

**Parish Mission: Sacred Heart Church, Roggen
March 16-18, 2026**

Litany of Forgiveness

With the help of the Holy Spirit, list each person in your life that you think hurt you. Start as far back as you can, and list each painful thing that they did, forgiving the person as you write it down. It does not matter if you have already forgiven them. All that is important is that you list the many ways that you were hurt. Be sure to include: parents, grandparents, sisters, brothers, uncles, aunts, cousins, priests, nuns, teachers, principles, coaches, teammates, neighbors, bullies, girlfriends, boyfriends, spouses, children, in-laws, church members, friends, etc. Do not forget to forgive yourself. If you are angry at God, talk to Him now.

Un-forgiveness and anger are related. They “bind” us to the other person. Anger leads to depression.

In **Mt 6:14-15**, Jesus says: “If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.”

Please see page 16 to see the many ways in which we fail to forgive others.

Examples

- Lord Jesus, I forgive my grandfather for favoring my cousin over me because he was better at sports.
- Lord Jesus, I forgive my grandmother for not remembering my name when I visited her last year.
- Lord Jesus, I forgive Tim for “dumping me” in college.
- Lord Jesus, I forgive myself for playing with a Ouija board when I was 12.

List statements below. More space is available on page 5. **Underline** the person you need to forgive. **Circle** the names of anyone that was involved in witchcraft, the occult, or Freemasonry.

- 1.
- 2.
- 3.
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- 8.
- 9.
- 10.

How will you respond? It’s time to forgive all persons and pray for them. Use God’s grace to love them into right relationship with God. God wants all people to thrive spiritually and to be saved.

False Judgments and Stinging Statements (negative things said to you “from the outside”)

Our parents and others in authority over us have been given great responsibility by God to love us, protect us, and raise us as true Christians. Sometimes negative things were said to us in our youth, and even up to now. We can “absorb” these negative comments, sometimes without even knowing it. They can act like curses, unless we let Jesus free us.

Sometimes people say things to us that are very true, but we don’t want to hear them or are not ready to receive them; these sting. Silly example to make the point: “You will never make it in the NBA.”

Ask the Holy Spirit to help you discern any judgments and stinging statements that have been made against you throughout your whole life, especially when you were young.

Examples (Person – Statement)

- Father – “You’re stupid and will never amount to anything.”
- Mother – “You were a mistake. We never meant to have you.”
- Father – “I wish you would have been a boy (or girl).”
- Mother – “You’re just like your father.”
- Brother – “Everything is your fault.”
- Older sister – “You’re ugly (or fat).”
- Coach – “You will never be a good athlete.”
- Teacher – “You’ll never be good at math.”
- Mother – “Can’t you get anything right? Why can’t you be more like your brother?”
- Father – “You act like a fairy.”

List false judgments below, using the format you see above in the examples. Additional space, page 3.

- 1.
- 2.
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Prayer to Break False Judgments and Stinging Statements

Lord Jesus Christ, I choose to forgive the following people for their false judgments and stinging statements: (Name) for saying _____, (Name) for saying _____, (Name) for saying _____, etc.

In the name of Jesus Christ and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, my Guardian Angel, and (name some of your favorite saints), I renounce each and every false judgment and stinging statement placed against me, and I declare them null and void immediately, no longer able to influence me in any way. +In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Additional Space for the Litany of Forgiveness, False Judgments/Stinging Statements, and/or Inner Vows

Soul Ties

A soul tie is a relationship in which we are either rightfully bonded, or we are subject to bondage. The word “bond” indicates a healthy relationship, and the word “bondage” indicates an unhealthy relationship. (For example, the marriage bond is supposed to be healthy and of God. Someone addicted to drugs is in bondage; he is a slave to the sin.) Godly soul ties help us to be nurtured and form lasting relationships, such as between Ruth and Naomi. Ungodly soul ties can lead to sickness and to the danger of being under the influence of demonic oppression, such as between King Saul and young David.

Godly, healthy soul ties promote life in God, truth, freedom, growth, love, peace, etc. Ungodly, unhealthy soul ties can involve manipulation, control, domination, over-dependence, abuse, over-grieving, illicit sexual union, pornography, etc.

1 Cor 15:33 tells us: “Do not be led astray: ‘Bad company corrupts good morals.’” **Eph 5:5-11** says: “Be sure of this, that no immoral or impure or greedy person, that is, an idolater, has any inheritance in the kingdom of Christ and of God. Let no one deceive you with empty arguments, for because of these things the wrath of God is coming upon the disobedient. So do not be associated with them. For you were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth. Try to learn what is pleasing to the Lord. Take no part in the fruitless works of darkness; rather, expose them.”

Normal Relationships Where Healthy Soul Ties Should Exist:

1. God and humans
2. Parent and child
3. Husband and wife
4. Between friends
5. Between Christians
6. Pastor and flock
7. Doctor and patient
8. Teacher and student
9. Employer and employee
10. Coach and athlete
11. Civil servants and us

Examples of Ungodly Soul Ties:

1. Fornication/adultery
2. Impure dating
3. Incest/rape
4. Same-sex relationships (and other sex acts that are not open to life—anal, oral, etc.)
5. Bestiality
6. Perverted family ties (some form of abuse)
7. Evil companions
8. Deceased loved one (This is over-grieving. “Holding on” to the deceased person prevents the living person from a good relationship with God and moving forward. Grief can “block” God’s love.)
9. Church cliques (A clique is not open to loving everyone in the Church family.)
10. Emotional affairs (This is a psycho-sexual attachment.)
11. Lust and pornography
12. Occult practitioners (These ties need to be broken. E.g., in the name of Jesus Christ, one needs to break the soul tie with the palm reader and then renounce the spirit of palm reading.)
13. Freemasonry vows (Freemasonry promotes indifference [= one religion is equal to another] and therefore offends God greatly. Persons within this cult curse themselves and their families. To learn about the evils of Freemasonry, please search: Freemasons and Their Craft: What Catholics Should Know. This is an article from Catholiceducation.org. There are many great articles on this website.
14. Hypnotists (They are not gods and should not be placing “controls” into the subconscious.)
15. Tattoo artists (**Lev 19:28** tells us: “Do not lacerate your bodies for the dead, and do not tattoo

yourselves. I am the Lord.” If one loves God and has surrendered to Him, he/she realizes that tattooing is wrong. One can confess the sin in the Sacrament of Reconciliation and then be free in Christ. If a tattoo symbolizes the demonic, occult, or heavy metal, it needs to be removed.

