

## **Five Steps to Support Your Better Forever Life**

**After receiving Jesus as Lord, you'll want new routines to keep the Holy Spirit IN and evil spirits OUT.**

**These steps will get you started. Read them often and out loud.**

### **1. MORNING PRAYER**

**Thank you, Jesus, for my perfect new spirit.**

**Keep me connected today, and turn me from every thought, word, or action that dishonors you. Fill me with your perfect faith, wisdom, courage, and power. Fill me with your perfect love, joy, prosperity, and peace, and give me health and healing.**

**I believe in your awesome goodness and gratefully receive it. In Jesus' name.**

**AMEN.**

**"If anyone is in Christ they are a new creation, the old has gone, the new has come". (2 Cor. 5:17)**

### **2. THANK YOU, JESUS**

**Some people spend hours dwelling on negative and hurtful thoughts and rants brought on by evil spirits. These disconnect us from God and open the door to negative emotions and actions we often regret later.**

**Monitor your thoughts every day and interrupt the negative ones quickly with a "Thank you, Jesus." Then, thank Jesus for anything you can think of. Thank him for the big stuff, the little stuff, any stuff.**

**Don't miss this; it can be serious or silly, it's OK. Replacing negative and hurtful thoughts with positive and productive "thank you's" will reconnect you to God and make you feel better. I'll do it often several times a day and keep it upbeat.**

**So, redirect, reconnect, and stay rooted in God's love, joy, prosperity and peace.**

**“I give you power to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you”. (Jesus, Luke 10:19. NKJV)**

### **3. REPENT AND RESTORE**

**If sinful thoughts lead to sinful actions, quickly confess and repent, which means to turn away. Say, “Lord, I confess to my sin of \_\_\_ and I repent. May I never do it again. In Jesus’ name. Amen”!**

**Repentance is a change of mind and change of action. It is a necessary part of salvation, and God commands everyone to repent. Consequences of not repenting are serious. They include:**

- **God’s judgement. God will judge those with unrepentant sins, and may bring sickness and weakness into their lives**
- **Separation from God. Unrepentant sinners are cut off from God’s blessings and restoring grace.**
- **Untimely death: God may take the life of an unrepentant believer.**
- **Broken fellowship: Unrepentant sinners break fellowship with other believers.**

**→ Never go to bed with un-repented sin. ←**

**“If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness”. (1 John 1:9 NKJV)**

### **4. OUT WITH THE BAD**

**Repeat the following often: Today and every day, I reject lust, perversion, immorality, uncleanness, impurity, and sexual sin.**

**I reject addiction to drugs, alcohol, tobacco, or any other substance that can hurt me.**

**I reject all people who physically and mentally abuse me, discourage me, insult me, cause me to fail, or go against God.**

**I reject hatred, anger, resentment, revenge, unforgiveness, and bitterness.**

**I reject pride, arrogance, ego, and disobedience.**

**I reject fear, unbelief, and doubt.**

**I reject envy and jealousy.**

**I reject negative thinking, rants, and profanity.**

**I reject disease, disorders and stress.**

**I claim victory over all these, and replace them with the Holy Spirit's love, joy, prosperity, and peace. In Jesus' name. AMEN!**

**“Resist the devil, and he will flee from you”.  
(James 4:7 KJV)**

## **5. A CHILD OF GOD**

**I am a child  
of the Most High God.  
Because He loves me, I love  
and respect myself and others.  
I feel good and take care  
of my body and mind.  
I have confidence and courage.  
I trust God completely in  
all things, and know my forever  
home in Heaven is secure.  
I thank Jesus for everything.  
Because of Him,  
I walk in the Spirit,  
and I am blessed!**

