OKC Free

GROUP MINISTRY WORKBOOK

A JOURNEY TO WHOLENESS

Freedom from Sexual Bondage

REPENTANCE ◆ CLEANSING ◆ DELIVERANCE

"Therefore if the Son makes you free, you shall be free indeed."

JOHN 8:36 · NKJV

PERSONAL MINISTRY

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Schedule a follow-up, private prayer session with a trained minister to receive deeper deliverance or healing prayer.

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DELIVERANCE · HEALING · IMPARTATION

Homework Items

The Holy Spirit may convict you of things that cannot be fully addressed in this session. Write them down below, and go to resolve them as soon as time allows.

ITEMS TO DESTROY

Any physical items in your house the Holy Spirit convicts you to remove.

> *"There is an accursed thing in your midst, O Israel; you cannot stand before your enemies until you take away the accursed thing from among you."*
>
> JOSHUA 7:13

MAKE AMENDS

Any person you have hurt through your actions that you need to ask forgiveness of or repair the damage.

> *"Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift."*
>
> MATTHEW 5:23-24

CONFESS

Darkness gets its power from secrecy, and bringing sin into the light (to the person it has hurt, even if they are unaware) breaks the chain.

> *"This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin."*
>
> 1 JOHN 1:5-7

Guidelines for Confessing Hidden Sin

Read this before you have the conversation. How you confess matters almost as much as what you confess.

01

UNDERSTAND

Confessing hidden sin is not the damage to the relationship; it is the path to healing. The damage was already done when the sin was committed. Like an infected wound that must be cleansed to heal, confession may cause pain, but it is the only way to fully receive healing.

02

DELIVERY

Do it in person and in private, when you both have time and aren't rushed or exhausted. Avoid a text or a note if you can; tone and presence matter here. Pray beforehand for grace, mercy, and healing, and consider letting a trusted pastor or counselor know the conversation is coming.

03

SPECIFICITY

Name the sin plainly. "I've struggled with purity" is vague, and says far less than a clear statement. You don't need to give a full account of every instance unless they ask. Start with the pattern and how long it has gone on.

04

AFTER YOU SPEAK

Stop talking. Give them space to react. Anger, tears, silence, questions or withdrawal are all common. Don't pivot to your own pain or to a plan; let their response come first.

05

WHAT THIS IS NOT

It is not a demand for instant forgiveness, not a minimization ("everyone struggles"), and not a request that they manage your guilt. It is ownership of the wrong and an invitation into the truth.

Opening Prayer

Before any ministry begins, we take authority in the name of Jesus over everything in this room — so that the work tonight is done in peace and in order.

SCRIPTURE DECLARATIONS

> *"Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."*
>
> **PHILIPPIANS 2:9–11**

> *"And they overcame him by the blood of the Lamb..."*
>
> **REVELATION 12:11**

> *"Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you."*
>
> **LUKE 10:19**