Search: YouTube Are Tattoos Demonic? Fr. Chad Ripperger Reveals the Truth!)

16. Ungodly music (What lyrics are being drummed into one’s head?)
17. Drug dealers
18. “gods” of false religions (Non-Christian)
19. Gurus and leaders of cults
20. Fraternities/Sororities—possibly (What vows were made in these organizations? Were they godly?)

Side-Effects of Unhealthy Soul Ties

1. Loss of individuality and self-confidence.
 - Tendency to think of oneself in terms of relationship to someone else.
2. Loss of clear thinking in decision making.
 - Double-mindedness; one is unable to make decisions or he/she shirks from them.
3. Loss of peace.
 - Feeling of being pressured (or under stress) to always please the other.
4. Loss of the ability to really love others.
 - The presence of anger and resentment.
5. Loss of spiritual liberty and personal freedom.
 - Feelings of being smothered or constantly restrained.
6. Loss of good health.
 - People, being under a disordered control by another, become susceptible to disease and illness when they are bound by anger, fear, anxiety, and other emotional dysfunctions.
7. Loss of closeness to God the Father.

Prayer to Break Unhealthy, Ungodly Soul Ties (Non-Sexual) from the Litany of Forgiveness

Almighty God, I desire to love You above all things. Somehow I have allowed myself to be influenced negatively by others, including members of my family tree. In the name of Jesus Christ, and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, my Guardian Angel, and _____, _____, _____, and with the sword of the Holy Spirit, I sever these ties with (say all the names of the people from pages 1, 2, and 3, but not your own) **to the extent that You desire.** Heavenly Father, I ask You to forgive them for their failures, since they have influenced me, to some degree, in the form of my unwanted tendencies, behavior patterns, and defects in mind, body, and spirit.

Lord Jesus Christ, with the help of Your grace, I sincerely forgive each one of them. By the intercession of my Guardian Angel, I ask You to restore and reclaim anything that has been lost, surrendered, or given away because of these relationships. Please seal and protect my heart against any further attacks by the enemy regarding these past relationships. May my Guardian Angel heal, protect, guide, and encourage me.

Lord, please break all negative generational effects regarding these relationships.

Lord Jesus, please forgive me for the damage these soul ties have caused in my life, and especially in my relationship with You. Heal these past relationships so that I may love all people. I beg that they grow ever closer to You. I want to love You above all. Keep me ever close to You. Help me to follow You into the future that You have prepared for me. Amen.

[Priest: In the name of Jesus Christ and by my participation in His Priesthood, I break all ungodly mind, heart, body, spirit and soul ties that have been established between _____ and the individuals he/she just mentioned. I sever these bonds supernaturally and I ask You, Almighty God, to remove from _____ all negative influences of these people. In the name of Jesus Christ and by the power of His Cross and Blood, I command every portion of your inner being that may have been fragmented or disordered to come back into its proper place and to be healed; every piece of your heart to be returned; and your soul to be restored. Heavenly Father, I ask You now to heal his/her body, soul, mind, heart, and spirit. Guard _____ by Your power and Your love, keeping him/her aligned to Your own mind and will, with Your Holy Spirit, through the Immaculate Heart of Mary. + In the name of the Father, and the Son, and the Holy Spirit. Amen.] 5

Please list all persons with whom you have had unhealthy, ungodly sexual soul ties and pray the below prayer. You will repeat it at our prayer session when you meet with us. Definitely let us know if any partners considered themselves to be a witch or a warlock. Also, let us know if any were involved in any other occult practices.

Freedom from Sexual Partners

In the name of Jesus Christ and by the power of His Cross and Blood, and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, St. Maria Goretti, and my Guardian Angel, I take the sword of the Holy Spirit and cut myself free from all previous sexual partners. I especially cut myself free from (first names or initials only) _____, _____, _____, _____, _____, _____, _____, _____, _____, _____.

I cut myself free from these people physically, spiritually, emotionally, and mentally. I not only cut myself free from these people, Lord, but I cut myself free from anyone and everyone they have ever had sex with also. In Your name, Jesus, I forgive them. Lord, please forgive them and heal them.

I now place the Cross and the Blood of Jesus between myself and each of these people. I pray for a total cleansing and purification of my mind, body, and spirit, so that I may walk in wholeness, purification and redemption.

Lord, please fill me with the power of Your Holy Spirit, that I may walk in Your abundant grace and mercy. Fill me with Your incredible love, that it may permeate all dark and lonely places. Most of all, Lord, help me to know how much You love me, and how special I am to You. Use me to build up Your Kingdom and to spread Your love. Amen!

Please pray the following prayer privately if you have viewed pornography.

[Note: Anyone who looks at pornography puts themselves at risk to receive a curse.]

