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PODCAST EPISODE 37
Demonic Oppression or My Own Issues?
Part Two: Reviving a Crushed Spirit

PRAYER EXERCISE

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection. . .

1. We are a spirit. We have a soul. We live in a body. Created by God, all three parts of us need to be nourished, empowered, loved, matured, and known. Through trauma or lack of nourishment, especially in childhood, our spirits can become weak, imprisoned, crushed, disconnected, and withdrawn from life. Some symptoms to consider:

- a. Life seems blah, empty, depressing, or heavy.
- b. Feels like colors, music, and/or light are dim and muted.
- c. Sick often, slow to recover.
- d. Can sense others around you are enjoying life, but though you are there, you are separated and lonely.
- e. Difficulty remembering good times and finding hope for the future.
- f. Creativity is gone or difficult to access.
- g. Difficulty bouncing back when pain strikes.
- h. Difficulty connecting heart-to-heart with others.
- i. Focus is more on not getting caught than preventing sin.
- j. Cannot sense the presence of God.

2. Ask the Holy Spirit to show you where you:

- a. Made vows to disconnect from life, others, or God.
- b. Made vows not to need (ie. I don't need help. I don't need love. I don't need hugs, etc.)
- c. The lie or lies on which that vow (or vows) stand.
- d. LISTENING PRAYER – wait for His response.

Pray: Lord, thank You for Your love for me. Thank You for helping me today to recognize my heart's response to what happened in the past. I choose to forgive those who tempted me to believe lies and make the vows. I break agreement with these lies and

vows. I put them to death at the cross. I ask You now to demolish the stronghold that has kept my spirit disconnected and restricted. I ask You to heal and restore life to my crushed spirit. Reconnect me spirit, soul, and body the way You designed me. I receive Your perfect love in place of self-protection. Thank You for forgiving me and cleansing me from all the unrighteous ways these lies and vows have affected me. Cancel any assignment of the enemy that was made to keep me bound, in Jesus' name. Thank You that You, Jesus, are the Way, Truth and Life. Show me the way forward, into the truth, life, and purpose You created for me to walk in. I receive Your blessing on my identity—spirit, soul, and body. In the strong and powerful name of Jesus, amen.

3. To walk out healing your spirit, meditate on these scriptures:

- a. Psalm 34:18 – The Lord is close to the brokenhearted and saves those who are crushed in spirit.
- b. Proverbs 17:22 – A cheerful heart is good medicine, but a crushed spirit dries up the bones.
- c. Proverbs 18:14 – The human spirit can endure in sickness, but a crushed spirit who can bear?

4. Prayerfully consider making time to nurture and bring joy to your spirit through:

- a. The beauty of art and nature,
- b. Music and fellowship,
- c. Corporate worship,
- d. Fun, play, rest, and adventure.
- e. Protect your soul and spirit from movies, music, TV, video games, and other experiences that are defiling (immoral, violent, wicked, etc.). Nourish your spirit!

God loves you and wants to heal and restore life and joy to your spirit!

**If you have yet to call on Jesus as your Lord and Savior,
find a biblical explanation of the vital need and a prayer guide at
FearlessAndFreeCommunity.com/Saving-Faith**