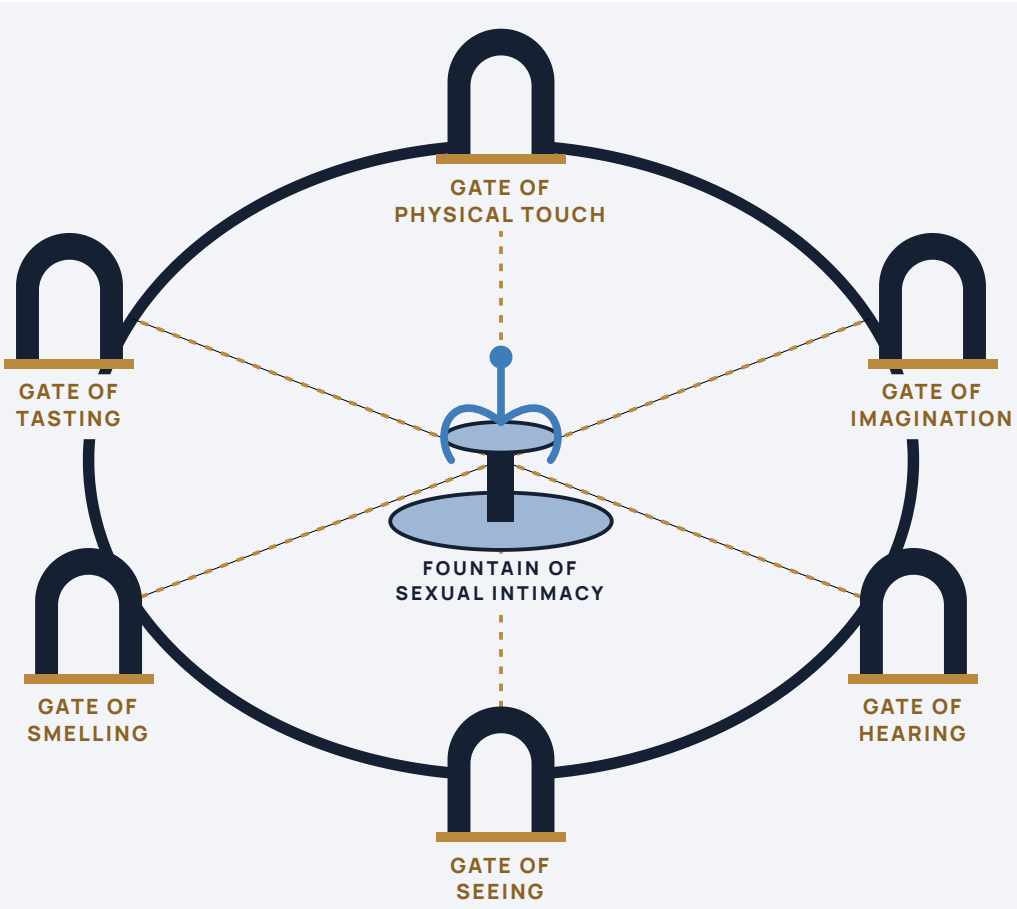
> *"Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it."*
>
> **COLOSSIANS 2:15**

THE PRAYER

- Father, we approach Your throne boldly by faith and the blood of Jesus to receive grace and help.
- We call the Courts of Heaven to order and ask for the books to be opened.
- Holy Spirit, we invite You to lead and guide this time completely. We ask specifically that You convict us of any sin that has allowed sexual iniquity or demons to have dominion over us, and we ask that everything be brought into the light.
- We plead the blood of Jesus over everyone in this room.
- Father, we ask for you to assign warring angels to be here with us, our families, and all involved.
- We bind every unclean spirit in the name of Jesus, and we command:
  - There will be no undue manifestations tonight. There will be no throwing up, choking, or gagging.
  - We cancel all assignments to distract, block, gatekeep, or monitor. We bind you and forbid you from interfering with the work of the Holy Spirit.
  - We close every open door, every communication line, and every access point of the enemy in the name of Jesus. No spirit from outside may enter, and nothing that leaves may return or be transferred.

Let Your Fountain Be Blessed

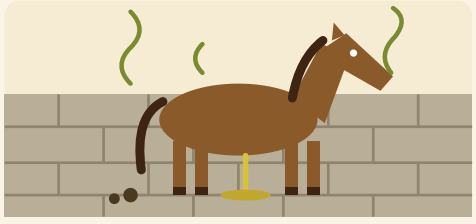
> *"Let your fountain be blessed, and rejoice with the wife of your youth."*
>
> PROVERBS 5:18



PROVERBS 5:15-16

"Should your fountains be dispersed abroad, streams of water in the streets? Let them be for you only, and not for strangers."

In ancient times, streets were used by humans and animals as toilets. Anytime we cross any of these gates to receive intimacy or pleasure from others, we are drinking sewer water.



Don't Return to Your Own Vomit

It is vital that, in the Fear of the Lord, you do not re-open these closed doors. Below is a list of some of the spiritual effects of sexual sin and the demonic forces behind them.

