

**FREEDOM
FROM
ANGER**

THE BIBLE TELLS US THAT "ANGER RESTS IN THE BOSOM OF FOOLS." BE-NEATH ANGER LIES BITTERNESS, AND UNRESOLVED BITTERNESS CREATES RESENTMENT, ANGER, AND DEEP EMOTIONAL AND SPIRITUAL DAMAGE. PAUL TRACED THE DEVELOPMENT OF UNRESOLVED BITTERNESS IN EPHESIANS 4:31 – BITTERNESS LEADS TO WRATH (OUTBURSTS OF ANGER), WRATH LEADS TO ANGER (RAGE; A CONSTANT STATE OF ANGER), ANGER LEADS TO CLAMOR (MAKING A PUBLIC SCENE), CLAMOR IS FOLLOWED BY SLANDER (FALSE CHARGES OR MISREPRESENTATIONS), AND SLANDER LEADS TO MALICE (INNER HATRED OF THE HEART). **THE DANGER OF HARBORING AN ATTITUDE OF BITTERNESS IS THAT, EVENTUALLY, IT WILL CONTROL YOU.**

THE END OF A THING IS BETTER THAN ITS BEGINNING; THE PATIENT IN SPIRIT IS BETTER THAN THE PROUD IN SPIRIT. DO NOT HASTEN IN YOUR SPIRIT TO BE ANGRY, FOR ANGER RESTS IN THE BOSOM OF FOOLS. DO NOT SAY, "WHY WERE THE FORMER DAYS BETTER THAN THESE?"

FOR YOU DO NOT INQUIRE WISELY CONCERNING THIS. *_**ECCLESIASTES 7:8-10**_*

Paul warns that bitterness is like a root. The longer it grows, the more difficult it is to dig out. Hebrews 12:15 states that a root of bitterness left to grow brings defilement "to the many." The root will produce the fruit of anger, ungratefulness, a critical attitude, insensitivity

toward others, revenge, mistrust, and depression. Unresolved bitterness is like a highly contagious disease that contaminates and destroys us and others.

The cure for bitterness and anger is forgiveness. In order to resolve bitterness, we must first understand and experience God's forgiveness of our sin. God chose to focus on His desire to forgive us rather than to hold us accountable for our failures (Isaiah 43:25, 55:7; Psalm 103:12). Forgiveness demands a payment. When someone sins against us and hurts us, our sense of justice demands that a fair payment be made to us for their failure. If that person cannot pay (or chooses not to pay), we either resent the injustice and become bitter and angry, or we exercise forgiveness that leads to peace. Forgiveness is not easy, especially when something has caused great harm. However, as we free the offender through forgiveness, we free ourselves from the effects of destructive attitudes.

The worksheet that follows is designed to help identify areas of unforgiveness, bitterness, or anger that need to be resolved. **Keep in mind that one indicator for whether or not true forgiveness has occurred is the ability (through the Holy Spirit) to pray a powerful blessing on the person who hurt us.**

SOME SYMPTOMS OF ANGER

- I feel relatively happy, and then I am struck with a sudden mood change.
- I raise my voice (and even yell) to communicate something that I am emphatic about.
- I have an expressed impatience with others that often plays out in exasperation. "Why can't they understand?"
- I often anticipate another person's predictable behavior, and I become angry when I see it fulfilled.
- I become angry when others "cannot read my mind." I want others to think just like I think, and to anticipate what I need.
- I become angry when I am not recognized for my contribution.
- I become angry when I feel that I am disrespected, or when my words are not taken seriously.