O God Almighty, King of the Universe, Father, Son, and Holy Spirit, I love You, praise You, and adore You. Jesus, my Redeemer, forgive me for each and every time that I viewed pornography. I realize that this sin is beneath my dignity and that I committed some form of adultery. In Your name, Jesus, and by the power of Your Cross and Your shed Blood, I forgive myself for what I have done. In Your name, Divine Savior, I renounce, reject, and rebuke the spirits of sexual impurity, lust, masturbation, pornography, adultery, and any and all related unclean spirits. Also, Jesus, in Your most holy name, I break the power of all curses that may have come against me through this sin, and I renounce every claim I have given to Satan. Jesus, Prince of Peace, I plead Your Precious Blood into all parts of my mind, heart, body, soul, and spirit. Cleanse me of all impure images that I have seen. I beg pardon for all those involved in the pornography industry and I ask You to send them extra graces of conversion today. Heavenly Father, please bless me with the light and life of Your Holy Spirit. Help me to become an agent of conversion for others who are, or who have been, involved in pornography. Loving Father, in the name of Jesus Christ, I thank You for hearing and answering my prayer. Amen.

[Note: Please let us know during the prayer session if you have, or have had, an addiction to pornography. Also, be prepared to meditate on Sacred Scripture every day after your prayer session.]

[If you have trouble being sexually pure, we highly recommend that you join the Angelic Warfare Confraternity. After visiting the following site, you may want to call a Dominican priest in Denver at St. Dominic Church, 303-455-3613. Please visit: <http://www.angelicwarfareconfraternity.org/>. Also, please visit <https://exodus90.com/#> or <http://integrityrestored.com.>]

Inner Vows or Self-Imposed Vows (negative thoughts “from the inside”)

Sometimes it is not others that have cursed us with false judgments. We curse ourselves by beginning to believe lies and judgments that we have imposed on ourselves. An inner vow is a negative judgment that usually includes the words “always” or “never.” They result from fear, a failure to forgive, and a decision not to live life fully. Again, they are stinkin’ thinkin’ patterns that chain us down and keep us from being free. They take away our energy and lead to bad decisions. God does not want this. Ask the Holy Spirit to help you discern any inner vows that you have placed upon yourself throughout your life. See the examples below to understand these vows better, and see pages 15-16 of this intake form.

Examples

-“No man can be trusted.” (= “I can never trust a man again.”)

-“I wish I were dead.” = (“My life is always a disaster.”)

-“I am so stupid.” = (“I am never smart.”)

-“God will never forgive me.”

-“I can’t show my emotions.”

-“There is no hope.”

-“Everyone would be better off without me.”

-“If I want it done right, I’ll have to do it myself.”

Again, the more vows you list, the more healing you will receive when we pray. Additional space, page 5.

- 1.
- 2.
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- 8.
- 9.
- 10.

Prayer to Break Inner Vows

Lord Jesus Christ, please forgive me for making the following vows against myself:

1. _____, 2. _____, 3. _____, etc.

In the name of Jesus Christ and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, my Guardian Angel, and (name some of your favorite saints), I renounce and break each of these vows. I declare them null and void immediately, no longer able to influence me in any way. By the sword of the Holy Spirit, I cut myself free from these vows and all their ill effects on my life. +In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

More Information Related to Soul Ties

1 Cor 10:31: “So whether you eat or drink, or whatever you do, do everything for the glory of God.”

Music. List any music that you have intentionally listened to that had lyrics that go against God’s plan for you. Include the following genres/groups; for example: death metal, black metal, heavy metal, acid rock, Katy Perry, Lady Gaga, Madonna, Marilyn Manson, Doja Cat, Sza, Smashing Pumpkins, Jay Z, Kayne West, etc.

To discover if a music artist is into the occult, search the name and the word “occult.” E.g., if you did a Google search such as: “Katy Perry occult,” you would see that there are plenty of articles about her.

Groups/Genre

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Video Games. List any video games that you played, especially Diablo, World of Warcraft, Oblivian, Starcraft, In Tecmo’s Deception: Invitation to Darkness, Koudelka, Shadow Hearts, Shin Megami Tensei; Nocturne, Devil Summoner, Assassin’s Creed, Dante’s Inferno, Guitar Hero, Trapt, Bayonetta, Darksiders, Dragon Age, Legends, etc. **You could search the video game with the word “occult” and see which ones are evil.**

1. _____	3. _____
2. _____	4. _____

Movies. List any ungodly movies that you have watched (e.g., “The Craft,” R-rated and X-rated movies, etc.)

1. _____	5. _____
2. _____	6. _____
3. _____	7. _____
4. _____	8. _____

Cursed Items. Do you have any items in your house that are from countries that practice voodoo, Santeria, and other evil practices? (Examples: a mask from Africa or Haiti, a hookah pipe from Afghanistan, etc. Have any non-Christians [especially a witch] given you anything? Do you have a Freemason apron or ring?) List them and call us if you have any questions.

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____

Prayer: In the name of Jesus Christ and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, my Guardian Angel, and _____, _____, _____, I renounce and rebuke, reject and sever all ties with any music/video games/movies/cursed items that was/were not of You, Almighty God, especially ____, ____, ____, etc., and I break their power and cancel their effects. Amen.

List of Sins, Vices, Spirits, or Attitudes/Strong Emotions/Dispositions

Underline all that applies to you. If some of these have subsided over the years, but were strong at one time, underline them anyway. Temptations come from the world, the flesh, and the devil. We sin when we purposely “hold on” to these temptations. It is possible that you may have some strong negative mental attitudes, or that you are being tempted by the devil, or both at the same time. God wants to free you from selfish worldly thinking, the weakness of the flesh, and from oppression.

These sins, attitudes, etc. usually show up in groups, so you will see some repeated information. For example, you will see “passivity” listed in numbers 11 and 12.

At our prayer session, you will be praying something like: **“In the name of Jesus Christ, and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, and _____, _____, _____, I renounce the spirits of _____.”** [To repeat a sentence, say: “A second time in the name of Jesus.”]