VERSE	THE PHYSICAL RESULT	THE SPIRITUAL PARALLEL
Prov 5:3–4	**Sweetness turns bitter** *"...in the end she is bitter as wormwood, sharp as a two-edged sword."*	Bitterness, regret, and loss.
Prov 5:5	**The path leads to death** *"Her feet go down to death, her steps lay hold of hell."*	Giving open authority for Hell to send assignments towards you
Prov 5:6	**Unstable ways** *"Her ways are unstable; you do not know them."*	You can't fully grasp, measure, or quantify the destruction you allow in.
Prov 5:9	**Honor given away** *"Lest you give your honor to others..."*	The loss of honor.
Prov 5:9	**Years lost** *"...and your years to the cruel one."*	Allowing your time, mission, and purpose to come under the rulership of "the cruel one."
Prov 5:10	**Strength spent on strangers** *"Lest aliens be filled with your wealth, and your labors go to the house of a foreigner."*	Spiritual weakness, lack of spiritual fruit and eternal rewards.
Prov 5:11	**Body consumed** *"And you mourn at last, when your flesh and your body are consumed."*	Spirits of infirmity (that consume your flesh and body).
Prov 5:14	**Ruin in the assembly** *"I was on the verge of total ruin, in the midst of the assembly and congregation."*	Open public display of destruction and failure.
Prov 5:22	**Bound by cords** *"...he is caught in the cords of his sin."*	Spiritual bondage that continually constricts and tightens around us
Prov 6:26	**Reduced to a crust of bread** *"For by means of a harlot a man is reduced to a crust of bread; and an adulteress will prey upon his precious life."*	Spiritual irrelevance.
Rom 1:32	**Guilt through approving** *"they approve of those who practice such things"*	Ground for the enemy to accuse and re-enter.

If you re-open the doors to the demonic realm, the spirit cast out can re-enter and bring with it "seven spirits more wicked than himself" (Matt 12:45).

TEN STEPS TO FREEDOM

The Exercises

We will walk through them together and invite the Holy Spirit to show us any open doors to the enemy. Feel free to revisit in the future if you need further cleansing.

1 · ASK
Pray the question to the Holy Spirit.

2 · LISTEN
Write what He shows you.

3 · PRAY & COVER
Repent, renounce, and cover it.

01 Identity P.7
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01 Identity

Proclaiming God's truth about His power to overcome — and rejecting every lie that says we can't.

ASK THE HOLY SPIRIT

"Holy Spirit, what lies have I believed about my power to overcome sexual sin — and what is Your truth about who I am in Christ?"

WHAT LIES HAVE I BELIEVED?

WHAT IS THE TRUTH TO REPLACE THIS LIE?

KEY SCRIPTURE

1 JOHN 5:3–5

"For this is the love of God, that we keep His commandments. And His commandments are not burdensome. For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God?"

JOHN 8:31–32, 36

"Then Jesus said to those Jews who believed Him, 'If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free. Therefore if the Son makes you free, you shall be free indeed.'"

PRAY & COVER

Repent for lies you have believed, and renounce them. Accept the truth by faith.

ANY HOMEWORK?

Copy it to your Follow-Up on page 1.

02 Confession & Repentance

Bringing what was hidden into the light — and turning fully back toward God.

ASK THE HOLY SPIRIT

"Holy Spirit, what sins do I need to bring into the light, confess, and turn away from in order to remove all legal rights and walk in freedom from sexual bondage?"

WHAT I'M HEARING

KEY SCRIPTURE

1 JOHN 1:9

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

JAMES 5:16

"Confess your trespasses to one another, and pray for one another, that you may be healed."

HAVE I SINNED THROUGH ANY OF THESE GATEWAYS?

TOUCH	SIGHT	HEARING
TASTE	SMELL	IMAGINATION

PRAY & COVER

Prayer of repentance — confessing what the Holy Spirit showed, and covering it in the blood of Jesus.

ANY HOMEWORK?

Copy it to your Follow-Up on page 1.

03 Forgiveness

Releasing those who hurt us — and receiving the forgiveness we have been given.

ASK THE HOLY SPIRIT

"Holy Spirit, who do I need to forgive — including myself — and for what?"

WHAT I'M HEARING

KEY SCRIPTURE

MATTHEW 6:14–15

"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

EPHESIANS 4:32

"...forgiving one another, even as God in Christ forgave you."

MATTHEW 18:32–34

"I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you? And his master was angry, and delivered him to the torturers until he should pay all that was due to him."

PRAY & COVER

"I forgive _____ and release them from all debts owed to me."

ANY HOMEWORK?

Copy it to your Follow-Up on page 1.

04 Inner Healing

Inviting Jesus into the wounds that opened the door.

ASK THE HOLY SPIRIT

"Holy Spirit, where are the wounds beneath this struggle — and what do You want to say to me there?"

