

Remaining Free From Your Past

No matter how great you have imagined your life to be, God's plans for you are greater. The Scriptures make it abundantly clear that you are invited to live inside God's unlimited Kingdom of Heaven now, before you leave this earth. Hallelujah! Jesus is not just the Savior Who brings you to Heaven when you die; He is the One Who ushers you into Heaven now! The simple act of trusting and following Jesus into your future is what will empower you to remain free from your past.

Your future in Christ involves living inside the Kingdom of Heaven with the Creator of the Universe for eternity. Jesus said:

“And if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am.” John 14:3

The good news is that your place with Jesus in God's Kingdom is ready now, so your future can begin today. God is calling you to come up higher where He is. There are riches and truths in Heaven that you need to draw on in order to fulfill your divine destiny. So, how do you begin? Remember, God's Kingdom is located within you, which means you're going to have to activate your imagination and faith to get there. Jesus said:

“...The kingdom of God does not come with your careful observation, nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is within you.” Luke 17:20-21

Jesus has completed every requirement needed to bring you right into His Father's throne room in Heaven. Beware of any teachings that make accessing God or His Kingdom seem like something you have to earn by doing good deeds. After you receive Jesus as your Savior, you simply enter Heaven by taking a giant leap of faith, in the same way a child begins a game of “pretend”.

“I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it.” Mark 10:15

Just imagine God's Kingdom as it is described in His Word. Then believe that the impressions that come to you, regarding the Lord, and your heavenly position in Christ are real. No matter how faint or vague God's Kingdom first appears, faith and a persistent focus will cause it to grow more tangible. Jesus said:

"The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all your seeds, **yet when it grows**, it is the largest of garden plants and becomes a tree, so that the birds of the air come and perch in its branches." Matthew 13:31-32

THE REALITY OF HEAVEN

Jesus literally bought you out of the devil's kingdom, so He could set your spirit free inside a superior reality, far from oppression, where you will thrive. But it is your choice whether your soul (mind, will, and emotions) will follow your spirit, or stay wrapped up in this fallen world. This is one of the most radical aspects of Christianity. Every day you must choose to make the alternative reality of God's Kingdom your focus.

“You who have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.” Colossians 3:1

It may sound crazy to think you can choose to live in an alternative reality. But the fact is every human being constructs his own idea of reality based on what he believes. There are people who have died unnecessarily because they believed they were suffocating, when, in fact, they had adequate oxygen available to them. Science has confirmed that your physical body will conform on a cellular level to whatever reality your mind (soul) determines to be true. So, you might as well choose to live in the most sublime reality of all.

Everything about God's Kingdom is superior to this fallen world. Heaven is where life, love, and creativity originate and abound, and there is no fear, poverty, or sickness there. Once inside His Kingdom, God's Spirit will fill you with peace and joy and inspire you to make righteous choices.

“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.” Romans 14:17

God's Word promises that those who seek His Kingdom will live a blessed life on earth.

“But seek first His Kingdom and His righteousness, and all these things will be given to you as well.” Matthew 6:33

The Creator of the Universe wants to meet with you regularly in His throne room, so He can love and direct you into your destiny.

“Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Hebrews 4:16

Your life is meant to be an exciting adventure with God. He has brilliant plans, ideas, perspectives, blue prints, strategies, and so much more for you.

“I will give you the treasures of darkness, riches stored in secret places, so that you may know that I am the LORD, the God of Israel, who summons you by name.” Isaiah 45:3

Those who don't seek God's kingdom and His righteousness, end up forfeiting their potential to be part of what God is doing on the earth. It is very common for people, Christians included, to seek their own gain first and waste their lives on pursuits that amount to nothing eternally. The Scriptures say:

“Unless the LORD builds the house, its builders labor in vain.” Psalm 127:1

Unfortunately, it is difficult for independent or successful people, who are excelling in the world, to embrace Christ’s call to follow Him into an alternative, unknown reality. The Lord said it best:

“It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” Mark 10:25

However, once you understand how real and how superior God and His kingdom are, you will see the wisdom of embracing His call to come up higher, regardless of what it may cost you. Because even though it is accessed through your imagination, God’s Kingdom is more real than anything you can see with your natural eyes, because it is eternal.