1. Bitterness, resentment, hatred, un-forgiveness, violence, temper, anger, retaliation, murder
 2. Rebellion, self-will, stubbornness, disobedience, anti-submissiveness
 3. Strife, family strife, hatred of parents, hatred of siblings, hatred of children, hatred of spouse, contention, bickering, argument, quarreling, fighting, yelling, racism
 4. Control, manipulation, possessiveness, dominance, witchcraft
 5. Retaliation, destruction, spite, hatred, violence, sadism, hurt, cruelty, meanness
 6. Accusation, judging, criticism, faultfinding
 7. Rejection, fear of rejection, rejection of self, abandonment, isolation, hatred
 8. Insecurity, inferiority, self-pity, loneliness, timidity, shyness, inadequacy, ineptness
 9. Jealousy, envy, suspicion, distrust, selfishness
 10. Withdrawal, pouting, daydreaming, fantasy, pretension, unreality
 11. Escape, indifference, stoicism, passivity, sleepiness, alcohol, drugs
 12. Passivity, indifference, listlessness, laziness, funk
 13. Depression, despair, despondency, discouragement, defeatism, negativism, dejection, hopelessness, suicide, death, insomnia, morbidity
 14. Heaviness, gloom, burden, disgust
 15. Worry, anxiety, fear, dread, apprehension
 16. Nervousness, tension, headache, nervous habits, nail-biting, restlessness, excitement, insomnia, roving
 17. Sensitiveness, preoccupation with self (self-awareness), fear of man, fear of disapproval
 18. Persecution, unfairness, fear of judgment, fear of condemnation, fear of accusation, fear of reproof, sensitiveness, abandonment, isolation
 19. Mental illness [print clearly] _____
 20. Paranoia, jealousy, envy, suspicion, distrust, persecution, fears, confrontation
 21. Confusion, frustration, incoherence, forgetfulness
 22. Doubt, unbelief, skepticism
 23. Indecision, procrastination, compromise, confusion, forgetfulness, indifference
 24. Self-deception, self-delusion, self-seduction, pride
 25. Mind-binding (mind is bound up with obsessive thoughts), confusion, fear of man, fear of failure, occult spirits, spiritism spirits, music spirits
 26. Mind idolatry (stuck on a “stinking thinking” pattern), intellectualism, rationalization, pride, ego
 27. Fears of all kinds (hysteria, phobias) [print clearly] _____
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28. Fears of authority, lying, deceit, manipulation, intimidation
 29. Pride, ego, vanity, self-righteousness, superiority, self-importance, haughtiness, arrogance

30. Affectation, theatrics, playacting, sophistication, pretension, immodesty
31. Covetousness, stealing, kleptomania, material lust, greed, discontent, selfishness
32. Perfectionism, (false) pride, vanity, ego, frustration, criticism, irritability, intolerance, anger
33. Competition, driving, pushy, argumentative, pride, ego
34. Impatience, agitation, frustration, intolerance, resentment, criticism
35. False burden, false responsibility, false compassion
36. Grief, sorrow, heartache, heartbreak, crying, sadness, cruel
37. Fatigue, tiredness, weariness, laziness
38. Infirmary, [any disease/sickness] _____, accident prone
39. Death, poisoning, accident prone, abortion, still-born, miscarriage, death wish, suicide, desire of another's death, physical abuse, loss of loved one (over-grieving)
40. Inheritance, physical, emotional, mental, curses
41. Hyperactivity, restlessness, driving spirit, (lots of) pressure, workaholism
42. Cursing, blasphemy, crude joking, gossip, criticism, backbiting, mockery, belittling, railing
43. Addictive, compulsive, sugar (food/alcohol), nicotine, alcohol, drugs, medications, caffeine, gluttony, sleeping (avoidance), overeating, sex, gambling, shopping
44. Gluttony, nervousness, compulsive eating, resentment, frustration, idleness, self-pity, self-reward
45. Self-accusation, self-hatred, self-condemnation, self-pity
46. Guilt, condemnation, shame, unworthiness, embarrassment
47. Sexual impurity [Jezebel, Baal, Thor, Asmodeus, incubus, succubus], lust, fantasy lust (sexual daydreams) pornography, masturbation, promiscuity, homosexuality, lesbianism, bisexuality, [false masculinity/femininity], adultery, fornication, bestiality, incest, rape, mental rape, sexual identity problem, contraception, sterilization, harlotry, exposure ("flashing"), frigidity, sexual seduction, pedophile, satanic ritual abuse, oral sex, anal sex, sex with the dead, masochism
48. Pornography, magazine pornography, Internet pornography, TV pornography, stage shows, pornography books, topless bars, R-rated movies, X-rated movies
49. Cults, Jehovah's Witness, Christian Science, Rosicrucianism, Theosophy, Urantia, Subud, Latihan, Unity, Mormonism, Bahaism, Unitarianism, Lodges, secret societies, Freemasonry, Moonies
50. Occult [see the next two pages, also], astrology, witchcraft, Wicca, conjuring spirits (conjunction), incantation, trolls, healing/essential oils (visit: <http://www.womenofgrace.com/blog/?p=48455>), tai chi, energy healing, body lifting, mental telepathy, soul travel, magic spells, superstition, hauntings, chronic illness, Pokémon (visit: <https://carm.org/what-is-pokemon>), Silva Mind Control, Landmark Forum, Banal na Pag-aaral (BNP; founder Mrs. Salve Carreon). Note: beware of cursed manufactured goods in the home (e.g., possibly an old cabbage patch doll).
51. Religious (focusing more on your actions of worship than on God), ritualism, formalism, legalism, doctrinal error, doctrinal obsession, seduction, afraid of God, fear of going to Hell, fear of lost salvation, scrupulosity, religiosity, super spiritualism
52. Spiritism, séance, spirit guide, necromancy (speaking with the dead), blocking spirits, game playing spirits, generational and ancestral spirits, haunting spirits
53. False religions, Buddhism, Taoism, Hinduism, Islam, Shintoism, Confucianism, Eckankar
[We love all people, but these religions draw us away from the one, true God.]
54. Music, heavy metal, black metal, acid rock, hard rock, rap

Remember: **"In the name of Jesus Christ, and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, and _____, _____, _____, I renounce the spirits of _____."**

Occult Involvement

One of Satan's favorite weapons against us is occult involvement. Occult involvement means trying to seek supernatural knowledge or power from a spiritual source other than God. This involvement breaks the first commandment and causes spiritual confusion. Satan does not care if we knew what we were doing or not; he uses anything to trick us.

