



# Post Inner Healing: Daily Prayer & Freedom Guide

## Your Identity in Christ

Long before the world was created, God chose you, loved you, and called you His own. Through Jesus, you have been adopted into His family, filled with His Spirit, and marked as His masterpiece (Ephesians 1:4–5, 13–14; Ephesians 2:10).

This is your foundation:

- You belong to God
- You are fully loved
- You are being made new
- You have a future filled with hope (Jeremiah 29:11)

**Freedom isn't something you earn—it's a gift Jesus already paid for. Now, you get to walk it out daily.**

## Walking in Freedom—Every Day

Your healing journey didn't end in your session—it continues as a daily walk with the Holy Spirit.

God invites your partnership as He:

- Restores what was lost
- Strengthens areas that were weak
- Replaces frustration with purpose
- Leads you into deeper freedom and victory

Just as salvation leads to discipleship, freedom leads to intentional, daily growth.

# 16 Principles to Help You Stay Free

## 1. Speak Your Freedom

Confess what God has done with gratitude. Don't give space to negative thoughts—replace them with truth.

***Read Romans 10:9–10***

## 2. Start Each Day with Trust

Choose to rely on God's power—not your feelings.

***Read Galatians 3:3***

## 3. Keep Moving Forward

Your past is behind you. Don't revisit it—press ahead in faith.

***Read Philippians 3:13–14***

## 4. Recognize the Enemy's Lies

The enemy lies—that's what he does. Stand firm in truth and resist him.

***Read John 8:44, James 4:7–8***

## 5. Use Your Authority in Christ

Speak the name of Jesus. Stand on His finished work. You are no longer condemned.

***Read Revelation 12:11, Romans 8:1***

## 6. Turn Quickly from Sin

Don't entertain sin. When you stumble, confess and receive God's cleansing immediately.

***Read 1 John 1:9***

## 7. Surrender Daily

Invite the Holy Spirit to lead your thoughts, emotions, and choices each day.

***Read Romans 12:1–2, Ephesians 5:18***

## **8. Stay Rooted in God's Word**

Make time—even in small moments—to read, reflect, and absorb Scripture.

***Read Joshua 1:8, Colossians 3:16***

## **9. Put on Your Spiritual Armor**

Be intentional about covering yourself in truth, righteousness, faith, and prayer.

***Read Ephesians 6:10–18***

## **10. Stay Alert & Ask for Help**

When temptation comes, don't fight alone—call on God immediately.

***Read James 4:7–8***

## **11. Fix Your Mind on What Matters**

Focus your thoughts on what honors Christ—and victory will follow.

***Read Colossians 3:1–3***

## **12. Don't Walk Alone**

You were never meant to do life by yourself. Stay connected to God and others.

***Read John 15:5, Hebrews 13:5***

## **13. Choose Healthy Relationships**

Surround yourself with people and influences that draw you closer to Jesus.

***Read Philippians 4:8, James 4:4***

## **14. Guard Your Heart & Mind**

Let go of negativity, comparison, and old patterns. Choose faith over feelings.

***Read Galatians 5:19–21, 26***

## **15. Live with Gratitude**

Praise shifts your perspective. Thank God daily for His goodness.

***Read Psalm 103:6***

## **16. Receive from the Spirit**

The Holy Spirit fills you with love, joy, peace, and more—receive what He freely gives. ***Read Galatians 5:22–23***

### **Final Encouragement**

Freedom is sustained through daily surrender and obedience. As you stay rooted in God’s Word and submitted to Jesus, your freedom will not only remain—it will grow. **God is still restoring, still renewing, and still writing your story. And He’s really good at finishing what He starts.**