

PERSONAL INVENTORY

Please use this tool before having inner healing prayer

SPIRITUAL HISTORY –*short answers are fine; use the back if necessary*

Describe your relationship to Jesus.

Describe who Jesus is and who He is to you.

Describe what eternal life means to you and what happens when you die.

Do you believe that Jesus is the Son of God? When did you first believe this?

Are you plagued with doubts concerning your salvation?

What is your relationship with other believers?

What is your relationship to a local church and its leadership?

Do you support a local church with your time, talent and treasure? If not, what is the reason?

NON-CHRISTIAN SPIRITUAL EXPERIENCES

Describe any spiritual experiences or influences that you have had apart from your Christian life. Also describe any experience that you know of that ancestors may have had. Following are some examples:

- Cults or any type or non-Christian religions:
- Occult practices such as tarot card reading or possessing objects involved in witchcraft, calling on dead spirits, being possessed by evil spirit, have spiritual guides, fascination with occult movies, or any involvement in Satan worship

- Practicing or receiving black or white magic, sorcery, witchcraft, fortune telling, divination or spiritualism, out-of-body experiences, horoscopes, palm reading, good luck charms, Dungeons and Dragons, Ouija boards
- Read or studied parapsychology, practiced yoga or Transcendental Meditation, member of secret order groups like Free Masons
- Sought healing through magic conjuration, charming, psychic healing, New Age medicine
- Worship of any other than the one true God

GENERATIONAL SINS AND CURSES

What sins are you aware of on both sides of your ancestry that may have been passed on to you? This includes thoughts, attitudes, motives, desires, and actions. It also includes habits, diseases, emotional and mental problems, and particular besetting sins that plague you and/or your family.

These could include: *circle or underline all that apply*

- | | | |
|---------------------------|--------------------------------------|---|
| • envy | • loneliness | • sexual immorality |
| • jealousy | • isolation | • gossip |
| • excessive computer play | • frequent tardiness | • vindictiveness |
| • being argumentative | • laziness | • lust |
| • depression | • apathy | • sexual abuse |
| • anxiety | • violence | • homosexuality |
| • seductive behavior | • alcohol | • criminal acts |
| • obsessive indulgences | • illegal or prescription drug abuse | • incest |
| • using foul language | • anger | • bestiality |
| • lying | • rages | • shoplifting |
| • telephone/internet sex | • being critical | • gambling |
| | • perfectionism | • physical, verbal, mental or spiritual abuse |
| | • pornography | |

Have tragedies or negative situations been repetitive in your family? *List these under each side of the family.*

Examples are:

- poverty
- divorce
- joblessness
- fire
- untimely death
- murder
- imprisonments
- adultery
- family estrangements
- abandonment
- rejection
- molestation
- rape
- financial crises
- bankruptcy
- etc.

| Father's Side | Mother's Side |
|---------------|---------------|
| | |

RELATIONSHIPS AND SOUL TIES

There are Godly covenant relationships or soul ties and ungodly relationships or soul ties. An ungodly soul tie would be an unhealthy relationship that is dominating, controlling, manipulating, co-dependent, sexual outside of marriage including sexual abuse or Satanic covenants. Any relationship that took precedent over God or involved violence, control or fear would be ungodly and could create an ungodly soul tie.

Consider any close relationships including your parents, grandparents, siblings, other family members, friends, bosses, teachers, coaches, pastors, and leaders.

NEGATIVE EXPECTATIONS OR BELIEFS

Negative expectations are ungodly beliefs or systems of belief that become established in your heart. It may be a belief or expectation against you, others, authorities, institutions or God. Most of these are on an unconscious level so you are generally not aware that you are holding them. In fact, they seem like 'truth' to you. (Ex. "If I don't take care for myself, no one else is going to"; "All the men in my family have a bad temper; so do I and I can't help it") Yet these beliefs are sin and need to be repented of and replaced with God's truth in order to walk in freedom.