- I know I am angry because of the language inside my head (cursing of myself or others).
- I know I am angry when I do not want to hear what another person has to say.
- I get angry when others do not make me a priority.
- I get angry when I do not have what I need.
- I get angry when people do not do what I say.
- I get angry when I cannot control a given situation.
- I get angry about suggestions that I have done something wrong.
- I get angry when I feel added pressure at work, with finances, with personal responsibilities, and/or my or others' expectations.
- I easily become defensive about myself and about others.
- I quickly see faults in others.
- I look for opportunities to bring up old, hurtful subjects.
- I speak negatively or critically of others.
- The phrase "I don't deserve this" goes through my head frequently.
- I say I have forgiven, but I continue to reprocess those subjects in my mind.
- I get frustrated about the perceived faults and mistakes of others.
- I become impatient easily.
- I think my life is harder than others. "I have been given a raw deal."

BIOLOGICAL FATHER / STEP-FATHER

Check all boxes that apply and add your own thoughts as needed. This will help you to discover how to extend forgiveness to your father/stepfather.

Were the following elements present in your relationship?

- Exasperation:** Overuse of, or a faulty form of, discipline that left you crushed in spirit or confused about what you did wrong.
- Control/Manipulation:** Did he use guilt to get you to obey him? Did he emotionally manipulate you?

- **Absence of spiritual leadership:** Did your father stand watch over the spiritual condition of the home?
- **Neglect:** Did your father spend time with you on a consistent basis?
- **Abandonment:** Were you left in front of the TV or left in the care of people other than your parents on a consistent basis?
- **Rejection:** Did your parents want you as a child? Were you accepted by your father?
- **Passivity:** Did your father lead the home? Did your father initiate? Did he allow your mother to do what the Lord expected of her?
- **Criticism:** Was your father critical of you, your abilities, interests, etc.?
- **Performance-based acceptance and love:** Were you rewarded with words of encouragement only when you measured up to what your father expected of you?
- **Alcohol abuse.**
- **Drug use.**
- **Pornography.**
- **Adultery.**
- **Divorce.**
- **Physical abuse.**
- **Emotional abuse.**
- **Sexual abuse.**

The following sins of omission are things that your father did not do. Often these sins are more damaging than sins of commission:

- **Withheld affection**
- **Withheld blessing**
- **Withheld words of encouragement**
- **Withheld discipline**

These areas may lead to a great deal of hurt and bitterness:

- **Were your brothers or sisters treated in a way that left you bitter?**
- **Was your mother treated by your father in a way that left you bitter?**

The items checked on the preceding list must be brought to the cross. A sample prayer is provided below to help guide you through the process. James 5:16 states that as you confess your sin to one another you will be healed. It is essential to have a witness supporting you as you walk through these prayers.

LORD JESUS, I FORGIVE MY FATHER (STEPFATHER)

for the sin of _____. (Say here all of the sins for which you need to forgive your father and go through it all at one time.) Lord Jesus, I ask you to forgive me for the sin of unforgiveness toward my father for these sins. Forgive me for bitterness, resentment, and anger toward him. I ask your forgiveness for rebellion against my father, and I now break all curses, negative thoughts, and slander I have spoken against him. I replace those curses now with mighty blessings!

JESUS, I NOW WANT TO PRAY A BLESSING ON MY FATHER.

(Stand up to pray. Pray forcefully, with all of your heart and strength; raise your voice if you need to and pray with faith.)

I pray that you will:

- bless him with salvation.
- bless him with the same freedom I have found today.
- bless him with a new and soft heart.
- bless his marriage.
- bless his finances and his work.
- bless him with joy, peace, kindness, love, and all of the fruit of the Spirit (Galatians 5:22).
- bless him with freedom from condemnation and shame. Heal his wounds.
- bless him with a long life and with great health.
- bless him with freedom from all of the schemes and plans of Satan.
- ☑ I declare that I love my father.
- ☑ I declare that my father is your child.
- ☑ I look at him through your eyes, and see his hurt and his pain.
- ☑ I ask in faith that you would pour your Spirit on him. Do it now, Lord! My chains are broken and I stand free before you. Thank you for the power of the cross.

REBUKE

Stand up and pray the following prayer with conviction, with all of your heart, and with faith that God will move in a powerful way right **now**. Pray until you and your group leader sense a release.

