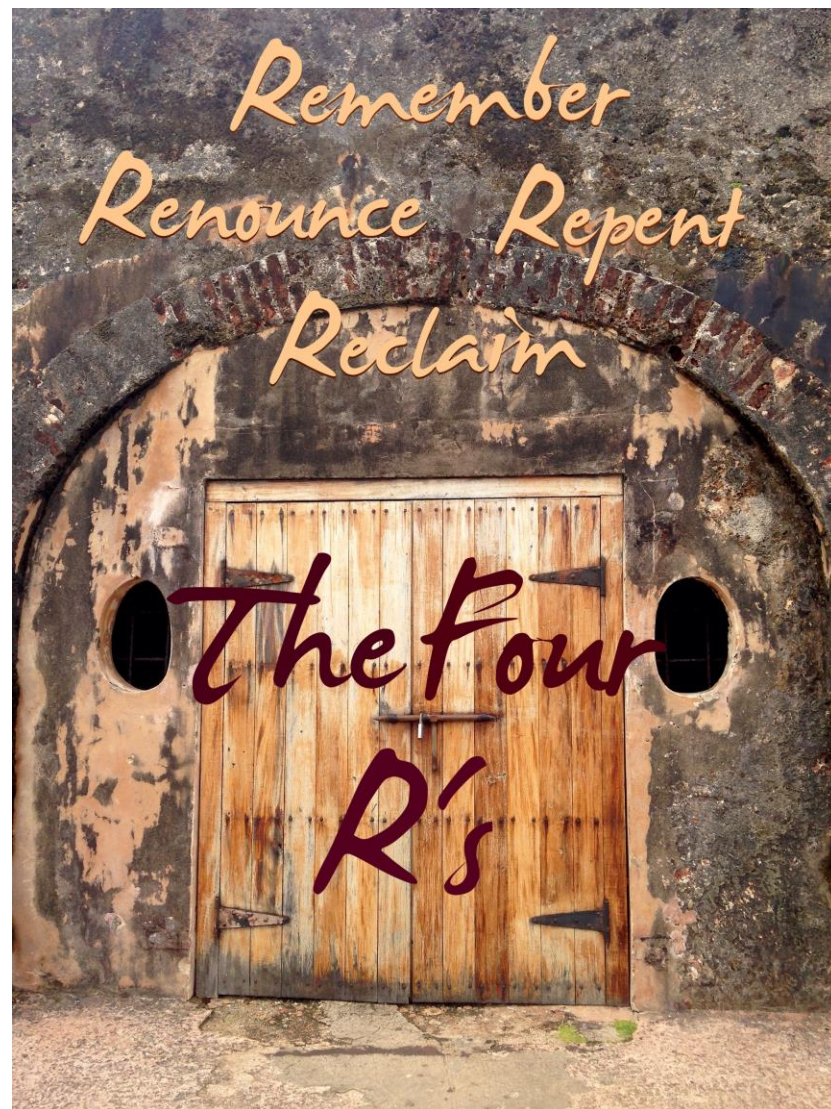




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*Adapted from "The Three R's" by John and Helen Ellenberger with permission granted.*



# Remember, Renounce, Repent, Reclaim

This is a spiritual discipline you as a child of God can use for personal inner healing and victory. It is also a great tool for preparation and self-awareness before a healing prayer session.

This method is a kind of “truth encounter,” committing yourself to the truth of who you are in Christ. That is why we recommend the use of the “Four R’s” as preparation before coming to a healing prayer time. The

**Did you know?** There are three such “encounters”:

- ❖ *Allegiance Encounter*-occurs when one commits their life to the control of Jesus.
- ❖ *Truth Encounter*-occurs when you reaffirm Jesus as Lord of the whole or any specific part of your life.
- ❖ *Power Encounter*-occurs when God works powerfully to defeat the forces of darkness and sets someone free

