

ABC - CLEANSING RECOMMENDATIONS

Check-up: Fear, Unforgiveness, Offense – DH & SB

It is necessary to be vigilant about the enemy's attempts to test your resolve. Here are some tips which we have found helpful to keep the DDEs from attacking. The practice you have had in preparing for cleansing is the same that you should do after cleansing.

A. THE DAILY ESSENTIAL PRAYERS - Continue the practice of using all these prayers which discourage Demons, Devils, and Evil spirits from returning.

- CRRB/KSP
- USP
- KOG
- Daily Prayers
- Daily Affirmations
 1. Establish the Kingdom of God around you frequently. It is the anointing that heals and transforms. When you say the KOG prayer, establish it about 3 feet around you.
 2. It's important to build up the anointing and then release it around you.
 3. You can do this through:
 - Anointed praise and worship music
 - Scriptural affirmations
 - Meditating on God's Word
 - Fasting

B. What to do when you identify a Demon, Devil, or Evil spirit (DDEs) that has returned or has presented itself:

1. Calm yourself.
2. **Confess sins, Repent, Renounce and Break curses Prayer (CRRB)** or do a **Known Sins Prayer (KSP)**
3. Establishing the **Kingdom of God Prayer (KOG)**
 - **Non-HS3 Graduates KOG: Bind them up in your home/environment**, especially the DDEs you are focusing on. - i.e., fear, unforgiveness, and offense. (**Do NOT WASH THEM OUT/ Do NOT cast them OUT of your home/environment**)
 - **HS3 Graduates KOG: Bind and Wash OUT/Cast OUT of your home/environment.**

4. 3-Witness Prayer (3W)

- **Non-HS3 Graduates KOG:** Bind & Wash **DOWN** the DDEs in yourself
- **HS3 Graduates KOG:** Bind & **Wash OUT/Cast OUT** the DDEs out of yourself. especially the DDEs you are focusing on. - i.e., fear, unforgiveness, and offense.

C. How to Keep Fear Out:

1. Identify thoughts of Fear which have other names:
 - Worry
 - Anxiety
 - Nervousness
 - Etc.
2. The news focuses on fear – economics, politics, war, weather, crime, etc. Consider moderation.
3. Avoid movies and media with suspense, murder, or anything fearful.
4. When you feel startled and it causes you to react it may indicate that demons are attacking.
5. When you identify these negative thoughts, treat them as indicators of demonic activity.
6. Then handle the Demons, Devils, and the Evil spirits (DDES) behind those negative thoughts by using The Daily Essential Prayers.

D. How to Keep Unforgiveness Out:

1. Identify thoughts of Unforgiveness:
 - Retelling the event over and over either to yourself or to others.
 - Check your thoughts when you think of the person or event that caused unforgiveness.
 - Check if you may be harboring resentment.
2. Pray for that person and bless him/her whenever thoughts of unforgiveness come to mind.
3. Sing I love him/her with the love of the Lord if thoughts of unforgiveness occur.

E. How to Keep Offense Out:

1. Identify thoughts of offense:
 - a. Be aware of your face and body language.
 - b. Check yourself if you are murmuring, grumbling, or complaining
 - c. Swearing

- d. Frowning indicates disapproval
 - e. Rolling your eyes
 - f. Body tenses up when thoughts of the offense occurs
 - g. You have a desire to tell someone what happened to gain sympathy.
 - h. Don't take it personally. Remember that offensive people are that way.
2. Identify thoughts of being offensive/giving offense:
 - Watch a person's face and body language to determine if you inadvertently offended him/her.
 3. Apologize quickly for offending if there is the possibility you may have offended him/her.
 4. Ask the Lord how you can show love to people who have offended you whenever you are around them.
 - Identify a need that he/she might have:
"I'm going to get a bottle of water, anyone else want one? – Sally?"

F. Susan's Testimony:

- Be aware of the natural way of thinking and reacting.
- Ask the Holy Spirit to help you to identify deep seated patterns so you can discover the DDEs behind them.

DAILY ESSENTIAL PRAYERS

The Morning Prayer. Forgiveness Prayers. KSP/CRRB. USP. KOG

The Morning Prayer

(Say every morning upon awakening)

“Heavenly Father, in the Name of Jesus, I am not aware of any sins since the last time I confessed; so, right now, I am asking You to cleanse me for all my unknown sins, according to 1 John 1:9. In the Name of Jesus, I receive forgiveness for all my sins and I renounce Satan, Demons, Devils, and Evil spirits behind these sins. In the Name of Jesus, I ask the Holy Spirit to fall afresh on me. In the Name of Jesus, I bind Satan and all his Demons, Devils, and Evil spirits (DDEs) from me and all that concerns me. In the Name of Jesus, today I loose into my life, and into all that concerns me, the will of my Heavenly Father, the powers of Heaven and the Angels of God, according to Matt 18:18. Amen.”

FORGIVENESS PRAYER

You must forgive so your prayers will not become blocked. (Matt 6:15)

“Heavenly Father, in the Name of Jesus, I forgive anyone who has offended me in any way, shape or form; knowingly or unknowingly; by omission or commission; and every person who has participated in any of my sin(s) or caused me to sin or have been affected by sin(s). In the Name of Jesus, I forgive _____ (person’s name) from my heart for/of: _____ (Examples: offending me, insulting me, etc.)