There are many Scripture passages that forbid occult participation. For example, **Dt 18:10-12** states: "Let there not be found among you anyone who immolates his son or daughter in the fire, nor a fortune-teller, soothsayer, charmer, diviner, or caster of spells, nor one who consults ghosts and spirits or seeks oracles from the dead. Anyone who does such things is an abomination to the LORD..." Also, see **Isa 47:11-15**, **Acts 19:18-20**, and **2 Thes 2:9-11**.

After looking at the questionnaire that follows, if you have been involved in any of these practices listed below, please go to the Sacrament of Reconciliation, if you never confessed these things. Also, pray this prayer for each occult thing before seeing our team:

"In the name of Jesus Christ, I renounce the spirit of ____ (e.g., fortune telling, horoscope, etc.), and in His name, I break its power and cancel its effects."

As you look at the questionnaire, notice that not everything on the list is of equal importance. Having a rabbit's foot as a kid is not the same as joining a coven. Someone who joined a coven will probably need Reconciliation and deliverance; whereas the person with the rabbit's foot can tell the priest in Confession that he/she wasted the Lord's time with superstition. Do not be afraid! Fear is not of God. God is here to forgive and liberate you.

Have there been any occult contacts or involvement in your personal life or family history? Consider the questions carefully. Any occult involvement may be causing some oppression.

You may see something such as yoga, reflexology, or something else that you think should not be on the below questionnaire. Please be open (don't be rigid) and think about the dangers or risks involved in yoga, reflexology, etc. by checking out the website:

<http://www.womenofgrace.com/blog/?cat=6482>.

Note: Some of the items listed on this website are not part of the occult; they just have explanations to questions about certain topics.

Prayer before the examination: Come, Holy Spirit. Please bring to my mind every involvement I have ever had with the occult. I choose to humble myself and allow You to guide, direct, and help me to be completely honest as I consider these questions. I submit myself to You in Jesus' most holy name. Amen.

Underline each item in which you have been involved.

1. Have you ever visited a fortune-teller or psychic who used cards, tea leaves, palm reading, or a crystal ball?
2. Have you ever followed or read your horoscope or had a chart made to predict your future?
3. Have you ever had a tarot card reading or used cards to predict your future?
4. Has anyone ever hypnotized you?
5. Have you ever practiced yoga or done exercises related to yoga or tai chi or practiced transcendental meditation? See the "Women of Grace" website or search "dangers of yoga."
6. Have you ever attended a séance, spiritualist meeting, or new age seminar?
7. Have you ever had a life or reincarnate reading?
8. Have you ever played with a Ouija board, "Guiding Light Angel Board," etc.?
9. Have you ever consulted a medium or numerologist?
10. Have you ever acted as a channel or medium?
11. Have you ever practiced automatic writing?
12. Have you, or has anyone for you, practiced water witching, using a twig or pendulum?
13. Have you read or do you possess books on astrology, fortune telling, or new age practices (including Edgar Cayce)? Do you read and/or watch *Harry Potter*, the *Twilight* series, *Hazbin Hotel*, *KPop Demon Hunters*?
14. Have you played with occult games such as ESP, telepathy, Kabala, Dungeons and Dragons? Have you played "Bloody Mary" or "Charlie, Charlie" ("pencil game")?
15. Have you ever "thought" at a person or tried to make them call or write you by your thoughts?
16. Have you ever sought healing through magic, charming, or crystals, psychic healing or surgery, Reiki, hypnosis, metaphysical healing, use of the pendulum or trance for diagnosis, reflexology, acupuncture, or any other occult means?