“So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.” 2 Corinthians 3:18

Jesus demonstrated the reality of Heaven everywhere He went by raising the dead, cleansing the lepers, and casting out demons. Bill Johnson, of Bethel Church in Redding, California, says Jesus simply released the superior reality of God’s Kingdom into inferior realities in this fallen world. God is now inviting you to do the same. He wants to release His Kingdom through you. Remember Jesus taught us to pray:

“...Your Kingdom come. Your will be done. On earth as it is in Heaven.”
Matthew 6:10

GOD’S KINGDOM IS AT HAND

Hopefully, you have spent the last eight chapters of this workbook allowing the Holy Spirit to dismantle the wall of wrong beliefs distancing you from God. In order to get that wall down, you most likely had to revisit painful memories to uncover the lies in your belief system. A time of retrospection and repentance was necessary in order to renew your mind and bring your heart into alignment with God’s truth.

“Repent, for the kingdom of heaven is near.” ...’Prepare the way for the Lord, make straight paths for him.” Matthew 3:1-3

Now that you’ve prepared the way, it’s time to let God’s glorious Kingdom flow through your spirit and into your soul (your mind, will, and emotions). The Bible says:

“Lift up your heads, O you gates; lift them up, you ancient doors that the King of glory may come in.” Psalm 24:9

CULTIVATE THE KINGDOM IN YOUR LIFE

So, what activities should you focus on in order to remain free and live in the blessing zone of God’s Kingdom? Scripture says Jesus’ early followers dedicated themselves to four things:

“They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer.” Acts 2:42

The final exercises in this workbook are designed to help you understand and incorporate these same four activities in your life:

1. Reading and studying God's Word,
2. Fellowshiping with committed believers,
3. Incorporating the Lord's Communion Meal in your life, and
4. Communicating with God through prayer.

As long as you continue to follow Jesus into your future, the bondages of your past will remain behind you. The Psalmist writes:

“Better is one day in Your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.”
Psalm 84:10

God graciously lets you choose whether you live abundantly inside His Kingdom, or remain a slave to the futility and oppression of this fallen world. I pray you will continue to make the radical choice for Christ, and receive the rich blessings God has for you now and forever.

“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us **in the heavenly realms** with every spiritual blessing in Christ.” Ephesians 1:3

PRAYER – Lord, thank You for preparing a place for me in Your Kingdom. I am so grateful that You have already clothed me in Your righteousness, and seated me in Heavenly places (Ephesians 1:2). I pray for the grace and wisdom to cultivate Your Kingdom in my life, until it becomes more true to me than this fallen world. I know it is Your Kingdom perspective that will allow me to live victoriously and remain free from my past. In Jesus name, I pray. Amen.

ACTIVITY #1 - READING GOD'S WORD

The first activity to which the early church was committed was attending to the Apostle's doctrines. In today's terms that means reading and studying the Word of God. I pray you will develop a sincere love for searching through the treasure of God's Word to find your true identity in Christ. Transformation will come as you allow the Word of God to wash away your old identity and reveal how perfectly whole and well Christ has already made you.

“Do not be conformed any longer to the pattern of this world, but be transformed by the renewing of your mind.” Romans 12:2

In the first chapter of this workbook, you learned that the wall between you and God's Kingdom is made up of the lies in your belief system that don't line up with His Word. The more you read God's Word, the more lies you will most likely discover about yourself. Every time you find a lie, all you have to do is simply renounce it and replace it with the truth of who God says you are. You have to agree with God first, no matter how different things appear. Agreeing with God brings transformation and freedom. Jesus said:

“They shall know the truth and the truth will set them free.” Romans 14:17

God's Word is a continuous revelation of your inheritance in Christ. Jesus is desperate for you to believe and receive all that He died to give you. He doesn't want you to miss a single blessing. That's why you must know the Scriptures. The more you read God's Word, the more faith and determination you'll have to contend for His promises.

“So then faith comes by hearing, and hearing by the word of God.”
Romans 10:17

According to God's Word, name three things you have inherited as a new creation in Christ. (Hint: Each chapter of this workbook has a section called “Inheritance Alert”).