JESUS, I RENOUNCE a life of anger, bitterness, and unforgiveness. I renounce the right to take offense. I give up my right to see justice. I give you my relationship with my father; it is in your hands now. I am not responsible for things that only you can do. I cut that cord now! I rebuke the spirits of:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Rejection | <input checked="" type="checkbox"/> Abandonment |
| <input checked="" type="checkbox"/> Anger | <input checked="" type="checkbox"/> Bitterness |
| <input checked="" type="checkbox"/> Unforgiveness | <input checked="" type="checkbox"/> Division |
| <input checked="" type="checkbox"/> Sickness | <input checked="" type="checkbox"/> Control |

REPLACE

When thoughts of bitterness occur again, rebuke them and stand firm on not taking offense again. If possible, write a short letter to tell your father you love him, and write an honest blessing toward him. Do not criticize him in this letter; simply bless him and let the results rest in the Lord's hands.

BIOLOGICAL MOM / STEP-MOM

Check all boxes that apply and add your own thoughts as needed. This will help you to discover how to extend forgiveness to your father/stepfather.

Were the following elements present in your relationship?

- Exasperation:** Overuse of or a faulty form of discipline that left you crushed in spirit or confused about what you did wrong.
- Control/Manipulation:** Did she use guilt to get you to obey her? Did she emotionally manipulate you?
- Absence of spiritual leadership:** Did your mother stand watch over the spiritual condition of the home?
- Neglect:** Did your mother spend time with you on a consistent basis?
- Abandonment:** Were you left in front of the TV or left in the care of people other than your parents on a consistent basis?

- Rejection:** Did your parents want you as a child? Were you accepted by your mother?
- Passivity:** Did your mother lead the home? Did your mother initiate? Did she allow your father to do what the Lord expected of him?
- Criticism:** Was your mother critical of you, your abilities, your interests, etc.?
- Performance-based acceptance and love:** Were you rewarded with words of encouragement only when you measured up to what your mother expected of you?
- Alcohol abuse.**
- Drug use.**
- Pornography.**
- Adultery.**
- Divorce.**
- Physical abuse.**
- Emotional abuse.**
- Sexual abuse.**

The following sins of omission are things that your mother did not do. Often these sins are more damaging than sins of commission:

- Withheld affection**
- Withheld blessing**
- Withheld words of encouragement**
- Withheld discipline**

These areas may lead to a great deal of hurt and bitterness:

- Were your brothers or sisters treated in a way that left you bitter?**
- Was your mother treated by your father in a way that left you bitter?**

The items checked on the preceding list must be brought to the cross. A sample prayer is provided below to help guide you through the process. James 5:16 states that as you confess your sins to one another you will be healed. It is essential to have a witness who supports you as you walk through these prayers.

LORD JESUS, I FORGIVE MY MOTHER (STEP-MOTHER) for the sin of _____ . (Say here all of

the sins for which you need to forgive your mother and go through it all at one time.) Lord Jesus, I ask you to forgive me for the sin of unforgiveness toward my mother because of these sins. Forgive me for bitterness, resentment, and anger toward my mother. I ask your forgiveness for rebellion against my mother, and I now break all curses, negative thoughts, or slander I have spoken against her. I replace those curses now with mighty blessings!

JESUS, I NOW PRAY A BLESSING ON MY MOTHER. (Stand up to pray. Pray forcefully, with all of your heart and strength; raise your voice if need be and pray with faith.)

I pray that you will:

- Bless her with salvation.
- Bless her with the same freedom I have found today.
- Bless her with a new and soft heart.
- Bless her marriage.
- Bless her finances and his work.
- Bless her with joy, peace, kindness, love, and all of the fruit of the Spirit (Galatians 5:22).
- Bless her with freedom from condemnation and shame. Heal her wounds.
- Bless her with a long life and with great health.
- Bless her with freedom from all of the schemes and plans of Satan.

