

# Breaking Agreements Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 1. Remember

Are you willing to trust the Holy Spirit to bring you into the process of facing painful memories for the purpose of erasing limitations that have kept you in bondage? Write out your hesitations and, as you're able, give them to the Lord. Always remember that it's important that you give the Lord permission to work in your life.

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(use additional paper, if needed)

With the help of a counselor or coach, ask the Holy Spirit which emotional wounds He wants to heal. This is very important because if this process is not submitted to the Spirit, it is possible to open the door for the enemy to bring up unnecessary hurt and prolong the process.

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## 2. Renounce

Next, renounce verbally any agreement that you have made within yourself with any negative thoughts or words. Refuse to allow them place in your life any longer. This renouncing must be verbal for a number of reasons. One, you are dealing with something deep in your soul. Part of the challenge is in creating new paths for your brain circuits to follow. For example, you may have told yourself and accepted the belief that you're unintelligent. So now you are actually reconstructing the old pathways in your soul and mind.

Second, speaking out that you are no longer in agreement with those old, negative beliefs will put your senses, both internal and external, on alert. The born-again believer's spirit is to rule over the mind and body.

Also, as a Christian, you already have all the resources and power within you to overcome all demonic forces. Remind yourself that "greater is He that is in you than he that is in the world" (1 John 4:4).

When you speak out and cancel those agreements, you let the forces of darkness and your soul know you are no longer giving agreement to their schemes. You are no longer going to walk in those non-affirming and destructive beliefs of the past. I strongly suggest that you record this process in your journal.

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### 3. Release

Finally, release your association with all those old feelings, memories, hurts, unforgiveness, negative self-talk, wrong confessions, and beliefs.

Release all of it to the Lord, Who will completely wipe it out. Keep this in mind any time you are tempted to recall or replay any of those old instances or any feelings that may be associated with them. All of that is of the old you. That person no longer is held in bondage by that stronghold.

Release all of it and acknowledge that you will no longer see yourself in those old ways or hear yourself talk in the old ways or feel those old ways any longer. Old things are passing away; new things are beginning.

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### 4. Reminder

Now, in place of that old stronghold, you will have to learn how to rebuild your frame of reference from something negative into something that is of a good report, beautiful, virtuous, attractive, and in line with God's Word. When those times of struggle come:

- In the moments when you are tempted to go back to those places, let your mind go there.
- Now, this time, release those anxious thoughts to the Lord in prayer and wrestle them out of your experience (or pray and speak until the feelings and negative thoughts leave).
- Always remember that how you battle negative thinking is with words, more specifically, the Word of God. When you speak something, your mind will stop in order to hear what you're speaking. This is how you win the battle for your mind. Find Scriptures that confirm what you're believing for. For example, if you're battling oppression, you might want to begin speaking, "The joy of the Lord is my strength" (Nehemiah 8:10).
- Watch and accept the peace and joy of the Lord that will begin to surround that area of your soul, keeping out the destruction.