breaking Curses Gets You Set Free from Strongholds.

#### A. Guidelines:

1. The deeper and more detailed you are listing your sins/curses the better the results. Start in each area with the current/most recent sins. As God brings to memory previous times you have committed sins in a particular category keep listing those. The goal is to go back to the first time you committed a sin such as fear, for example.
2. This process of identifying the sins/curses will allow you to break the demonic curses and strongholds in your life that the evil one has used against you. Once you have identified the sins and curses then get together with someone and break the curses by using the Expanded Prayer for Breaking Curses (see below). The next step is to use the Word of God to stop giving into sin in those areas (find a scripture and make an affirmation out of it). The final step is to cast out the demons and evil spirits and keep them out by avoiding sin in those areas.

### II. Identifying Sins that Impede Your Walk in Love and Forgiveness.

Analyze if you have challenges in any of these specific areas so that God can heal and restore you physically and emotionally. (Refer to Wait With Glad Expectation - Part 8 on 05-25-2025)

**A. Unforgiveness and self-unforgiveness** (Forgiving others and yourself gets rid of spiritual poison)

**B. Hatred and self-hatred** (What you dislike about others or yourself)

**C. Rejection and self-rejection** (Excluding others or criticizing them or yourself)

**D. Deception and self-deception** (Being deceived or think you are something that you are not)

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Workshop C – Shame and Fear of Rejection & Self-Rejection

Workshop D – Sexual

Workshop E – Negative Words

Workshop F – Substance Abuse/Addiction(s)

Workshop G – Generational

Workshop H – Works of Darkness

Workshop I – Impatience

Workshop J – Anger

Workshop K – Shame and Fear of Hatred & Self-Hatred

Workshop L – Co-Dependency

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- E. Denial and self-denial** (refusing to accept the truth about others or yourself and not giving what is needed)
- F. Defensiveness and self-defensiveness** (defending sins of others or your own sins)
- G. Justification and Self-justification** (justifying sins with excuses for others and yourself)
- H. Condemnation and self-condemnation** (Being critically judgmental of others and yourself)
- I. Neglect and self-neglect** (Not taking care of others or yourself)
- J. Sabotage and self-sabotage/opposing myself** (Deliberately obstructing success of others or for yourself)
- K. Punishment and self-punishment** (Penalizing others or yourself)
- L. Injury and self-injury** (Causing an accident involving others or self-injury)
- M. Selfishness and self-centeredness** (Not sharing or caring about others and focus only on me)
- N. Worthlessness/low self-esteem** (Feeling that you are not valuable and think you are a failure)
- O. Unworthiness** (Don't believe you are good enough or worthy to receive blessings)
- P. Self-righteousness** (Feeling superior and don't need anyone's help)

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### III. Identifying the Most Detrimental Sins:

#### A. Fear. (include dread, anxiety, worry, concerns, fret)

- *Possible high-level categories:* fear of man, fear of animals, fear of heights, fear of failure, fear of public speaking, fear of sex, fear of success, etc.
- *Details within each category:* bitten by dog at 6 years old, last Tuesday did not give boss my idea, last year when I didn't call landlord to report problem, etc.

#### B. Shame and Fear of Offense & Unforgiveness

1. Being offended by others (taking offense)
2. Being offensive to others (giving offense)
3. Having unforgiveness against others.
4. Self-unforgiveness

- *Possible high-level categories:* spouses, ex-spouses, your children, family, friends, schoolmates, bosses, employees, etc.
- *Details within each category:* offended when co-worker criticized my work, last year when my daughter didn't call me for my birthday, Pastor didn't say hello last Sunday, husband criticized me in public at church 10 years ago.

#### C. Shame and Fear of Rejection & Self-Rejection: (include feeling rejected and rejecting others)

*Possible high-level categories:* parents, co-workers, friends, siblings, church members, church leaders, etc.

- *Details within each category:* last week snubbed by co-worker, my idea rejected by my brother last year, pastor did not call last Monday like he promised, last year when no one paid attention to me at the Christmas party, etc.

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#### **D. Sexual:**

- *Possible high-level categories:* sexual partners outside of marriage, pornography, voyeurism, exhibitionism, sex with spouse before marriage, masturbation, etc.
- *Details within each category:* pornography on the internet, subscription to Playboy, sexual intercourse with persons by name or I.D., sexual games, watching neighbor, etc.

#### **E. Negative Words:**

- *Possible high-level categories:* curses against you from yourself; from doctors, from parents, from siblings, from schoolmates, from teachers, etc.
- *Details within each category:* calling myself stupid, Dr. said I was sickly, Uncle said I was worthless and would never amount to anything, I said I would do anything not to be like my mother, I said I would do anything to be famous, etc.