ARE THERE ANY WOUNDS OR TRAUMA WE NEED TO BRING TO JESUS TO HEAL?

ARE THERE ANY MEMORIES WE NEED TO INVITE JESUS IN TO HEAL?

KEY SCRIPTURE

PSALM 147:3

"He heals the brokenhearted and binds up their wounds."

ISAIAH 53:4a

"Surely He has borne our griefs and carried our sorrows."

ISAIAH 61:1–3

"The Spirit of the Lord God is upon Me, because He has sent Me to heal the brokenhearted, to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning."

PRAY & COVER

Prayer inviting Jesus into each memory and wound, and receiving His healing.

ANY HOMEWORK?

Copy it to your Follow-Up on page 1.

05 Generational Repentance

Confessing the sins of our family line and closing generational doors.

ASK THE HOLY SPIRIT

"Holy Spirit, what sins, transgressions, and iniquities in my family line do I need to confess and renounce?"

WHAT I'M HEARING

MY FATHER'S SIDE	MY MOTHER'S SIDE

KEY SCRIPTURE

EXODUS 20:5

"For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me."

LEVITICUS 26:40

"But if they confess their iniquity and the iniquity of their fathers..."

ISAIAH 61:4

"And they shall rebuild the old ruins, They shall raise up the former desolations, And they shall repair the ruined cities, The desolations of many generations."

PRAY & COVER

As a priest in your family, step into identificational repentance. Cry out for patterns to be broken, and cycles to end.

ANY HOMEWORK?

Copy it to your Follow-Up on page 1.

06 Breaking Soul Ties

Severing every ungodly tie of the soul formed through sexual sin.

ASK THE HOLY SPIRIT

"Holy Spirit, show me — by name — every ungodly soul tie that needs to be broken."

NAMES THE HOLY SPIRIT BRINGS TO MIND

KEY SCRIPTURE

1 CORINTHIANS 6:16

"...he who is joined to a harlot is one body with her? For 'the two,' He says, 'shall become one flesh.'"

1 CORINTHIANS 6:17

"But he who is joined to the Lord is one spirit with Him."

HEBREWS 6:2

"...the doctrine of the laying on of hands..."

PRAY & COVER

Repent for sin | Close any open doors | Call for your full realm to be cleansed by the Blood of Jesus & disconnected

ANY HOMEWORK?

Copy it to your Follow-Up on page 1.

07 Breaking Vows & Word Curses

Renouncing inner vows and breaking the power of words spoken over us.

ASK THE HOLY SPIRIT

"Holy Spirit, what vows have I made — or words have been spoken over me — that I need to break?"

VOWS, OATHS, OR CURSES I HAVE SPOKEN OVER MYSELF?

CURSES OTHERS HAVE SPOKEN OVER ME?

SONG LYRICS I HAVE SUNG OR AGREED TO

KEY SCRIPTURE

PROVERBS 18:21

"Death and life are in the power of the tongue..."

MATTHEW 5:37

"But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one."

MATTHEW 12:36–37

"But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned."

PRAY & COVER

Prayer renouncing each vow and breaking every word curse in the name of Jesus.

ANY HOMEWORK?

Copy it to your Follow-Up on page 1.

08 Cleansing Vessels

Cleansing evil images and memories — and removing defiled objects from our homes.

ASK THE HOLY SPIRIT

"Holy Spirit, what images, memories and objects need to be cleansed from my mind and my home?"

IMAGES & MEMORIES TO CLEANSE

OBJECTS TO REMOVE FROM MY HOME

- [ ]
- [ ]
- [ ]
- [ ]

KEY SCRIPTURE

HEBREWS 9:21–22

"Then likewise he sprinkled with blood both the tabernacle and all the vessels of the ministry. And almost all things are purified with blood..."

2 PETER 2:7

"For that righteous man (Lot), dwelling among them, tormented his righteous soul from day to day by seeing and hearing their lawless deeds."

ACTS 19:19

"...brought their books together and burned them in the sight of all."

PRAY & COVER

Prayer washing the eyes, mind and memory in the blood of Jesus, and dedicating the home to the Lord.

ANY HOMEWORK?

Remove each object from your home this week.

Copy it to your Follow-Up on page 1.

09 Breaking Partnerships

Cancelling every agreement and partnership made with darkness.