- I declare that I love my mother.
- I declare that my mother is your child.
- I look at her through your eyes, and see her hurt and her pain.
- I ask in faith that you would pour your Spirit on her. Do it now, Lord! My chains are broken and I stand free before you. Thank you for the power of the cross.

REBUKE

Stand up and pray the following prayer with conviction, with all of your heart, and with faith that God will move

in a powerful way right **now**. Pray until you and your group leader sense a release.

JESUS, I RENOUNCE a life of anger, bitterness, and unforgiveness. I renounce the right to take offense. I give up my right to see justice. I give you my relationship with my mother; it is in your hands now. I am not responsible for things that only you can do. I cut that cord now! I rebuke the spirits of:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Rejection | <input checked="" type="checkbox"/> Abandonment |
| <input checked="" type="checkbox"/> Anger | <input checked="" type="checkbox"/> Bitterness |
| <input checked="" type="checkbox"/> Unforgiveness | <input checked="" type="checkbox"/> Division |
| <input checked="" type="checkbox"/> Sickness | <input checked="" type="checkbox"/> Control |

REPLACE

When thoughts of bitterness occur again, rebuke them and stand firm on not taking offense again. If possible, write a short letter to tell your mother you love her, and write an honest blessing toward her. Do not criticize her in this letter; simply bless her and let the results rest in the Lord's hands.

SIBLINGS AND FRIENDS

Look for areas in which you may not have forgiven people:

- Rejection:** Write down names here, as we need to be specific.

- Jealousy.**
- Competition.**
- Betrayal.**

LORD JESUS, I ASK YOU TO FORGIVE ME for all unforgiveness, anger, and bitterness that I have held toward _____. I forgive them for rejection, betrayal, and _____ (any other specific instances that come to mind). I break all curses that I have spoken against them, and I replace those now with great blessings. I no longer take offense; I am free of all bitterness and anger. I bless them! (Declare at least ten different blessings).

GIRLFRIENDS AND BOYFRIENDS

- **Rejection.**
- **Betrayal.**

WHAT IS A SOUL TIE?

Soul ties are formed when relationships depart from Biblical guidelines in one or more areas, resulting in an unhealthy connection between people. The relationship has stepped outside of the truth of God's Word. In many cases, the sin of "fear of man" enters these relationships. The result is confusion.

For example, you may try to convince a person that a relationship is damaging and causes the rest of the family to suffer from the consequences of that damage. Examples to consider are many, but a few are included below:

1. UNHEALTHY AND CODEPENDENT RELATIONSHIPS WITH FAMILY MEMBERS. The following thoughts plague you: "What would happen if I did not call every day to check in?" "What would happen if I actually confronted the person with truth?"

2. INVOLVEMENT WITH FRIENDSHIPS THAT CAUSE YOU TO STUMBLE ON A CONSISTENT BASIS WITH VARIOUS SINS, but you are afraid to truly speak your convictions because you fear rejection.

3. YOU RECEIVE COUNCIL FROM SEVERAL PEOPLE REGARDING A RELATIONSHIP THAT HAS AN ADVERSE EFFECT ON YOU, BUT YOU ARE NOT ABLE TO SEE IT YOURSELF. An example could be a married woman's relationship with her mother. Where decisions are made based primarily on what her mother believes versus the married woman's husband. "We have to go over there or my mom will be so upset." "If we do not go on vacation with them they will be devastated." "We had better send a gift or a card or we will never hear the end of it."

4. YOU STRUGGLE WITH THE ABILITY TO CONFRONT SOMEONE IN A GODLY MANNER. For example, the Lord asks you to confront a person with God's truth, but out of fear you avoid it and will not speak the truth.