17. Have you been to a chiropractor who treats through the use of ying and yang, the universal life forces in the spine?
18. Have you ever sought to locate missing objects or persons by consulting someone who has psychic, clairvoyant, second sight, or psychometric powers?
19. Have you practiced table-lifting or levitation?
20. Have you sought or communicated with apparitions that were not of God?
21. Have you worshiped in a pagan shrine or temple? Have you gone in any temple or building that was not Christian (Buddhist temple, Mormon temple, Masonic temple)?
22. Have you ever been given or worn an amulet, talisman, or charm for luck or protection?
23. Do you read or possess occult or spiritualist literature? E.g., books on astrology, interpretation of dreams, metaphysics, religious cults, self-realization, fortune telling, magic, ESP, clairvoyance, psychic phenomena, Course in Miracles (as promoted by Oprah Winfrey)?
24. Have you ever called psychic hotlines or accessed psychic advice from a computer?
25. Do you have any object or book in your possession that may bring an evil presence or influence with it? Has someone involved in the occult given you any amulet or other object? Do you possess a dream catcher?
26. Have you ever practiced any form of magic charming or ritual? Have you practiced feng shui?
27. Do you possess any occult or pagan religious objects, relics, or artifacts which may have been used in pagan temples and religious rites, or in the practice of sorcery, magic, divination, or spiritualism?
28. Have you ever had your handwriting analyzed?
29. Have you ever listened to hard rock music for long periods of time? Do you have strong identification with a musician, dead or alive?
30. Do you have strong identification with a movie star or famous figure, dead or alive?
31. Have you or any family member, present or deceased, belonged to the Freemasons, DeMolay, Eastern Star, Rainbow Girls, Job's Daughters, Shriners? Have you been involved in a lodge or organization requiring rituals for membership?
32. Do you see auras?
33. Do you ever "feel" an evil presence?
34. Have you ever been visited by a demon or an evil spirit?
35. Do you ever have strong feelings of rage, a desire to commit suicide, or murder?
36. Have you ever cursed anyone or wished them dead? Have you ever attempted to take or have you taken someone else's life?
37. Have you been involved in any group involved in rebellion, hatred, or terrorism?
38. Have you been involved in satanic worship?
39. Have you ever made a blood pact with Satan?
40. Have you been involved in white magic – supposedly doing good things through the control of psychic and supernatural power?
41. Have you been involved in black magic – psychic control through curses, use of the black arts, or any demon power for the purpose of harm?
42. Have you made any blood pacts?
43. Have you ever been involved in or attended meetings conducted by modern cults, such as: Theosophy, The Way International, Children of God, Christian Science, Jehovah's Witness, Unitarian, Eckankar, Unity, Scientology, or Worldwide Church of God?
44. To your knowledge, have any of your parents, grandparents, or great grandparents ever been involved in any occult, cultic, or non-Christian religious practice?
45. Have you ever belonged to or attended a meeting of a covenant?
46. Have you ever made a promise or a pact with Satan?
47. Are you a victim of Satanic Ritual Abuse (SRA)?
48. Have you attended witchcraft or voodoo services?
49. Have you been in an intimate relationship with someone involved in witchcraft?
50. Have you been involved in protracted or intense sinful or addictive activities that have led to your being oppressed by a spirit of sin, such as pornography?
51. Have you ever been on a drug trip that could have opened you up to an evil presence when your spirit was "out there" and unprotected?
52. Have you subjected yourself to literature or movies that are evil in nature?
53. Do you have a propensity towards superstition or fascination with evil, demons, or the occult?
54. Have you embraced the fallacy that we are self-sufficient and do not need God?
55. Does the Holy Spirit bring anything else to mind?

Daily Prayer of Surrender

O God Almighty, King of the Universe, I love You, praise You, and adore You! I surrender to You today with all my heart and soul. I say “yes” to You this day. O Most Holy Trinity, You are the only God, the one true God. Father, You are my true Father. Thanks for giving me a biological father in order to bring me into this world to share in Your divine nature by Your gift of grace. Jesus, I believe in You and receive You as my Lord and Savior. I hold nothing back. Jesus, You have my permission to live in my heart. Conform my heart and mind into Yours; let me love and think as You do. Holy Spirit, bring me to a deeper conversion to the person of Jesus Christ. Help me follow Your daily promptings. Immerse me, Holy Spirit, and let Your gifts come alive in me. Almighty God, I surrender all to You: my health, family, resources, work, skills, relationships, time management, successes, failures, and regrets. I release all of these to You and let them go. I surrender my understanding of how things ought to be, my choices, and my will. I surrender to You the promises I have kept and the promises I have failed to keep. I surrender my fears, temptations, insecurities, and sexuality to You.

Men, pray: Jesus, help me to become a man like You—a man of action that builds up Your Kingdom and who is sexually pure. Women, pray: Jesus, help me to become a woman like Mary—the greatest role model of all Christians, perfectly receptive to You, and sexually pure.

I especially surrender [surrender other areas as the Holy Spirit reveals them to you, possibly all of your agitations]: _____, _____, _____, etc.

Lord, I surrender my entire life to You—the past, the present, and the future. In sickness and in health, in life and in death, I belong to You alone! Almighty God, I offer up my body to You as a living sacrifice, holy and pleasing. Amen.

A Quick Note about Immersion (an increase) in the Holy Spirit by Accepting God’s Grace

As Catholic Christians, in general we should go through three stages of development. Hopefully, we can get to the third stage early in our lives. Many people never get past the first stage because of having hardened hearts (not open to, and willing to be led by, the Holy Spirit). Here are the three stages.

1. Water-Baptism. We receive the indwelling of the Holy Spirit (*inhabitatio*). Rose bud stage.
2. Born-again (or *metanoia*). We think differently—with Christ and His Church, and not the world. We want to be obedient to Jesus and Church teaching (Jesus is the head of the Church). The Holy Spirit draws us into a deeper, more personal relationship with Jesus.
3. Gifted or charismatic. There is a great infilling (*infusio*) of the Holy Spirit. Rose bloom stage—wonder-working zeal. In this stage, the Holy Spirit, if God so desires, anoints us gratuitously with various gifts in order to glorify God and spread His love and build up His Church on earth. The Holy Spirit anointed Jesus for His mission. We can ask for anointings.

Many of us have been baptized and confirmed, but we lack zeal in following Jesus on a daily basis. We can “catch on fire” if we open ourselves up to the Holy Spirit. We should practice daily worship and devotion to the Holy Spirit. The Holy Spirit and the Blessed Virgin Mary will form us to be more like Jesus.

Prayer for an Outpouring of the Holy Spirit

O God Almighty, Father, Son, and Holy Spirit! I love You, praise You, and adore You. Help me to know Your love for me and realize all the gifts You have given me. I am sorry for all my sins. Thank You for the gift of the sacrament of Penance. I desire that You increase as Lord over every aspect of my life. Thank You for adopting me as Your child at Baptism and strengthening me at Confirmation.

Almighty God, with You all things are possible. Without You, I can do nothing. I desire to build up Your Kingdom and to avoid all sin and temptation. Lord Jesus, I humbly ask right now for an outpouring of the Holy Spirit. I desire an increase of His seven-fold gifts: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord. I desire to operate in the charisms of the Holy Spirit that You desire for me. I desire an increase in all virtues, especially Faith, Hope, Love, Prudence, Justice, Temperance, and Fortitude.

