



*the*

**FREEDOM**

*booklet*



# WELCOME *to* FREEDOM

We are all created in the image of God. This identity is intrinsic. Unfortunately, our perception of our identity has been distorted and devalued. Because of this false perception, our heart and mind have been poisoned with negative attitudes, thoughts, beliefs, and feelings. This poison affects our view of God and others. As a result, we cope by fighting or guarding against being hurt. However, these behaviors become habits that poison others while perpetuating our own pain. Only Jesus can redeem our deep-rooted negative perception of our identity — empowering us to live free, joy-filled lives.

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## **Matthew 12:33-35**

A tree is identified by its fruit. If you make a tree healthy, it's fruit will be healthy. If you make a tree diseased, it's fruit will be worm-eaten...For whatever is in your heart determines your words and actions.

Healthy people have healthy things in their heart and so they say and do healthy things, and unhealthy people have unhealthy things in their heart and so they say and do unhealthy things.

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Our lives are like a tree. The fruit of our lives — our behaviors and actions — are fed by the root system of our attitudes, thoughts, beliefs, and feelings. These originate early in our developmental years through our experiences and relationships. If these experiences and relationships are healthy, we develop healthy attitudes, thoughts, beliefs, and feelings that produce healthy coping behaviors and habits. However, if our experiences or relationships do not foster healthy attitudes, thoughts, beliefs, or feelings, we develop destructive coping behaviors and habits.

Unfortunately, we've all been involved in some form of unhealthy experience or relationship in our early growing up years. The Freedom Booklet is simply a tool that can help you identify and uproot those unhealthy attitudes, thoughts, beliefs, and feelings. It will encourage you to acknowledge the negative effects, repent of your reactions, and release the offender or experience to the Lord. Finally, it will provide opportunity to replace the negative attitudes, thoughts, beliefs, and feelings with God's truth. This will empower you to live a free, joy-filled life in your redeemed identity.

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"The Process" is inspired by Fresh Start For All Nations' booklet, 'Processing the Issues of Your Heart'. Fresh Start is an organization developed by Steve & Mindy Peterson. For more information visit their website at [www.FreshStartForAllNations.org](http://www.FreshStartForAllNations.org). Portions of this booklet also come from the book, '5 Days to a New Marriage' written by Shawn Stoeber and Terry Hargrave. More information can be found on their website at [www.Intensives.com](http://www.Intensives.com).

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# PART 1 – EXPERIENCES & RELATIONSHIPS

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*Examine me, O LORD, and try me;  
Test my mind and my heart.*

~ Psalm 26:2 ~

*Then Jesus said to the disciples,  
"It is impossible that no offenses should come..."*

~ Luke 17:1 ~

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Identify areas of offense, hurt, or loss in your life. If this is your first time using this booklet, we recommend identifying experiences that happened early in your growing-up years. In either case, try to be as specific as possible in the person(s) or situations involved.

The following are some examples of offenses or hurts that you may have experienced in your life:

- A person's words or actions that made you feel insulted, humiliated, devalued, or rejected.
- People or situations where you have been or felt violated or abused.
- A separation or divorce in your life or a couple close to you.
- Conflicts in your life involving parents, family, friends, coworker, church leaders, mentors, teachers, coaches, or others.
- Significant moments where you did not feel loved or safe.

**FORGIVING YOURSELF:** If you feel the need to forgive yourself, you can still benefit from this booklet. Work through this booklet paying special attention to Part 6 – Repenting & Confessing. Trusting that Jesus has paid the price for your sin — acknowledging and receiving His forgiveness — will empower you to live free of guilt and shame.

(2) What are some offenses or hurts that you have experienced in your life?

The following are some examples of significant losses that you may have experienced in your life:

- Loss of career or job
- Loss of health
- Loss of a relationship due to conflict, separation, divorce, or death.
- Loss of a dream for my life or my future involving relationships, marriage, children, or career, etc.

**FORGIVING GOD or PROCESSING A LOSS:** Processing a loss, unless resulting from one's own choices, is an issue of trusting God and releasing the effects of that loss to Him. If you feel a perceived debt in which God owes you something, you can still benefit from this booklet. Work through this booklet but pay special attention to Part 9 – Receiving & Replacing. Trusting the Heavenly Father's perfect love, goodness, and character will help you embrace His plan and purpose for your life.

(3) What are some significant losses that you have experienced in your life?

Choose ONE of the previous offenses, hurts, or losses that you've written down to work through at this time. If this is your first time using this booklet, we recommend choosing one of the earliest experiences or relationships that you identified — especially those relating to your early growing up years in general and your biological parents in particular. These early painful experiences are often where negative attitudes, thoughts, beliefs, and feelings began.