Ask the Holy Spirit how and when He wants you to incorporate regular reading and studying of The Scriptures into your life.

Prayer: Lord, help me to renew my mind daily by reading Your Word, and focusing on my new identity in Christ and the reality of Heaven. I ask You to increase my hunger for Your Word, and to give me greater levels of understanding as I study the Scriptures. I want to be more moved by the truth of Your Word, than by any circumstance going on around me. In Jesus' name, I pray. Amen.

ACTIVITY #2 - GATHERING TOGETHER REGULARLY

The second activity to which the early church was committed was meeting together regularly. It is no small thing to discipline your mind to operate from an alternative reality. That is why you need to hang out with other believers who are also focusing on God's Kingdom and their new identities in Christ. The dictionary defines culture as "A group of people whose shared beliefs and practices identify the particular place, class, or time to which they belong." Immersing yourself in a Kingdom "culture," with a community of believers, will provide the powerful support you need to believe God. The Bible actually commands us not to forsake assembling together:

"And let us consider how we may spur one another on toward love and good deeds. **Let us not give up meeting together**, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching." Hebrews 10:24-25

Are you sharing your life with other Christians? Are you a member of a good church? Ask the Holy Spirit how He wants you to create, or immerse yourself in a "Kingdom" culture in your area?

When you join with other Christians to advance God's Kingdom purposes, be on guard for spiritual warfare designed to destroy your relationships. Whenever you sense the urge to reject another brother or sister in Christ, pray and ask God for wisdom and guidance as to how to handle the conflict. The Bible says:

"Blessed are the peacemakers, for they will be called sons of God." Matthew 5:9

Don't let pride block you from hearing God. Stay humble and focused on Him during times of conflict. God may want to use a challenging personality or difficult circumstance to reveal something that He wants **you to release** (i.e.: a bitter root judgment, an inner vow, ungodly soul tie, unforgiveness, etc.).

Ask the Holy Spirit if there are any Christians you have rejected with whom God wants you to reconnect.

Prayer: Lord, I know it is Your will for me to be in fellowship with other Christians. I pray for the grace to refuse rejection and offense as we work together to advance your Kingdom. Help me to walk in forgiveness, and to stay focused on You when conflicts arise. In Jesus' name, I pray. Amen.

ACTIVITY #3 – TAKING COMMUNION

The third activity to which the early church was committed was taking communion. Jesus gave a clear explanation why His followers should do this. He said:

“...I am the living bread that came down from heaven. If anyone eats of this bread, he will live. This bread is my flesh, which I will give for the life of the world.” ... Jesus said to them, “I tell you the truth, **unless you eat the flesh of the Son of Man and drink his blood; you have no life in you.** Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. **For my flesh is real food and my blood is real drink.**” John 6:48-55

The Lord’s Supper is one of the most mystical aspects of Christianity. Some Christians believe that when you take communion you are supernaturally eating the real body and blood of Jesus, and others believe it is only a symbol. The Bible clearly supports BOTH interpretations, so if you have only thought of communion one way, and are open to a wider understanding, than ask the Holy Spirit to give you a new revelation about the Lord’s body and blood.

Joseph Prince of New Creation Church in Singapore describes communion as God’s delivery system for your health and wholeness. He points out that eating a small piece of bread and drinking a sip of wine or juice may seem like an inconsequential action, but remember, it was one simple act of eating from the wrong tree in rebellion that brought sin and death into the world. Could it be that God would implement another simple act of eating in faith from the right tree, the Tree of Life, which is Jesus, to actually reverse the curse and release life into your body and soul?

Two thousand years ago, Jesus bore every sin and torment that hell possessed so you could be completely set free. There are two basic elements to the communion meal; the body and the blood of Jesus. Each element represents a specific victory Christ achieved for you at the cross. The element of His body represents the Lord’s provision for your physical healing. The Bible says Jesus bore your infirmities and your diseases and by His stripes (scourging at the cross) you are healed (Isaiah 53:5). The element of His blood (the wine) represents His atonement for your sins (Matthew 26:28). The communion meal is broken into two elements so you can make a distinction between the two victories Jesus achieved. God wants you to remember the fullness of what He accomplished. So you can boldly proclaim to the spirit world, both your physical healing, as well as your eternal salvation, every time you eat the Lord’s Supper.