Questions for discovering the need to replace negative expectations with faith:

Lord, what beliefs do I hold that do not line up with your truth? What negative confessions come out of my mouth or are in my heart? What expectations rob me of love, joy and peace, and what negative emotions trigger these beliefs?

- Negative beliefs activate the Law of Faith in reverse. Matthew 9:29 "According to your faith let it be to you."
- Negative beliefs activate the Law of Judgment, Matthew 7:2 "For with what judgment you judge, you will be judged", Exodus 20:12 "Honor your father and your mother, that your days will be long". NKJV
- Negative beliefs activate the Law of Sowing and Reaping. Galatians 6:7 "for whatever a man sows, that he will also reap." NKJV
- Negative beliefs activate the Law of Multiplication. Hosea 8:7 "They sow the wind, and reap the whirlwind" NKJV

Negative beliefs you are aware of: *Pray and ask the Lord to help you list all that come to mind*

INNER VOWS

Inner vows are the promises or statements one makes as a result of a negative expectation or belief. Your agreement with the belief or lie empowers it to be accomplished in your life. Questions for discovering the need to renounce inner vows:

- Lord, what do I promise I will or won't do?
- What do I promise about others or me?
- Look for phrases including the words "always" or "never". These sins carry the same Laws of repercussion as stated in the section above.

Pray to be aware of any inner vows you have made and list them below

TRAUMATIC NEGATIVE PICTURES IN OUR MIND

God desires to heal our hearts and minds of traumatic events in our lives. We are not talking about making up a scene or vision but as we visit a traumatic event God can show us His view of the event and heal our hearts with His loving presence.

Answer the questions below for discovering the need to heal traumatic or negative pictures:

- Lord, what negative pictures are in my mind?
- Lord, what traumatic pictures have I tried to block out?
- Lord, what negative pictures come up in my dreams?

WORD CURSES

Word curses are sinful negative words or confessions, which have been spoken over you by others or by you, which have actually cursed you. These sins need to be confessed, repented of and renounced to restore you to all of God's blessings.

Prov. 18:21 "Death and life are in the tongue".

Examples: "You will never change, or be successful or acceptable." "I'll always be fat, lazy, dumb, sick, last or a loser". Consider any negative nicknames.

List any statements you suspect as a word curses:

THE POWERS AND PRINCIPALITIES OF DARKNESS/ DEMONS

We live in a spiritual world. (see I John 5:19, I John 3:8) The Spirit of God is present and active and so are the powers and principalities of Satan. Even though Satan is defeated, he still rules this world through a hierarchy of demons who tempt, accuse and deceive those who are naïve, who deny Satan's role in the world, who fail to put on the armor of God, stand firm in their faith and take every thought captive to the obedience of Christ. Our sanctuary and strength is our identity and our position in Christ as a son in the family of God, and in Him we have all the protection we need. If we fail to assume our responsibility and activate the power that Jesus has granted us by shedding his blood for us, then we suffer the consequences. This happens first when we are unaware. As we become wise about the enemy's ways, then we must learn to appropriate the power Christ has provided. This information is from Neil Anderson's "The Steps to Freedom in Christ: A Step-By Step Guide to Help You", pages 3-4. Some is directly quoted, some is edited for brevity and additions have been made to summarize the activity of the realm of darkness and the importance of the Holy Spirit in our lives.

Demons attach themselves to sin—sins committed against us and committed by us. When the roots of sin are removed by confession, repentance, forgiveness and acceptance of the cleansing blood of Jesus, the demons attached to those sins have to flee. The goal is to displace darkness with the light of God in our lives.

List answers to the questions below to discover the need for deliverance:

- Lord, what compulsive pressures are within me?

- Lord what sins can I not defeat?

- Lord, what stumbling blocks occur over and over?

Most of the content of this inventory was taken from “Prayers That Heal The Heart” by Mark and Patti Virkler