

**SCRIPTURES TO
RELEASE BONDAGES
AND BRING HEALING**

You can change the way you feel by changing the kinds of messages you tell yourself. You can change your thought patterns and behavior through the help of God. Apply God’s Word; let it be your truth. Work on breaking the lies and replace them with positive affirmations as you find your true identity of who you are in Christ.

Start by breaking down negative thoughts and lies. Stop telling yourself these lies. Use Scripture whenever a negative thought enters your mind. Submit to God and refuse to entertain them. Memorize God’s truths and apply them to your particular situation. God *always* has an answer for you, but you need to listen. Bring the facts of your value and importance to God into view. To overcome any doubts brought on by your abusive history, you need to know God’s fact to counter them. The Word is your sword, counterattack through the Word. It releases the bondage and brings healing into every area of your life. Obey His Word

Philippians 4:13	I can do all things in Christ... ;His strength will be ours – if we willingly allow Christ’s power to sustain in difficulty and scarcity.
Galatians 5:22-23	<i>Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control</i> - character qualities – fruits of the Spirit – These virtues are characterized as fruit in contrast to “works.” Only the Holy Spirit can produce them, and not our own efforts.
Hebrews 13:5	...be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”
Romans 8:1	No condemnation in Christ – We can be free from Indwelling sin
James 1:5	If any of you lacks, wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him—generously given.
2 Timothy 2:22	Flee also from youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.
Philippians 4:19	God shall supply all your needs

1 Corinthians 10:13	God is faithful... help in temptations – God may be trusted not to allow us to be tempted in excess of our ability to endure and overcome. Not on y will He limit trials, He will provide the way of escape
Psalms 32:8	I will instruct you... counsel you and watch over you
Isaiah 41:10	His presence; no fear or dismay – Practice a determined, praise-filled refusal to be afraid. Be assured and stand fast on the truth you know.
Psalms 51:10	Create in me a clean heart, O God, and renew a right (steadfast) spirit within me. – Ask the Lord to work in you a singleness of purpose in your heart. Purpose to endure and hold fast to His truth.
John 10:10	The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. Jesus came to give life-not just ordinary existence, but life in fullness, abundance, and prosperity. Line up your highest desire with His.
John 14:26	But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. The Holy Spirit enables God's people to understand and live by the truth.
1 John 4:18	There is no fear in love; but perfect love casts out fear, because fear involves torment, But he who fears has not been made perfect in love. Possessing God's love results in fearless confidence toward God and love for the brethren. The "perfect" love that "casts out fear" (vs. 18) sweeps away hate.
Roman s 8:37	Yet in all these things we are more than conquerors through Him who loved us. Even in hardships we can be more than conquerors.