

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.”

Recall the Our Father: “Forgive us our trespasses, as we forgive those who trespass against us.”

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. **Underline** the person you need to forgive. **Circle** the names of anyone that was involved in witchcraft, the occult, or Freemasonry.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 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.

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.

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 5.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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, and _____, _____, _____, 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.

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 “freemasonry exposed john salza.”
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. The ink can be cursed. The tattoo artist can curse.)

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, and _____, _____, _____, and with the sword of the Holy Spirit, I sever these ties with (say all the names of the people from pages 1 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.]

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, 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>.]