5. AVOIDANCE OF SPEAKING THE TRUTH is a key symptom of a soul tie.

The term soul tie has to do with a sinful priority system in which the enemy is entrenched. Remember the simplicity of following Jesus: Hear and obey what the Scriptures teach immediately. Do so with joy, and a thankful heart. With issues of spiritual health, the first thought in your mind is, "What would Jesus have me do?" and not, "What will this other person think if I obey the Lord?" If the latter is true, fear of people takes the place of the fear of God.

THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM. *_PROVERBS 9:10 (NIV)*

THE LORD IS ON MY SIDE; I WILL NOT FEAR. WHAT CAN MAN DO TO ME?" *_PSALM 118:6 (NKJV)*

When you function in the fear of people versus the Lord, you will always live in deception.

A soul tie can be formed as a result of physical intimacy outside of marriage, which is a false union between two people. Along with the sin of premarital sex that needs to be confessed, soul ties need to be severed through the power of the blood of Jesus. Because a sexual union outside of marriage is not created in godly love, it leaves residual hatred toward the other person. God says that our love for another is to be pure, but that cannot be secured outside of the covering of the marriage relationship. Hatred born out of this violation can also turn into self-hatred, rejection, and distrust of others.

Common attributes of a soul tie are:

1. Seeking the approval of another person above God's approval. This prevents us from obeying God, because we may be fearful of what someone will think.
2. Living in another person's mind; desiring approval, attention, or recognition from that person.
3. Living in a state of confusion with regard to another person. You may be unable to make a simple decision of obedience because of the weight given to the opinions of another person.
4. You care more about what another person thinks than what the Lord thinks.

Sample prayer for a soul tie that is not part of sexual sin:

Lord Jesus, I ask you to forgive me for the sin of fear of man in regard to my relationship with _____.

I have placed this relationship as a greater priority than obedience to you.

I lived making decisions based on what they think versus what the Scripture teaches. Forgive me for indecision, confusion, and all rebellion.

I rebuke in Jesus' name all confusion, fear, rebellion, resistance ("I don't want to deal with it."), and all anger or passivity related to this soul tie.

Sample prayer for a soul tie that formed because of sexual sin:

Lord Jesus, I ask you to forgive me for the sin of sex outside of marriage. I ask forgiveness for rebellion and the disregard that was shown towards this other person. I walk away from these sins, and through the powerful name of Jesus Christ, I break the union that was forged between me and _____. I command everything that came in through these sins to go to the feet of Jesus: Hatred, self-hatred, rejection, rebellion, anger and fear must go to the feet of Jesus. (Remember that you need to move in God's authority and power as you rebuke the enemy.)

COACHES AND TEACHERS

- _____
- _____
- _____
- _____

ANYONE ELSE THE SPIRIT BRINGS TO MIND

- _____
- _____

- _____
- _____

Are there any other specific instances the Lord brings to your mind?

- _____
- _____
- _____
- _____

SAMPLE PRAYER

Lord Jesus, I forgive _____ for the sin or rejection and betrayal (or other things that come to mind). I ask your forgiveness now for how I treated them (confess whatever sins the Lord brings to your attention). I ask your forgiveness now for all unforgiveness I held toward them, and for all anger and resentment. I cut all soul ties by the blood of Jesus. By the blood of Jesus Christ I break all words that cursed instead of blessed, and I now bless them with:

- Salvation.
- Filling of your Holy Spirit.
- Unconditional love in a rich marriage and family life.
- Complete freedom.
- Healthy friendships.
- Financial provision.
- A wonderful church to attend.

REBUKE

Jesus, I now renounce a life of anger, bitterness, and unforgiveness. I renounce the right to take offense. I give up my right to see justice. I give you these relationships, and they are in your hands now. I am not responsible for things only you can do. I cut that cord now. Satan, I rebuke you and all of your spirits of:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Rejection | <input checked="" type="checkbox"/> Abandonment |
| <input checked="" type="checkbox"/> Anger | <input checked="" type="checkbox"/> Bitterness |
| <input checked="" type="checkbox"/> Unforgiveness | <input checked="" type="checkbox"/> Division |
| <input checked="" type="checkbox"/> Sickness | <input checked="" type="checkbox"/> Control |

As you work through the following section, do not limit yourself only to what is on this page. There may be other incidents or items that need to be taken to the cross. As you go through this, it will be extremely helpful for you to mark the boxes next to things for which you need to forgive your husband/ wife, and things for which you need to ask his/her forgiveness.