ASK THE HOLY SPIRIT

"Holy Spirit, what agreements or partnerships have I made with darkness that I need to cancel?"

WHAT PARTNERSHIP HAVE I MADE?

WHAT FALSE OR EVIL BENEFIT HAVE I BEEN RECEIVING FROM THIS PARTNERSHIP?

HOLY SPIRIT, WHAT GOOD THING DO YOU HAVE FOR ME IN EXCHANGE FOR THE FALSE?

KEY SCRIPTURE

2 CORINTHIANS 6:14

"...what communion has light with darkness?"

1 CORINTHIANS 10:20 (AMP)

"On the contrary, the things which the Gentiles sacrifice, they sacrifice to demons, and not to God; and I do not want you to become partners with demons."

MATTHEW 4:9

"And he said to Him, 'All these things I will give You if You will fall down and worship me.'"

PRAY & COVER

Renounce the thing of value you were receiving from partnership.

ANY HOMEWORK?

Copy it to your Follow-Up on page 1.

10 Deliverance

Filled with authority and faith, the prayer leader now must command every one of these spirits to go. Also command any supporting, blocking, partnering, associated, or "under-spirits" to go with each group. They may not all apply to you individually.

Circle anything that stands out as needing extra attention.

SUPPORTING SPIRITS

Guilt	Fear of Abandonment	Hurt
Condemnation	Fear of Rejection	Bitterness
Rejection	Unworthiness	Self-Hate
Loneliness	Worthlessness	Shame

SPIRITS OF LUST

Lust	Longing	Lewdness
Passion	Love of Pleasure	Seduction
Desire	Sensuality	Consumption
Promiscuity	Lack of Restraint	

SPIRITS OF PORNOGRAPHY

Pornography	Voyeurism	Fantasy
Erotica	Wandering Eyes	Masturbation

SPIRITS OF FILTH & UNCLEANNESS

Defilement	Obscenity	Immodesty
Filth	Debauchery	Shamelessness
Filthiness	Depravity	Perversion
Uncleanness	Deviance	

Spirits to Command to Leave, continued

FAMILY & MARRIAGE-BREAKING SPIRITS

Adultery	Abandonment	Family Breaker
Frigidity	Isolation	Sabotage
Divorce	Withdrawal	Womanizer

SEXUAL VIOLENCE & ABUSE

Rape	Sadism	Pedophilia
Molestation	Masochism	Bestiality
Abuse	Incest	Prostitution

SAME-SEX ORIENTATION & GENDER IDENTITY

Homosexuality	Transgenderism	Feminism
Lesbianism	Sodomy	Sexual Freedom
Bisexuality	Effeminate	Sexual Liberation

SPIRIT SPOUSES

Incubus (spirit husbands)	Succubus (spirit wives)	Mare Spirit
All spirit husbands & wives		

SEXUAL PRINCIPALITIES & LEADERS

Jezebel	Ashtoreth	Belial
Lilith	Asherah	Abaddon
Baal	Astarte	Asmodeus

Prayer for Filling and Sealing

Heavenly Father, thank You for the deliverance that has taken place. Thank You that through the Blood of Jesus Christ I am cleansed, forgiven, and set free.

Restore my thoughts, imagination, and desires so that they are aligned with Your will. Give me a clean heart and a steadfast spirit. Strengthen me to resist temptation and to walk in freedom.

I receive Your power to live set apart and to honor You with my body.

Holy Spirit, I invite You to fill every empty place the enemy has vacated. Leave no vacuum or open room. Fill my spirit, soul, mind, emotions, and body completely with Your presence.

Fill me with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Where lust and impurity once ruled, fill me with purity and holiness. Where perversion and uncleanness once operated, fill me with the pure love of God and a sound mind.

I receive the mind of Christ. I receive Your peace that guards my heart and mind.

Fill me afresh with the Holy Spirit. Let Your presence overflow in me. I choose to walk in the light, to put on the Lord Jesus Christ, and to make no provision for the flesh.

Seal this deliverance with the Blood of Jesus. Close every doorway that has been opened and place Your protection over my life, my mind, my sleep, my dreams, and my relationships.

Thank You that the empty places are now filled with You. I stand in the freedom You have given and I give You all the glory.

Amen.

THE JOURNEY CONTINUES

Keep walking in freedom.

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