“On the same night in which He was betrayed He took bread; and when He had given thanks, He broke it and said, “Take, eat; this is My body which is broken for you; **do this in remembrance of Me.**” In the same manner, He also took the cup after supper, saying, “This cup is the new covenant in My blood. **This do, as often as you drink it, in remembrance of Me.**” For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.”

1 Corinthians 11:23-26

The Lord also says taking communion is how you abide in Him.

“He who eats My flesh and drinks My blood **abides in Me**, and I in him.”
John 6:56

The Bible does not say you must take communion with a priest or an ordained minister. Jesus simply instructed His followers to do it. You should take it as often as you need to receive His life, and to renew your faith in the power of the finished work of the cross. Don't miss out on God's communion blessing just because you don't have unleavened bread and/or wine or grape juice on hand. God will sanctify whatever two elements you bring to Him in faith as the Lord's body and blood supernaturally. Hallelujah!

HOW TO TAKE COMMUNION - Present your two elements of bread and wine to the Lord. Ask Him to sanctify them as the body and blood of Jesus. Lift up the element of bread. Take a moment to focus on the significance of the Lord's body given for your healing. Below are other thoughts for you to focus on as you partake.

- Proclaim to the spirit world that Jesus' bodily sacrifice on the cross paid for your release from every sickness and infirmity.
- If you are sick, picture Jesus carrying your affliction or oppression for you at the cross.

“Surely he took up our infirmities and carried our sorrows.” Isaiah 53:4

“But he was pierced for our transgressions, he was crushed for our iniquities; and **by his wounds we are healed.**” Isaiah 53:5

Now, lift up the element of wine and pray as you feel led by the Holy Spirit. Below are more ideas for you to focus on as you drink His blood:

- Look at Jesus and thank Him for his sinless blood that washes you clean of all unrighteousness, guilt and condemnation for eternity.

“This is my blood of the covenant, which is poured out for many for the forgiveness of sins.” Matthew 26:28

“Therefore there is now no condemnation for those who are in Christ Jesus.”
Romans 8:1

- If you are struggling with a particular sin, picture the evil spirit behind that sin permeating Jesus on the cross, and therefore having no legal right to infest you any longer.
- Picture the fire of God's judgment coming down on Jesus so it would pass over you.

“...The punishment that brought us peace was upon him.” Isaiah 53:5

Ask the Holy Spirit how He wants you to incorporate the taking of the Lord's Supper into your life.

Inheritance Alert – THE LIGHT OF GOD

Simeon prophesied that Jesus would be “a light of revelation to all the peoples” (Luke 2:32). Years later Jesus announced, “I am the light of the world” (John 8:12). Yet, He also told His disciples, “YOU are the light of the world” (Matthew 5:14). That means you have been given the inheritance of carrying Jesus’ light.

“Rise and shine, for your light has come. The glory of the Lord has risen upon you. For behold, darkness will cover the earth and deep darkness the peoples. But the Lord will rise upon you and His glory will appear upon you” (Isaiah 60:1-2).

Now that the wall of wrong beliefs dividing you and God is dismantled, you can let God’s light shine in and through you. There are lost people headed for destruction unless your light shines in their direction. Ask God where and how he wants you to shine today.

ACTIVITY #4 PRAYER

The fourth activity to which the early church was committed was prayer. Prayer is simply talking to God. Jesus came to give you a direct relationship with God the Father, but you won’t have a very good relationship if you don’t communicate with Him. Therefore, the Bible says:

“Pray continually.” 1 Thessalonians 5:17

Because of Jesus’ work on the cross, you have unlimited access to God, as well as undeserved, righteousness and blessings. Prayer is your time to ask questions about your blessings and to receive revelation about who you are in Christ. God says in Scripture:

“Call unto me and I will tell you great and mighty things which you do not know.”
Jeremiah 33:3

Every challenge and struggle that you face is an opportunity to communicate with God in order to receive His divine solutions. Don’t waste time doubting God’s goodness just because you’ve encountered trouble. Instead, start asking Him how to overcome your trouble. One revelation from Heaven can turn even the most challenging situation around:

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

DON’T TURN BACK

The trick is to not stop believing God just because you don’t see your situation change right away. If you turn your back on God and start looking to the world for answers, you will not be positioned correctly to receive divine revelation.