#### **F. Substance Abuse/Addiction:**

- *Possible high-level categories:* alcohol, illegal drugs, prescription drugs, sugar, video games, television, hard rock, sports etc.
- *Details within each category:* used to binge drink in college, always had the radio on to heavy metal or jazz music in the car, every night played Dungeons and Dragons on computer, always stayed up too late watching TV, smoked 3 packs a day, etc.

#### **G. Generational:**

- *Possible high-level categories:* illnesses common to family line, sins common to family line (e.g., adultery, alcoholism, anger, unforgiveness), etc.
- *Details within each category:* breast cancer in the family, heart attacks in the family, fear of man, anger, greed, jealousy (your specific involvement with these sins), etc.

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## H. Works of Darkness:

- *Possible high-level categories:* Santeria, white magic, astrology, tarot cards, etc.
- *Details within each category:* used a Ouija Board when I was 12, used to read my astrological forecast daily, participated in a séance, had my palm read when I was 23, fortune cookies, etc.

## I. Impatience:

- *Possible high-level categories:* with other people, with self, with God, with commuter traffic, with animals, with clerks, etc.; also, frustration and anger.
- *Details within each category:* got angry at co-worker who was late for project, impatient with spouse who was running late, yelling at other drivers, moving too fast and injured self, etc.

## J. Anger:

- *Possible high-level categories:* anger toward God, anger toward self, anger toward family, anger about circumstances, etc.
- *Details within each category:* anger toward father who always ignored me; anger toward God because my grandfather died after I prayed; anger toward spouse who rejected me, etc.

## K. Shame and Fear of Hatred and Self-hatred

- *Possible high-level categories:* hatred & self hatred because of things I have done, self-hatred because of things done to me, not liking body size, not liking physical attributes, etc.
- *Details within each category:* Had abortion when a teen, don't like my nose, stepfather always said I was no good, I keep sinning the same sin and can't seem to stop, etc.

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## L. Co-Dependency

- *Possible high-level categories:* excessive emotional or psychological reliance on a partner, typically a partner who requires support due to illness or addiction, etc.
- *Details within each category:* missing church frequently to help someone, walking on eggshells around Uncle Joe, avoiding disapproval from my boss, etc.

## Additional Considerations:

Be on constant guard against sinful attitudes, intentions, desires, thoughts, memories, words, actions and deeds. Remember, anything which violates any one of the nine parts of the Fruit of the Spirit is a sin.

When you do sin, CRRB every sin (i.e., confess, repent, renounce, break). Also, when you are not aware of committing any sin for a given period of time, frequently, just pause and ask the Lord to cleanse you of the ones of which you are unaware and then CRRB the unknown sins. Then ask the Lord to continue to reveal to you your unknown sins and help you not to do them again.

These daily lifestyle choices are essential to develop in order to make sure we are not allowing the demons we are casting out to come back into our lives. Be particularly vigilant in the areas in which you have broken curses.

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### **Your Faith Action Plan for freedom as you wait with glad expectation:**

- a. Pray to confess, repent, renounce sins and break ungodly attachments to them.
- b. Promptly pray to forgive others and forgive yourself.
- c. Stop beating yourself up with regret and self-condemnation.
- d. Choose to remember offenses no more and forget about the occurrence.
- e. Let go of the negative thoughts and bad feelings & release the offender.
- f. Stop reviewing the past and look towards your future.
- g. Re-establish the Kingdom of God and stay in the Fruit of the Holy Spirit.
- h. Bind the DDE's attacking (and do Spiritual Cleansing if a HS3 graduate).
- i. Bless the person who offended you and bless yourself.
- j. Decide to love the offender and love yourself with the Love of the Lord.
- k. Do frequently during the day: affirmations, Say the Unknown Sins Prayer (USP) & sing I love myself with the Love of the Lord daily.
- l. Be vigilant to confess sins using the Known Sins Prayer (KSP) as soon as possible.
- m. Break curses with more specific challenges to get down to the next layer to get set free of strongholds using the 2025 Revision of the Breaking Curses - Expanded Prayer.

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## **Breaking Curses - Expanded Prayer** **Confess, Repent, Renounce, and Break (CRRB) Ungodly Ties**

### **Confess and Repent (Restore Fellowship with God)**

1. Heavenly Father, in the Name of Jesus, I confess the sin(s) of \_\_\_\_\_.  
(List the sin(s). Example: Calling myself fat.)
2. In the Name of Jesus, I repent of all my sins of attitudes, intentions, desires, thoughts, memories, words, actions or deeds concerning the sin(s) I just confessed.
3. In the Name of Jesus, I forgive myself and/or anyone from my heart who have participated in the sin(s) or caused me to sin or been affected by these sins. In the Name of Jesus, I bless all of us from my heart; and I love each person and myself with the Love of the Lord.

### **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 (DDEs) to operate in or on me, my body or my life because of these sins and you can no longer affect me in any way shape or form.