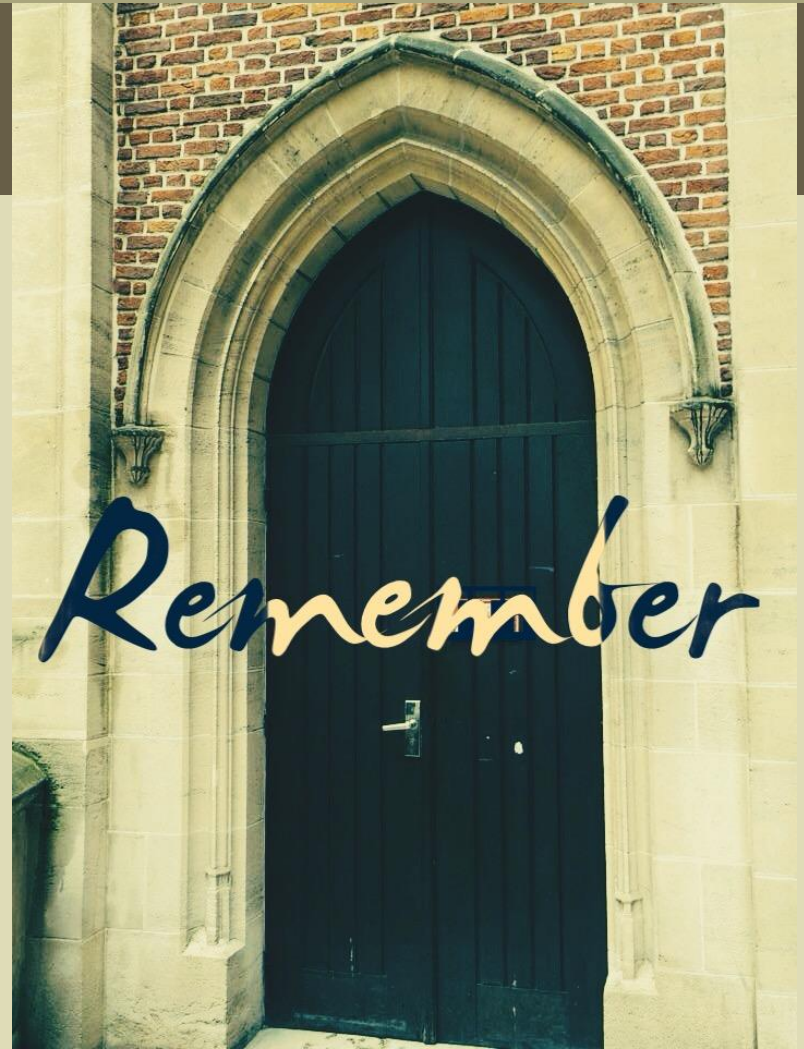
process involves four steps that begin with the letter R: Remember, Renounce, Repent, Reclaim.

Use this as a guide; do not get overwhelmed by all that may come up. Write it down. Talk through it with a friend (some find the four R’s to be difficult to do by themselves, find what works best for you). This process is incredibly helpful in bringing a new level of self-awareness and bringing all aspects of your life into the light. (1 John 1:5). Light always dispels dark-- there is no freedom without the light.

**Self-awareness is the gateway to healing.**

## **Helpful Hint:**

Set aside a good amount of time to walk through the whole process. Ask a couple trusted friends to pray for you during that time.



Ask the Lord to bring to your remembrance happenings, or issues that the enemy of our souls might have used as a gateway (Eph. 4:27), or “grounds” for activity in your life.

Write down as you go, as they will be a reference to the next steps. Turn the page for guidance on getting started.

## Remember

Write down what you already know, and let Jesus remind you of other issues that may be important to list (do not filter, allow anything to be written down).

This may be a painful exercise, but it is steppingstone to the other R's, so don't get bogged down by the remember step.