Lord Jesus, transform me. Make Mass come alive for me. Make the words of the Bible penetrate my soul. Help me to forgive everyone that has hurt me in any way. I want to become aware of Your presence and power at all times and to cooperate with You. I want to be Your free, joyful, zealous, and grateful servant. Pour out Your Spirit upon me now. I ask for a personal Pentecost. Jesus, I ask You to immerse me in Your Holy Spirit. Jesus, I surrender; come, Holy Spirit.

Fifteen Ways In Which We Are Deceived Into Not Forgiving Others (Fifteen Blocks To Forgiveness)

[Material gleaned from Neal Lozano]

Jesus taught: "...forgive us our trespasses, as we forgive those who trespass against us..."

We fail to forgive because we...

1. **refuse** to forgive. [We choose to hold on to the anger and possibly a desire for revenge. In our hearts, we say, "I don't want to forgive." We hold a grudge.]

2. **lack faith** to forgive. [We believe that we cannot forgive and that the offense is unforgivable. We refuse to believe that all things are possible with God (see Mt 19:26).]

3. **lack awareness** of the need to forgive. [We either have no memory of the incident or we deny it.]

4. **minimize** the need to forgive. [We don't acknowledge our hurt, and the personal offense.]

5. **fear** forgiveness because we misunderstand it. [We believe that forgiveness will lower our defenses or make us vulnerable.]

-Notes: (a) Forgiveness means neither reconciliation nor condoning wrongdoing. Forgiveness involves one person only, plus the power of God. Reconciliation involves two people plus the power of God.

(b) Forgiveness is an act of the will, not a feeling. We decide to give up our right to the offense against us; we can acknowledge that the other did not fully know what he/she was doing.

6. fail to take **responsibility**. [We demand an apology or remorse, thereby shifting responsibility from us.]

-Notes: (a) Forgiveness is our responsibility until it is complete (see Mt 18:21-22).

(b) Continued unforgiveness gives an advantage to the enemy (see 2 Cor 2:10-11); it leads to depression.

7. **transfer** the offense to others. [The offender may represent a parent, teacher, coach, etc. This can become misplaced anger.]

8. **think we cannot forgive ourselves**. [We think we deserve "what we got." We have pride; e.g., "I should have known better." We focus on our sin. We are left in self-condemnation and self-bitterness.]

9. have a **poor self-identity**. [Our low self-esteem makes us weak and depressed, and keeps us from forgiving ourselves and/or others.]

-Note: We must remember that we are a child of God, a prince or a princess of the King. Our dignity comes from Him, not from what others think or the job we hold or the family we have.

10. are in bondage to **evil spirits**. [Evil spirits can deceive us into agreeing with them, playing on our imagination, senses, and our emotions.]

11. think we are **not ready**. ["Needing more time" can be an excuse to withhold ourselves from the process.]

-Notes: (a) We may need someone to listen to our story to give us a little "boost" to forgive.

(b) We must surrender to God's power in order to obey His command to forgive.

12. have **not accepted** the gift of forgiveness. [We are still trying to earn our salvation (see Mt 18:32-35) and cannot receive the Master's gift.]

13. think we have **already** forgiven.

-Note: We need to forgive from the heart (see Mt 18:35). Only God changes the heart; we make an act of the will in faith.

14. have **false expectations** about life. [We idealize life. When things don't go as we expect, we let disappointment block us from forgiving.]

-Note: Our past can be redeemed and changed.

15. have a **victim mentality**. [We can take on a victim mentality when we suffer abuse, injustice, or deception at the hands of one in authority. A victim mentality embraces helplessness and powerlessness. We (a) blame another, (b) believe we are owed, (c) wait for another to fix our problems, and/or (d) allow another's past misdeed to determine our present.]

-Notes: (a) Jesus was a victim, but He never took on a victim mentality. He laid down His own life (Jn 10:18). He always trusted in the Father. He knows our pain.

(b) Forgiveness requires us to give up our victim identity and accept who we are in Christ.

(c) Forgiveness allows us to take back our power, our life, and our rightful place as a child of God.

Stinkin' Thinkin' Patterns

Stinkin' thinkin' patterns get us into trouble. We can develop them in many ways and from various sources: (1) family tree, (2) response to traumatic experiences, (3) decisions to sin, (4) overreactions to hurts in life, (5) friends and acquaintances, (6) school, (7) media, (8) etc. Some statements from below may have been true initially or for a while (e.g., "I should have done something to stop it."), but it's time to stop repeating them in our minds and hearts, and to stop letting them determine our being.

Stinkin' thinkin' patterns are like chains that bind us. They are obstacles and blocks to God's love (directly from Him or through others). They act like curses—what we think is what we get. They are lies about God, ourselves, and others. Jesus wants to deliver us from them. If we act out of these negative thought patterns, we will not treat ourselves and others as God would. The truth is what sets us free!

After reading this page, you will see on the next page **Inner Vows**—more negative thought patterns.

Lie/Emotional Identification

1. **Abandonment.** "I am all alone. I have been overlooked. I will always be alone. They do not need me. I don't matter. No one even cares. They are not coming back. There is no one to protect me. God has forsaken me too. No one will believe me. I cannot trust anyone. I am afraid they won't come back."

2. **Shame.** "I am stupid/ignorant/an idiot. I should have known better. I should have done something to have stopped it from happening. I allowed it. I was a participant. It was my fault. I should have told someone. I knew what was going to happen, yet I stayed anyway. I felt pleasure, so I must have wanted it. It happened because of my looks, my gender, my body, etc. I should have stopped them. I did not try to run away. I deserved it. I am cheap like a slut. I kept doing it. I initiated it. I feel bad/dirty/shameful/sick/nasty."