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## Break (Sever Ungodly Ties)

6. In the Name of Jesus, I break every ungodly soul tie, ungodly heart tie, ungodly thought tie, ungodly mind tie, ungodly body tie, ungodly tongue tie and negative word tie to these sins and to every person and spiritual being connected to or behind these sins. I cancel, make null and void all negative words that I could have spoken over myself, or others, or that other people could have spoken over me (and my family), especially any diagnoses.
7. In the Name of Jesus, I break every curse, every generational curse, every ungodly vow, every ungodly covenant or promise, every ungodly contract, every ungodly hold, every ungodly hook, every ungodly obligation, every ungodly expectation, every ungodly goal or dream, every diagnoses, and every connection to evil resulting from these sins.
8. In the Name of Jesus, I have been set free by Jesus Christ. She/He, whom the Son sets free, is free indeed. I \_\_\_\_\_ am now free in the Name of Jesus! Amen.  
(say your name)

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## DAILY ESSENTIAL PRAYERS

### Known Sins Prayer (KSP)

The most important thing Christians can do for their health and protection is to confess sins, according to 1John 1:9, as soon as you become aware of that sin. (Refer to “The Morning Miracle” book pages 45-46).

#### Pray the Known Sins Prayer (KSP)

**“Heavenly Father, I am sorry that I sinned by \_\_\_\_\_ (say the sin(s) you did.)  
In the Name of Jesus, thank You, Lord, for cleansing me from all unrighteousness and  
help me not to do it again.”**

### Unknown Sins Prayer (USP)

Say this USP as frequently as possible during the day. This helps to keep you in righteousness and helps to overcome challenges and diminish attacks of the enemy.

#### Pray the Unknown Sins Prayer (USP):

**“Heavenly Father, I am not aware of any sins. In the Name of Jesus, thank You, Lord, for  
cleansing me of all unrighteousness, according to 1 John 1:9.”**

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## Establishing the Kingdom of God (KOG) Prayer (Foundational Expanded Version)

*Frequently during the day, it's vitally important to do these prayers as a set together. This helps to repair any cracks in your protective covering of the Kingdom of God that are caused by sin (known or unknown sins: pages 45-46). First, say the Known Sins Prayer (KSP) or do an Unknown Sins Prayer (USP). Afterward, pray the KOG prayer along with either the KSP or the USP. This should help you withstand the attacks of the enemy and help to preserve your protection shield. HS3 Graduates should do the regular version of the KOG Prayer.*

Pray the Establishing the Kingdom of God (KOG) Prayer:

**"In the Name of Jesus: I bind up every demon, devil, and evil spirit challenging me; and you cannot affect me in any way, shape, or form. The blood of Jesus heals and restores me from the damages of sin and the effects of any challenges. In the Name of Jesus: I establish the Kingdom of God over and around me. The healing power of God and His anointing is imparted to me. The will of my (our) Heavenly Father will be done in everything that I (we) pray and do today. The angels of God have a godly firewall of protection around me (us), where the enemy cannot hear, see, or know what I am (we are) doing or praying. In the Name of Jesus, I am (we are) protected above me (us) through the heavens, past the air rights, below me (us) through the core of the earth, stopping at the gates of hell, and 360 degrees around me (us), everywhere I (we) go, in everything that I (we) do. Everything that pertains to me (us) is protected, including my (our) home(s), business(es), church(es), ministry(ministries), career(s), project(s), assignment(s), account(s), identity(identities), current and future income, and anything God wants me (us) to do. Thank You, God, for Your divine protection, provision, prosperity, healing, health, and wholeness.**

**In the Name of Jesus: I (we) also pray for divine wisdom because I (we) have the Mind of Christ. I (We) decree that every day we have on the full Armor of God automatically so that the enemy cannot know who is praying against them, which avoids retaliation. In the Name of Jesus, I (we) stop and bind up any attempts of retaliation against any 633er and loved ones. In the Name of Jesus, I (we) also bind up works of darkness, witchcraft, all evil, and any challenges hindering me (us) in any way, shape, or form. I (We) loose and release the blessings of God to run to overtake us. By faith, I (we) have already received what I (we) asked for in prayer because it was done in the heavenly realm. I (We) thank You, God, for the manifestation of prayers coming to me (us) in the earthly realm because it is already mine (ours), in the Name of Jesus. Amen."**

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Revised 07-20-2025 JM & KM

Sun 07-20-2025 KM

Wed 07-23-2025 DH

Wed 07-30-2025 MBD

Wed 08-06-2025 JM & KM

Wed 08-13-2025 KM, SB, SC

Wed 08-20-2025 DH

Wed 08-27-2025 JM & KM

Wed 09-03-2025 DH

Wed 09-10-2025 MBD

Wed 09-17-2025 AF, SB, SC

Wed 09-24-2025 AF, SB, SC

Wed 10-01-2025 JM & KM

Revision Aug 2015

Revision July 2015

Revisions July 2025 JM & KM