In the Name of Jesus, I also receive forgiveness for this sin; and I bless (him/her/them) to _____

(Examples: to walk in love, joy, peace, patience, forgiveness, etc.)

In the Name of Jesus, I love (person’s name) _____ with the love of the Lord. Amen.

FORGIVE MYSELF PRAYER

Heavenly Father, in the Name of Jesus, I forgive myself from my heart for/of: _____ . In the Name of Jesus, I receive forgiveness and I bless myself to do better with the help of the Holy Spirit. In the Name of Jesus, I love myself with the love of the Lord. Amen.

The Power of the Known Sins Prayer (KSP/CRRB)

The moment you recognize sin, don't delay, respond immediately. Confessing known sins as soon as they come to light is one of the most powerful things a believer can do to protect their spiritual health to remain in divine covering. According to 1 John 1:9, when we confess, God is faithful to forgive and cleanse us from all unrighteousness. When you Confess sins, Repent, Renounce, and Break curses (CRRB), you shut the door to the enemy, dismantle his legal rights, and restore your under the Kingdom of God's Blessings and Protection.

(See "The Morning Miracle," pages 45-46 for further insight.)

KNOWN SINS PRAYER **(KSP/CRRB)**

"Heavenly Father, I am sorry that I sinned by _____
(say the sins you did)

In the Name of Jesus, thank You, Lord, for cleansing me from all unrighteousness and help me not to do it again."

Why Pray the Unknown Sins Prayer (USP)

Praying the Unknown Sins Prayer (USP) frequently throughout the day cultivates spiritual vigilance. Use it as a daily holy habit. It helps you remain in a position of spiritual purity in a sin-free state, keeping you aligned with God's grace.

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.”

Interceding for Others with the Unknown Sins Prayer (USP)

Every time you pray the Unknown Sins Prayer (USP) for someone else, you become a vessel of mercy and spiritual breakthrough for that individual. Just as Jesus forgave others while He was on the Cross, you have been given His delegated authority to release others from sins they may not even be aware of. Your intercession can silence the enemy's accusations, release divine help, healing, restoration, and grace to flow into their lives.

INTERCEDING FOR OTHERS **WITH THE UNKNOWN SINS PRAYER** (After doing a USP for yourself, then proceed)

“Heavenly Father, I forgive _____ (person's name) of their sins. In the Name of Jesus, thank You, Lord, for cleansing him/her/them of all unrighteousness, according to 1 John 1:9.”

Can add an affirmation. Example:

“_____ (person's name) has been healed by the stripes of Jesus”.

Why Pray the Powerful Establishing the Kingdom of God Prayer (KOG) (Foundational Expanded Version)

Spiritual Recommendations:

Pray this set of prayers frequently throughout the day. This two-step, power-packed practice pushes back the enemy's attacks and keeps you in the protective covering of the Kingdom of God, whether the breach is caused by Known or Unknown Sins.

Step 1: Say the Known Sins Prayer (KSP) or an Unknown Sins Prayer (USP).

- This keeps you cleansed of sin and unrighteousness, restoring you to righteousness under God's grace.

Step 2: Immediately follow with the Kingdom of God Prayer (KOG).

- Use the Short or Normal version to re-establish the Kingdom of God, re-activating your divine authority, dominion, power, and protection.
- This practice maintains your position of righteousness and strengthens your defenses against the enemy's tactics.
- HS3 Grads: Use the full version of the KOG Prayer for deeper spiritual warfare.

ESTABLISHING THE KINGDOM OF GOD PRAYER (KOG) PRAYER *(Short Summary Version)*

“In the Name of Jesus: I (we) bind up every demon, devil, and evil spirit challenging me (us); and you cannot affect me (us) in any way, shape, or form. The blood of Jesus heals and restores me (us) from the damages of sin and the effects of any challenges.

In the Name of Jesus: I (we) establish the Kingdom of God over and around me (us). The healing power of God and His anointing are imparted to me (us). 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. Amen.”

ESTABLISHING THE KINGDOM OF GOD PRAYER (KOG) *(Normal Version)*

“In the Name of Jesus: I (we) bind up every demon, devil, and evil spirit challenging me (us); and you cannot affect me (us) in any way, shape, or form. The blood of Jesus heals and restores me (us) from the damages of sin and the effects of any challenges.

In the Name of Jesus: I (we) establish the Kingdom of God over and around me (us). The healing power of God and His anointing are imparted to me (us). 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 me (us) 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 me (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.”

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

Confess and Repent (Restore Fellowship with God)

1. Heavenly Father, in the Name of Jesus, if I am challenged to remember if I had previously broken curses on any of these sins on this list or if I did break curses on them but still having challenges in any of these areas I break off specific challenges on a deeper level as I ask the Holy Spirit to reveal to me if there are any strongholds or roots left.

I confess and repent of any of these sin(s) mentioned if I had committed them or my ancestors had committed them of: _____

Also say out loud the list of specific sins you are confessing and repenting for below.

List Sin(s): _____

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 repented of.
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.

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 diagnosis, 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)

RECOMMENDED DAILY AFFIRMATIONS

- Rom 6:11 In the Name of Jesus, I reckon myself dead to sin but alive unto God through Christ Jesus, my Lord.
- 1 Cor 2:16 In the Name of Jesus, I have the mind of Christ.
- Ps 19:14 In the Name of Jesus, God has made the words of my mouth, the meditations of my heart, and the thoughts of my mind pleasing to Him.