“Jesus replied, “No one who puts his hand to the plow and looks back is fit for service in the kingdom of God.” Luke 9:62

In God’s Kingdom, you have to **believe before you receive**. Waffling back and forth between what is possible in this fallen world, and what is possible with God actually delays the manifestation of His promises.

“Therefore I tell you, whatever you ask for in prayer, **believe that you have received it, and it will be yours.**” Mark 11:24

Ask the Holy Spirit how, when, and where He wants you to incorporate regular prayer in your life.

Think of an area of your life that is troubling you. Ask God what He has to say about your circumstance. What is the truth according to His Word? Write down any impressions you get. Don’t worry if you do not receive an answer right away. Many times God will answer you in a creative way as you go about your day. The important thing is to stay in communication with your Heavenly Father on this issue.

When God shows you the truth about your situation, decree that truth until it becomes established.

“You will also declare a thing, and it will be established for you; so light will shine on your ways.” Job 22:28

Ask the Holy Spirit what He wants you to decree about that situation that is troubling you.

Prayer: Lord, I want to have a rich relationship with You, and remain in close communication always. Please give me the grace to pray without ceasing, and the faith to believe before I receive. In Jesus’ name I pray, amen.

Construction Zone – SLOW DOWN

Jesus is here to remove any lies in your belief system regarding your ability to live victoriously and remain free from your past. The truth is CHRIST MAKES YOU VICTORIOUS.

“Therefore God exalted Him to the highest place and gave Him the name that is above every name, that **at the name of Jesus every knee should bow, in heaven and on earth and under the earth**, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” Philippians 2:9-11

God the Father has given you Christ’s name and authority to use as your credentials to win every battle against evil. Moreover, God has actually deposited His righteousness inside your born-again spirit, so you can appear to the spirit world as if you were Jesus.

- **I renounce the lie that I am not equipped to overcome certain challenges in my life. Jesus said the truth is:**

“I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.” Luke 10:19

“No weapon formed against you shall prosper.” Isaiah 54:17

- **Moreover, I renounce the lie that I will not have access to all the blessings of Heaven until I die. The truth is I can make Heaven my home now, and I can walk in the reality of health and wholeness now.**

“You are seated with Christ in heavenly places, far above all rule and authority, power and dominion, and every title that can be given, **not only in the present age** but also in the one to come.” Ephesians 1:21

As you continue to renounce every lie that says you are unable and/or too unrighteous to remain free from your past, then the wall of wrong believing between you and God will remain down. Hallelujah, Christ has made you righteous and free for eternity!!

Praise the Lord

Let's conclude by praising God for raising us up out of our darkened state, and into His glorious Kingdom of light and truth. Tell the Lord the three main reasons why you are grateful for your personal access to Heaven now:

Private Practice

Practice focusing daily on your true identity in Christ. God has given you a perfectly whole, eternally indestructible spirit. The good news is you don't have to ask God to fix you anymore. You simply have to remove whatever ungodly afflictions are covering your new creation. Imagine all your burdens or afflictions as layers of unwanted clothing. Simply take them off and lay them aside; they are not your identity anymore.

“...Since we are surrounded by so great a cloud of witnesses, **let us lay aside every weight, and the sin which so easily ensnares us,** and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith.” Hebrews 12:1-2

Make it your life practice to refuse to carry or wear anything that doesn't belong on your NEW CREATION in Christ. You glorify God when you stop identifying with your old sin nature, and you start BELIEVING in faith that Jesus created a brand new you. Remember, God's Word says:

“Therefore, if anyone is in Christ, he is a new creation; **old things have passed away;** behold, all things have become new.” 2 Corinthians 5:17

I pray you will continue to abide in Jesus' love and truth, and to allow His Kingdom to be established in and through you. Hallelujah!!!

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