*The offense, hurt, or loss that I am choosing to process is:*

*The offending person (if applicable) that I am choosing to process is:*

## PART 2 – ATTITUDES, THOUGHTS, BELIEFS, & FEELINGS

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*Search me, O God, and know my heart; test me and know my anxious thoughts.*

~ Psalm 139:23-24 ~

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Early painful experiences and relationships build the foundation of our attitudes, thoughts, beliefs, and feelings. Your willingness to identify these negative attitudes, thoughts, beliefs, and feelings is an important step in becoming free from destructive coping behaviors and habits.

(1) What have your thoughts been regarding the situation?

(2) What have your thoughts been toward the person involved (if applicable)?



Use the following words to help guide, direct, and articulate your thoughts and feelings regarding the specific experience. Indicate the top three or four feelings that most apply to you in this circumstance.

- |  |                                      |                                      |   |
|--|--------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Unloved             | <input type="checkbox"/> Controlled  | <input type="checkbox"/> Anxious     | <input type="checkbox"/> Failure        |
| <input type="checkbox"/> Unworthy/Worthless  | <input type="checkbox"/> Vulnerable  | <input type="checkbox"/> Resentful   | <input type="checkbox"/> Unwanted       |
| <input type="checkbox"/> Insignificant       | <input type="checkbox"/> Unaccepted  | <input type="checkbox"/> Betrayed    | <input type="checkbox"/> Rejected       |
| <input type="checkbox"/> Alone/Lonely        | <input type="checkbox"/> Unheard     | <input type="checkbox"/> Used        | <input type="checkbox"/> Helpless       |
| <input type="checkbox"/> Devalued            | <input type="checkbox"/> Invalidated | <input type="checkbox"/> Victimized  | <input type="checkbox"/> Unsafe         |
| <input type="checkbox"/> Defective           | <input type="checkbox"/> Abandoned   | <input type="checkbox"/> Condemned   | <input type="checkbox"/> Insecure       |
| <input type="checkbox"/> Inadequate/Inferior | <input type="checkbox"/> Hopeless    | <input type="checkbox"/> Dirty       | <input type="checkbox"/> Disconnected   |
| <input type="checkbox"/> Not Good Enough     | <input type="checkbox"/> Fearful     | <input type="checkbox"/> Powerless   | <input type="checkbox"/> Distrust       |
| <input type="checkbox"/> Frustrated          | <input type="checkbox"/> Shameful    | <input type="checkbox"/> Unprotected | <input type="checkbox"/> Disrespected   |
| <input type="checkbox"/> Out of Control      | <input type="checkbox"/> Judged      | <input type="checkbox"/> Trapped     | <input type="checkbox"/> <b>Bitter*</b> |
| <input type="checkbox"/> Not Measuring Up    | <input type="checkbox"/> Discouraged | <input type="checkbox"/> Unknown     | <input type="checkbox"/> <b>Angry*</b>  |

- \* **Bitterness** (internal) and **Anger** (external) are willful responses to a specific offense, hurt, or loss. While we may genuinely “feel” bitter or angry, we respond with anger or bitterness because something or someone triggered a negative emotion in us. We need to ask the Lord to reveal the underlying emotion that led to our bitter or anger. (If you marked bitterness or anger, be sure to include details of these as specific response in Part 3, pg. 7)

From the attitudes, thoughts, beliefs, and feelings you’ve selected that best fit the way you have felt in this circumstance, answer the following questions by writing out how this specific experience has affected you.

*I feel* \_\_\_\_\_ *because:*

*I feel* \_\_\_\_\_ *because:*

*I feel* \_\_\_\_\_ *because:*

*I feel* \_\_\_\_\_ *because:*

Feel free to add pages if more space is needed.

(3) How has this experience practically affected your life in a negative way?

(4) What emotional, physical, or mental consequences of this experience are you currently living with?

(5) How has or might this experience negatively affect your future?

(6) How has or might this experience negatively affect those you love?

## PART 3 – COPING BEHAVIORS & HABITS

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*Search me, O God, and know my heart; test me and know my anxious thoughts.  
Point out anything in me that offends you, and lead me  
along the path of everlasting life.*

~ Psalm 139:23-24 ~

*The good person out of the good treasure of his heart produces good, and the evil  
person out of his evil treasure produces evil, for out of the  
abundance of the heart his mouth speaks.*

~ Luke 6:45 ~

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When we have believed a lie about ourselves, others, and God, we develop destructive coping behaviors and habits. We negatively react to the people or circumstances that have caused us pain. We begin a lifestyle of fighting or guarding against being hurt again.

