

Covenant

Spiritual Roots

Course SR 202 – How Do I Embrace His Ways

Lesson 4 Text

A practical example of the 7Rs:

1. Recognition- I see that I have judged my father and made a vow never to be angry and yell the way he has done.

2. Remorse- I have judged my father and I have ended up being angry in the very same ways as him and am really disappointed.

3. Resolve- I take this judgment and vow to the cross and release it to you Father. I am committed to quit making judgments and allowing my pride and anger to dominate me.

4. Reconciliation- Lord please forgive me for judging my father's anger and my vow not to be like him.

5. Renounce- I renounce the vow that I will never be like him. Now I command that religious spirit that I have entertained to leave in the name of Jesus.

6. Recite- Matthew 7:1 states, "Do not judge lest you be judged." So I will not judge others. Thank you for giving me revelation so I could repent and reverse this judgment and vow I made.

7. Rejoice-I now receive Your grace, patience, mercy, and peace because You have released this judgment I had set in motion.

If there is difficulty getting past one of the steps, here are some suggestions to help you or a person you are praying with:

When you help others during this time of prayer you might have to teach or counsel them in areas of thinking that may be set or stuck. For instance, if it's difficult for them to recognize and take responsibility for their own part, then as a prayer counselor you may need to help them take ownership and recognize the amount of blame that is occurring. Forgiveness is another place to help them realize they do not have to forget what happened. They can grab hold of the coat tails of Jesus as He initiates forgiveness, and they can because He goes first. One may need to also know that setting appropriate boundaries is ok, especially when safety is a concern. Restitution is necessary before any trust can occur on the part of the one wounded. Some teaching regarding the covenant exchange process may be necessary to help them realize it is not so much about us changing our self as it is exchanging natures, character, and names with Him. As time goes by and there is minimal change, discussing true godly sorrow versus remorse for getting caught in sin may help. Sometimes counsel, encouragement, and talking to others who have been victorious in changing self-defeating habits may be helpful. Meeting with others who are skilled in recognizing mental strongholds, areas of wounding, and who can provide God's healing is certainly valuable. This process of the 7Rs is a form of going to the cross daily, working out our salvation through daily self-deliverance and receiving His resurrection life and power.

When leading a person in prayer, have them to ask the Lord if there is any negative emotion, person, memory, behavior, sin, hurt, picture or vision of someone or something that God may be highlighting. This will start the 7Rs at the first level of recognition.