SPOUSE/EX SPOUSE

Are the following elements present in your relationship or in past relationships? These are sins of commission (committed against another person):

- Unfaithfulness or betrayal.**
- Control/Manipulation.**
- Absence of spiritual leadership:** Did your husband stand watch over the spiritual condition of the home?
- Neglect.**
- Abandonment.**
- Rejection.**
- Passivity.**
- Criticism.**
- Performance-based acceptance and love.**
- Lies.**
- Alcohol abuse.**
- Drug use.**
- Pornography.**
- Adultery.**
- Divorce.**
- Physical abuse.**
- Emotional abuse.**
- Sexual abuse.**

The following sins of omission are things that your husband or wife did not do. Often these sins are more damaging than sins of commission:

- Withholding affection.**
- Withholding blessing.**
- Withholding words of encouragement.**

The items checked on the list above need to be brought to the cross. A sample prayer is provided to help guide you through the process. Remember, James 5:16 tells us that as we confess our sins to one another we will be healed. It is essential that you have a witness to support you as you walk through these prayers.

LORD JESUS, I FORGIVE MY HUSBAND/WIFE for the sin of _____. (List here all of the sins for which you need to forgive your husband/wife, and pray through each one separately). Lord Jesus, I ask you to forgive me for the sin of unforgiveness toward my husband/wife for these sins. Forgive me for bitterness, resentment, and anger toward my husband/wife. I ask your forgiveness for rebellion toward my husband/wife, and I now break all curses, negative thoughts, or slander I have spoken against him/her. I replace those curses now with mighty blessings!

JESUS, I WANT TO PRAY A BLESSING ON MY HUSBAND/WIFE (Stand up to pray this prayer. Pray forcefully, with all of your heart and strength; raise your voice if you need to and pray with faith). Jesus, I pray that you will:

- Bless him/her with salvation.
 - Bless him/her with the same freedom I found today.
 - Bless him/her with a new and soft heart.
 - Bless his/her marriage.
 - Bless his/her finances and work.
 - Bless him/her with joy, peace, kindness, love, and all of the fruit of the Spirit.
 - Bless him/her so that he/she will be free of condemnation and shame. Heal his/her wounds.
 - Bless him/her with a long life and great health.
 - Bless him/her with freedom from all of the schemes and plans of Satan.
- I declare that I love my husband/wife.
 - I declare that my husband/wife is your child.
 - I look at him/her through your eyes, and see his/her hurt and pain.
 - I ask in faith that you pour your fire on him/her. Do it now, Lord!

REBUKE

Stand up and pray the following prayer with conviction, with all of your heart, and with faith that God will move in a powerful way right now. Pray until you and your group leader sense a release.

JESUS, I NOW RENOUNCE a life of anger, bitterness, and unforgiveness. I renounce the right to take offense. I give up my right to see justice. I give you this relationship with my husband/wife, and it is in your hands now. I am not responsible for things that only you can do. I cut that cord now! I rebuke the spirits of:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Rejection | <input checked="" type="checkbox"/> Abandonment |
| <input checked="" type="checkbox"/> Anger | <input checked="" type="checkbox"/> Bitterness |
| <input checked="" type="checkbox"/> Unforgiveness | <input checked="" type="checkbox"/> Division |
| <input checked="" type="checkbox"/> Sickness | <input checked="" type="checkbox"/> Control |

MY CHAINS ARE BROKEN AND I STAND FREE BEFORE YOU. THANK YOU LORD FOR THE POWER OF THE CROSS!