*(1) I have said to/about the person/circumstance:*

*(2) I have done to the person or because of the person/circumstance:*

*(3) I have thought about the person/circumstance:*

(4) *Because of this offense, I have decided to believe about...*

a. *...the Offender* (if applicable):

b. *...the Situation*:

(5) *Because of this offense, I have decided to believe about...*

a. *...myself*:

b. *...God*:

c. *...similar situations*:

d. *...similar people* (as the offender):

## PART 4 – NEEDS & DESIRES

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*O my people, trust in him at all times.  
Pour out your heart to him, for God is our refuge.*  
~ Psalm 62:8 ~

*I cry out to the LORD; I plead for the LORD's mercy. I pour out my complaints  
before him and tell him all my troubles.*  
~ Psalm 142:1-2 ~

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We are all born with needs and desires. These needs include being loved, cared for, and safe. Read through and finish the following sentences, expressing your unmet needs or desires to the Lord as well as your current needs and desires.

**(1) Lord, this is how I feel:**

(2) *This is what I'm disappointed or upset about or wish would have happened (or not happened):*

(3) *As I begin to move forward, my current need or desire (what I would like to happen) is:*

## PART 5 – GIVING THANKS

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*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

~ 1 Thessalonians 5:16-18 ~

*I will give thanks to the Lord with my whole heart;  
I will recount all your wonderful deeds.*

~ Psalm 9:1 ~

*Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiances to His name.*

~ Hebrews 13:15 ~

*I will offer you a sacrifice of thanksgiving and call on the name of the LORD.*

~ Psalm 116:17 ~

*Always give thanks to God the Father for everything,  
in the name of our Lord Jesus Christ.*

~ Ephesians 5:20 ~

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Giving thanks to God helps align our perspective with His. It also helps us begin to trust Him amidst painful experiences. However, this can be very difficult and often feels like a sacrifice. Ask God to help you find something to be thankful for regarding the experience and tell Him in writing. Finally, tell Him that you are willing to accept however He wants to use this circumstance in your life for His purposes and your good.

*Lord, I choose to thank you for:*



*Matthew 18:21-35* Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?”

“No, not seven times,” Jesus replied, “but seventy times seven!”

“Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn’t pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt.

“But the man fell down before his master and begged him, ‘Please, be patient with me, and I will pay it all.’ *Then his master was filled with pity for him, and he released him and forgave his debt.*

“But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. *He grabbed him by the throat and demanded instant payment.*

“His fellow servant fell down before him and begged for a little more time. ‘Be patient with me, and I will pay it,’ he pleaded. But his creditor wouldn’t wait. He had the man arrested and put in prison until the debt could be paid in full.

“When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, ‘You evil servant! *I forgave you that tremendous debt because you pleaded with me. Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?*’ Then the angry king sent the man to prison to be tortured until he had paid his entire debt.

“That’s what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.” (*Emphases mine*)



(3) *The following are wrong, hurtful, or negative thoughts and attitudes I've believed or decisions I've made about* (refer to page 7.3-8.4) ...

a. *...the offender* (if applicable):

b. *...the situation:*

(4) *The following are wrong, hurtful, or negative thoughts and attitudes that I've believed or decisions I've made about* (refer to page 8.5) ...

a. *...myself:*

b. *...God:*

c. *...similar situations:*

d. *...similar people* (as the offender):

(5) *My confession and statement of repentance to the Heavenly Father for the previous wrong, hurtful, or negative decisions, reactions, and attitudes I've been living out of* (previous 2-4):

## PART 7 – FORGIVING OFFENSES

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*Yes, if you forgive others their sins, your Father in heaven will also forgive you for yours sins. But if you don't forgive others, your Father in heaven will not forgive your sins. (Emphases mine)*

*Matthew 6:14-15*

*Be useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely, quickly and thoroughly], as God in Christ forgave you.*

*Ephesians 4:32*

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Finish the following statements by writing out your decision to forgive the person who has sinned against you along with the specific hurts or offenses that you are forgiving and releasing to God. Choose to forgive the person who has hurt or offended you.\* Include the specifics consequences of how they have negatively affected you in the past, are affecting you in the present, and may affect you in the future (*refer to Part 2, pg. 3-6*).

NOTE: Forgiveness only applies to people who have offended or sinned against you.