### People sometimes ask, "What kind of things should I list?"

- ❖ List happenings, traumatic events that occurred in your life, things that left you wondering if God is really in charge, of if He really cares about you.
- ❖ List unconfessed sins or questionable activities. It may be something you have confessed numerous times but just do not seem to be able to get victory over or it still "haunts you." (Jesus has forgiven you and loves to forgive, but Satan can make it feel like there is no way out, keeps throwing it in your face and condemning you.)
- ❖ List any involvement with the occult: Ouija Boards, tarot cards, horoscopes, fortune telling, séances, witchcraft, satanic rituals, any curses or pacts said or said to you.
- ❖ List anything that seems generational, this is, a problem that seems to be passed on in your lineage. (Don't delve deeply into your past, as it is usually unwritten history and hard to know what is true and what is legend. However, if the Lord impresses something on your mind, go ahead and list it.)
- ❖ List attitudes or emotions that control you—anger, depression, fear, panic attacks, contempt, anxiety, or bitterness. (Sometimes these emotions are linked to above events/sins, and may be dealt with paired or individually.)



We are doing what James admonishes us as believers to do: "Resist the devil, and he will flee from you." (4:7)

Renouncing is not done in your own strength, but taking up your authority in our Lord Jesus Christ (Eph. 1:19-21) Satan is the "father of lies," renouncing recognizes his lies, and counters them with claiming Truth and partnering with God the "lover of our souls."

# Renounce

Renouncing is the declaration that one will no longer abide, engage in, or support; to formally declare abandonment. Starting with the first item on your list, begin to renounce it by speaking out loud this declaration:

**In the name of the Lord Jesus Christ, I renounce  (name what you have listed)  as a gateway into my life. I renounce any reason for it to allow darkness to stay in my life.**

**I belong to the Lord Jesus Christ. I am his child, and His Holy Spirit lives in me, so you may not use  (name what you have listed)  as grounds for access to my life any longer. I renounce any darkness that has attached to  (name what you have listed)  and I command under the name and authority of the Lord Jesus Christ to release any hold, go where Jesus sends you.**

**Did you know?** The term “ground” refers to the legal right for darkness to stay. Eph. 4:26 “...do not give the devil a foothold (or place).” Your authority in Christ has the “divine power to demolish strongholds (ground, place).” 2 Corinth. 10:4

It is important to identify what lies you may have believed, because of the items on your list, and renounce those lies specifically. “I renounce the lie that \_\_\_\_.” (Ie: I am not loveable, I am not worthy of love, God obviously doesn’t love me because he allowed \_\_\_ to happen, I am ugly, No one will ever love me, I will never trust anyone again.)

Now spend time asking God what truth He has for you. Look up or listen to songs that also remind you of His truth.



**Repentance is essential in the healing of the soul. Freedom is only available with accepting forgiveness and there is no forgiveness without repentance.**

**Repentance is walking fully in the light. --1 John 1:5-10  
“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”**

# Repent

Start with what you know. Be specific. Hiding creates darkness and darkness destroys the soul. You can only have freedom from that which you walk in the light.

- ❖ Ask the Lord's cleansing blood to forgive you.
- ❖ Ask the Lord to bring anything to mind that is still unconfessed.
- ❖ Is there any sin that you have come to tolerate in your life?
- ❖ "Search me, God and know my heart... See if there is any offensive way in me..." (Psalm 139: 23,24)

Sometimes we are reluctant to confess because there are multiple factors involved. You can still access freedom when you own your part; you are 100% responsible for your part.

Only the blood of Jesus cleanses our sin. No matter how long ago we've committed a sin, it needs to be brought into the light and confessed.

