

How free are you?

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There are several steps to becoming free and living accordingly. Freedom, here, does not mean freedom of movement or being able to do what one wants when he wants to do it. (This can be merely superficial freedom.) Remember the old adage: "Iron bars do not a jail make." The point is that a person can be superficially "free", but, at the same time, impeded by the effects of sins, lies and evil spirits. This is where Jesus comes in. The Lord wants us to be free to be the people that we are supposed to be. He wants us to be free from psychological "hang-ups". He wants us to be free from the effects of immorality: sins we may have committed, and the effects of other people's sin. What to do?

- Step 1. **Repent of all sin.** For Catholics, confession is ideal in this regard.

- Step 2. **Forgive everyone who has offended you in any way.**

I recommend the use of the Forgiveness Prayer (use the Internet).

[Perhaps [Forgiveness Prayer by Fr Robert DeGrandis S.S.J. L](#)]

The prayer is a template (so, make it your own.

Make any changes to the prayer that you need to make.)

Pray it every day for a week or 30 days

(for deep-seated unforgiveness issues.)

Pray the prayer out loud.

- Step 3. **Renounce any lies that you may be clinging to.**

Say: "In the name of Jesus, I renounce the lie that _____"

(Fill in the blank with whatever is appropriate:

e.g., the lie that I'm a failure, I'm a bad person,

God doesn't care about me, God wanted this (bad thing) to happen,

I am unworthy, I am in control and can fix everybody, etc.

- Step 4. **Renounce evil spirits.** Actually, this is not an "exorcism"

This is a renunciation of common "spirits" that may be affecting you.

For example: "In the name of Jesus, I renounce the spirit of _____"

(Fill in the blank with whatever pertains to you:

fear, rejection, resentment, anxiety, worry, shame, loneliness, guilt, etc.)

Again, make these renunciations out loud, and "In the name of Jesus".

- Step 5. **"In the name of Jesus I command every spirit that I have renounced, every spirit behind the lies and sins that I have confessed, to leave me now, never to return again!"**