3. **Fear.** "What if I fail? What if _____? [Look for 'what if's.'] I have to please everyone. I am going to die; he/she is going to hurt me. I do not know what to do. If I tell, they will come back and hurt me. If I trust, I will die. He/she/they are going to get me. It is just a matter of time before it happens again. If I let him/her/them into my life, they will hurt me too. Something bad will happen if I tell/stop it/confront it. Doom is just around the corner."

4. **Powerlessness.** "I cannot stop this sin. There is no way out. I am too weak to resist. The pain is too

great to bear. I cannot get away. I am going to die and I cannot do anything about it. He/she/they are too strong to resist; I cannot get away from them. I cannot get loose. I am overwhelmed. I don't know what to do. Everything is out of control. I am pulled from every direction. Not even God can help me. I am too small to do anything."

5. **Tainted.** "I am dirty/shameful/evil/perverted/etc. because of what happened to me (or what I did). My life is ruined. I will never feel clean again. Everyone can see my shame/filth/dirtiness/etc. I will always be hurt/damaged/broken because of what has happened. I will never be happy. I will always be unclean/filthy/etc. God could never want me after what has happened to me. My body parts are dirty. No one will ever really be able to love me."

6. **Invalidation.** "I am not loved/needed/wanted/cared for/important. They do not need me. I am worthless, have no value. I am unimportant. I was a mistake. I should have never been born. I am in the way, I am a burden. I was never liked by them because I was _____. God could never love or accept me. I could never be as _____ as she/he. I could never jump high enough to please him/her. I am not acceptable."

7. **Hopeless.** "It is never going to get any better. There is no way out. It will just happen again and again. I have no reason to live. There are no options for me. I just want to die. Nothing good will ever come of this."

8. **Confusion.** "I don't know what is happening to me. Everything is confusing. This does not make any sense. Why would they do this to me?"

9. **Selfishness/Entitlement.** [The "un-holy trinity"—me, myself, and I] "My mom and dad owe me. The world owes me. I am entitled to _____. I can do whatever I want. I have to be in control. The opinions of others don't matter. No one is going to tell me what to do (especially authority figures, including priests). I will always get my way. The world revolves around me. I will have the last word. If I don't like it, I will leave/quit. I deserve to be comfortable. I can be late anytime if I want. Someone else can do it. I cannot do this because (excuse). I don't have to be at church because I don't get anything out of it. Hypocrites go to church. It's my money; I don't have to give any to charity/church."

Sample Inner Vow List

Below are examples of inner vows. An inner vow is a negative judgment that usually includes the words “always” and/or “never.” They result from fear, a failure to forgive, and a decision not to live life fully. Again, they are stinkin’ thinkin’ patterns that chain us down and keep us from being free.

Some Inner Vows

1. **No one cares about me.** Vows: “I will never let anyone take care of me again. I will always be alone. I will never be good enough. I have to be perfect in order to be loved.”

2. **There’s nothing I can do about it.** Vows: “My opinions never matter. Authority will never protect me.”

3. **I can’t trust anyone.** Vows: “I will always take care of myself. I will never trust men/women. I will always have to do it on my own. I will be strong. I will never need anyone. I will never matter. People always go away.”

4. **Something must be wrong with me.** Vows: “I will never let anyone get close to me. I will never share my feelings again. I will never make mistakes. It’s always my fault. I am a mistake. No one will ever love me. I will never be good enough. I will always be alone. I will never get married. I will never have children.”

5. **All women are critical; all men are jerks.** Vows: “I will always take care of myself. Authority will never protect me. I never want to be like mom/dad. I will never raise my kids like _____. When I grow up, I will never _____. When I grow up, I will always _____. I will never be angry.”

6. **Life sucks.** Vows: “I will not feel anything. I will not remember the bad things. I will never belong. I will never cry. I will not care.”

7. **People are not safe.** Vows: “I will always be in control. I will never love anyone again. I will never let anyone hurt me that way again.”

8. **It’s not OK to be me.** Vows: “I never do anything right. I will never make a mistake. I can never exist. What I think will never matter. I will never be important. I will never be seen. I will never be wanted. I will never be good enough. I will never belong. I will always be on the outside looking in.”

9. **That’s just the way things are.** Vows: “I will never be able to change things. No one will give me what I need. I will never make her/him happy. I will never please mom/dad. Mom/dad always likes him/her best. I will never be included. I will never get to do what I want to do. Life is always unfair. It will always be my fault.”

10. **It is not safe to have feelings.** Vows: “I will never feel. I will never be aware of my feelings. I will never remember. I will never share my feelings with anyone again. I will never get angry. I will always be in control of myself.”

How to Break Stinkin’ Thinkin’ Patterns

Jesus wants to cut these chains off of us so that we can be free to grow and mature. We just need to ask Him. Here is an example of how to ask: “**In the name of Jesus Christ, and using my authority as His adopted child, I renounce ‘I will never be good enough’ and I break its power and cancel its effects.**”

John the Baptist said, “He must increase; I must decrease” (Jn 3:30). As an act of humility, we should let Jesus break the chains and increase in us.

God’s Word contains the truth. Here are a few references that counteract false thinking.

-Mt 20:28 (life of service).

-Mt 7:12 (treat others how you want to be treated).

-Mt 10:26-30 (do not be afraid).

-Lk 9:23 (pick up your cross and follow Jesus).

-Mt 5:1-16 (beatitudes; you are Jesus’ light in the world).

-Mt 28:20 (Jesus is with you until the end of time). -

Ps 27:10: “Even if my father and mother forsake me, the Lord will take me in.”

-1 Jn 4:7-8: “Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love.”

-Lk 9:59-62 (do not look back) plus Mt 6:33-34 (do not worry about the future) equals (must live in the present day).

-Mt 28:18-20 (go teach and make disciples and baptize for Jesus; get out of your “pity party” and move forward!).

-Phil 4:4-8 (rejoice, think of good things).

-Mother Teresa: “The Lord has called me to be faithful, not successful.”