**No blaming. No excuses. No justification. No rationalization.**

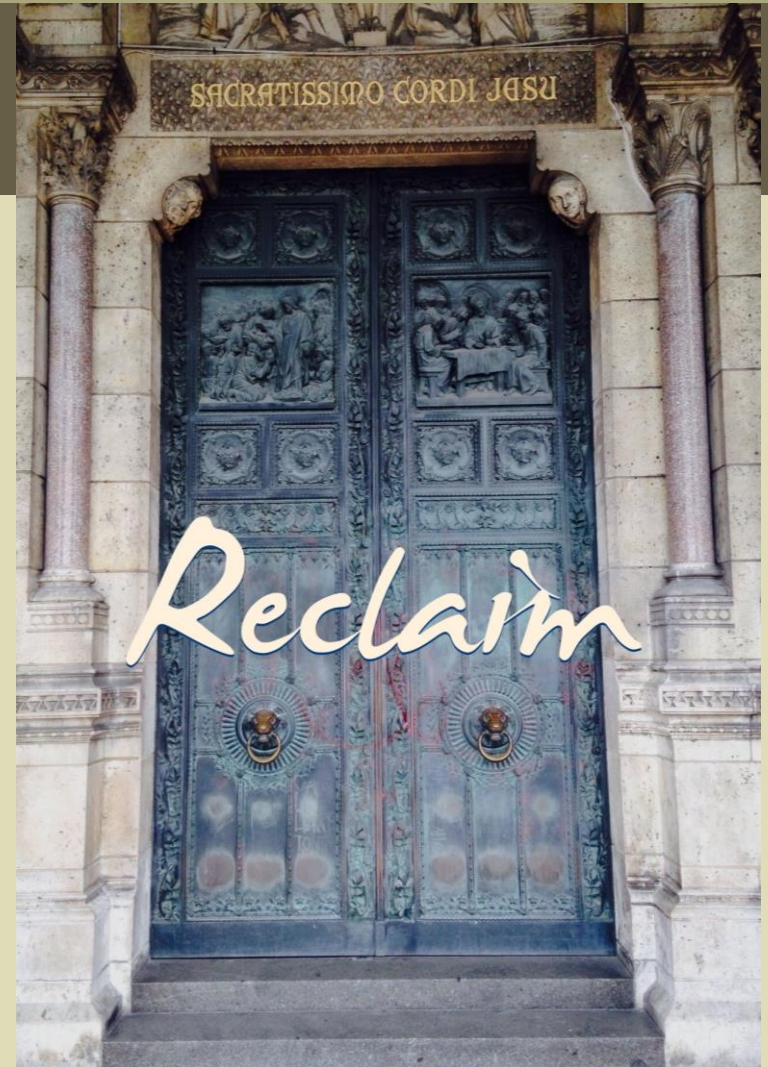
**Is there a sin you have confessed more than once but still don't feel forgiven?**

There may be a block from fully accepting His forgiveness. Make a note of this and bring it to a trusted friend or to your healing prayer session. The power of the Holy Spirit wants to give you peace.

This is a good time to address bitterness in your heart toward someone who has hurt you. It is about willingness, full forgiveness can sometimes be a journey. Forgiveness is a gift granted; it is never deserved or earned. Un-forgiveness can be a ground for darkness to attach to your life.

It is time to forgive.

- ❖ Lord is there anyone I need to forgive?



**"Submit yourselves to God... come near to God and he will come near to you. " James 4:7-8**

**Reclaiming is saying to God, "I give this whole area of my life to you." It is allowing God access so that He may begin to bring His transforming power to bring healing.**

# Reclaim

Return to your original list and begin to reclaim these areas of your life by praying:

**Lord I give this whole area of my life to you, (name what you have listed).**

(If it is an emotion, say “my emotions,” if it is in the area of your sexuality, say “my sexuality,” if it is a memory, say “my memories.”)

**I give it to you. I love you and I want to belong to you mind, body, soul, and spirit. I want you to be Lord in this area of my life. I do not want to carry the burden, so I give it to you.**

**Note:** Sometimes we pray “Lord take this from me...” but the Lord will not take anything we do not willingly give Him.

Our “will” in the healing process is a very important factor in finding freedom. That’s why Jesus asked, “Do you want to be well?” (John 5:5) A “bent will”

would be any area of our life that we have submitted to hopelessness and have taken our eyes off Jesus. A “bent will” can be a result of examples like distrust in God, people, and/or lack of hope that circumstances will change.

- ❖ Identify any areas of hopelessness, depression, isolation
- ❖ Identify common phrases like “things will never change,” “I don’t think anything will work,” “I won’t ever be free from that”

Reclaim those areas back under God’s power and authority (“draw near to God and He will draw near to you”)

**Lord I want to draw near to you. Lord, I take my eyes off of (name what you have identified), and fix my eyes on you. I trust you. I believe you have the power to free me. I give this area of my life to you.**

# Notes:

