

# Maintaining Your Freedom & Healing (Wilmington Healing Center)

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**1. “Go, and sin no more”** (John 8:11): Being repentant means that we have sorrow for wrongdoing and a desire to live in the Lord’s righteousness; **we choose** to stop doing what we understand is wrong before God and **we choose to do that which is right in His sight**. As

Colossians 3:2 advises, *“Set your affection on things above, not on things on the earth.”* We take a new path and we remember our former sins (and way of life) no more (as Paul also determined in Phil. 3:13-14). We remember and value the fact that God has forgiven us. We become, *“Rooted and built up in him, and established in the faith ...”* (as counseled in Col. 2:7).

**2. Keep short accounts of sin:** We are to be obedient and not sin, but if we do sin, we need to bring that sin immediately before the Lord in confession and repentance. Even if you stumble, don’t stay down; get right back up and continue to walk in the Lord (1 John 1:5, 9 and 2:1). Following Christ means choosing to be obedient to His teachings.

**3. Share your testimony of healing:** Sharing your testimony of healing will help your faith grow and will keep you focused on Jesus; you will be a blessing and witness to others.

**4. Be aware of your thought life:** The battle between good and evil begins in the mind. You do not have to accept evil or wrong thoughts. *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God”* (Rom. 12:2). If the onslaught of evil thoughts continues to be a problem, it is better to say, “God, I don’t want this thought,” than it is to rebuke the devil and give him any attention. Remember, *“Resist the devil, and he will flee from you”* (Jas. 4:7). Just because a delivery man (Satan) brings a package to the door (of your mind) with your name on it, doesn’t mean you have to accept it. Keep your eyes and ears open for all the sneaky (little and big) traps the devil will be leaving around for you. Then cast *“all your care upon him....”* (1 Pet. 5:7), your Heavenly Father, and He will immediately answer to give you victory.

**5. Fill your mind and spirit with positive thoughts of Jesus:** Philippians 2:5 admonishes us, *“Let this mind be in you, which was also in Christ Jesus....”* In prayer, gratefully confess the positive areas in which you have received freedom. Listen to nurturing Christian music and hymns. Be reminded, *“Finally, brethren, whatsoever things are true, whatsoever things are honest, ... just, ... pure, ... lovely, ... of good report; if there be any virtue, and if there be any praise, think on these things”* (Phil. 4:8).

**6. Pray every day:** Prayer is the best defense against darkness. At all times, maintain open communication with God. Allow for quiet time (to *“be still”*) to listen for His voice (John 15:7, 1 Cor. 14:14, 1 Thes. 5:17).

**7. Read the Bible and daily devotionals:** The good spirit in you needs daily spiritual nourishment. If you don’t feed your spirit appropriately, it will get sick. If you were physically sick but were not hungry for physical food, a doctor would force-feed you, if necessary, to save your life. Although you may not be hungry for spiritual food, you must also “force-feed” yourself with nourishing spiritual food in order to save your spiritual life. Read the encouraging testimonies of others and the uplifting biographies of the

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lives of former heroes of the faith; engage in activities that build up and stimulate positive growth and development.

**8. Praise the Lord in all circumstances:** *“Rejoice in the Lord always, again I say rejoice.”* Embody the law of gratitude (Phil. 4:6-7). The words of our mouth invite either Jesus or darkness. Refrain from complaining, murmuring, muttering, grumbling, finding fault, or making judgments, all of which sow seeds of darkness. Paul recommends and informs us: ***“In everything give thanks: for this is the will of God in Christ Jesus concerning you”*** (1 Thes. 5:18).

**9. Learn to stand firm (by faith) on the promises of Jesus Christ:** Read and study the Bible to discover what His promises are—**appropriate and proclaim them** as your own.

**10. Find a church fellowship and become involved:** Attend regularly. Develop or join a support group that will hold you accountable and will pray with and for you. Beware of thinking that you don’t need others and can make it on your own.

**11. Participate in the sacraments as often as possible:** In preparation for Communion, follow the scriptural admonition to **examine yourself** (1 Cor. 11:27-32). If you falter, confess and repent, then go to the Communion table in celebration. Call for the elders when you are sick: *“Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord”* (Jas. 5:14).

**12. Find a Christian spiritual mentor:** Ask an experienced mentor to guide you (as a spiritual director) in your spiritual walk and submit to their leadership and counsel.

**13. Seek to be filled with the Holy Spirit:** Yield to the Holy Spirit. You have heard Him speak to you as you received healing. He will speak to you again on a regular basis if you ask and prepare.

**14. Discover your spiritual gifts and your place of service within the body:** Ask the Holy Spirit to guide you and to empower you, shaping you for effective service. Then commit to serve.

**15. “Put on the whole armor of God” every day:** As an added covering, clothe yourself with the armor spoken of in Eph. 6:10-18.

**16. Commit all your thoughts, desires, and plans to the Lord Jesus:** If you do, He will guide you continuously and you will be humbled by the generous and blessed things He reveals to you and does for you. He has promised to make you like a watered garden and a constant spring of water. In trusting Him, depending upon Him, and acknowledging Him in all things, He shall *“direct thy paths”* (Prov. 3:5-6).

**17. Walk in forgiveness as a lifestyle:** Quick forgiveness is important.

**18. Make restitution if you should:** If you cheated some, repay him. If you should apologize to someone do so. If you need to ask forgiveness, ask it.

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**19. Rebuild Godly Strongholds** – Once demonic strongholds have been removed, encourage the seeker to replace or rebuild Godly strongholds in their place. If there has been bitterness, it needs to be replaced with compassion. If there has been fear, it needs to be replaced with trust and peace.