- \* **FORGIVING YOURSELF:** If you feel the need to forgive yourself, revisit Part 6 (*pg. 13*) and answer the questions (*specifically 2-5*). Then, skip to Part 8 (*pg. 17*) and entrust your sin along with any negative consequences on others or yourself to God in Part 8 (*pg. 17*). Trust that Jesus paid the price for your sin and embrace His forgiveness.
- \* **FORGIVING GOD & PROCESSING A LOSS:** God's perfect love and infinite goodness exclude Him from being forgiven. Processing a loss is often an issue of trusting God's love and goodness amidst disappointment or tragedy. If you feel as though God still "owes" you something, look back at Part 6 (*pg. 13*) and answer the questions (4)b. and (5). Then, skip to Part 8 (*pg. 17*) and entrust yourself and your circumstance to His love and goodness.

Fill in the offending person's name in the blanks and then complete the statements.

(1) *I choose to forgive* \_\_\_\_\_  
*for the following offense:*

(2) *I am choosing to forgive \_\_\_\_\_  
for the following ways this offense has affected me in the past (see page 5.4):*

(3) *I am choosing to forgive \_\_\_\_\_  
for the following ways this offense has affected me in my current circumstances  
and relationships (see page 5.5):*

(4) *I am also choosing to forgive \_\_\_\_\_  
for the following foreseen and unforeseen ways this offense may affect me in the  
future (see page 6.6):*

## PART 8 – RELEASING & BLESSING

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*“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...”*  
**(Emphases mine)**

*Matthew 5:44*

*Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honorable in the sight of all. **If possible, so far as it depends on you, live peaceably with all.** Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.”*

**Do not be overcome by evil, but overcome evil with good. (Emphases mine)**

*Romans 12:16-21*

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This step focuses on entrusting the person and/or the situation to the Lord.\* Finish the following statements (or prayers) by writing in who or what you are now entrusting to God. Bless (desire good) and pray for the person who has sinned against you.

- \* **FORGIVING YOURSELF:** If we have repented of our sin (see page 13-14), then we can be confident that we are forgiven through Jesus death on the cross. We simply receive and live confidently out of that forgiveness. Entrusting ourselves and our current circumstances to God’s grace and mercy will enable us to live free of shame, guilt, and condemnation.
- \* **FORGIVING GOD & PROCESSING A LOSS:** God’s desire is to work all things out for good when we trust Him. Because of our limited perspective, we do not get to define what that good may mean. We must entrust ourselves and our circumstances to His perfect love, grace, mercy, and goodness.

Fill in the offending person’s name or specific situations in the blanks, and then complete the statements. If repenting, entrust yourself and the consequences to God. Ask Him to specifically bless the negative circumstances you have caused and/or the people you’ve hurt.

(1) *I choose to release* \_\_\_\_\_  
*to You, good Father, in the following specific ways:*

(2) *I am choosing to pray over* \_\_\_\_\_  
*the following specific blessings:*

## PART 9 – RECEIVING & REPLACING

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*So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”*

*John 8:31-32*

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Despite what you have done or what has been done to you, God desires to redeem your true identity — removing your distorted and devalued perception. Prayerfully go through the next step; asking the Holy Spirit to speak truth to you about who you are and who He is. In the space below each prayer, write down what He speaks to you — while it may take a few moments to clearly hear the His voice, it is often the first thing that comes to mind after you pray.

*(1) Holy Spirit, because of this circumstance/relationship, what lie have I believed about myself?*

*(2) Holy Spirit, because of this circumstance/relationship, what lie have I believed about You?*

*(3) Holy Spirit, what truth do you want me to believe about myself?*

*(4) Holy Spirit, what truth do you want me to believe about You?*



In the spaces below write in the answers from the previous page. Then, pray through the following prayers including your answers.

*Jesus, I choose to give You the lie that I am* (insert lie from #1):

*I choose to replace the lie with Your truth that I am* (insert truth from #3):

*Jesus, I choose to give You the lie that the Heavenly Father is* (insert lie from #2):

*I choose to replace the lie with the truth that the Heavenly Father is* (insert truth from #4):

## RECOMMENDED RESOURCES

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**The Bait of Satan: Living Free from the Deadly Trap of Offense**

*John Bevere*

Charisma House, ©2004

**The Bondage Breaker: Overcoming Negative Thoughts, Irrational Feelings,  
and Habitual Sins**

*Neil T. Anderson*

Harvest House Publishers, ©2006

**Counterfeit Gods**

*Timothy Keller*

Penguin Books, ©2011

**Idol Lies**

*Dee Brestin*

Worthy Publishing, ©2012

**Redemption: Freed by Jesus from the Idols We Worship and the Wounds We  
Carry**

*Mike Wilkerson*

Crossway, ©2011

**Respectable Sin: Confronting the Sins We Tolerate**

*Jerry Bridges*

NavPress, ©2007



