

UNBURDENING MYSELF TO RUN THE RACE

A- BURDENS

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|-----------------------------------|--|
| 1- Worries (inner preoccupations) | 11- Diseases |
| 2- Riches | 12- Curses |
| 3- The pleasures of this life | 13- Ties |
| 4- Covetousness | 14- Demons |
| 5- Desires | 15- Other burdens coming from the 30 ancestors |
| 6- Luxury | 16- Accumulations (clothes, shoes, empty Promises) |
| 7- Sexual pleasure | 17- Weights |
| 8- Trials | 18- Worries |
| 9- Temptations | 19- Secrets |
| 10- Infirmities | 20- Weariness |

PRAYER

Casting all ones burdens on the Lord Jesus Christ

Mention each burden giving details of its manifestations and in which domains they exist.

Through prayer, supplications and thanksgiving, lay down the burdens one after the other. (Philippians 4: 6-7 / 1 Pet5: 7)

- 1- Lord, I acknowledge that the burden has hindered me from running with the lord Jesus ;
- 2- Lord forgive me for having born and having cultivated it ;
- 3- In the name of Jesus Christ I lay cast this burdenon the Lord Jesus Christ ;
- 4- In the name of Jesus Christ I call down the blood of Jesus Christ towipe away the consequences of this burden;
- 5- In the name of Jesus Christ I take the yoke of the Lordin the place of this burden.
- 6- Lord, I receive from you the peace of the Godto keep my heart and mind on Jesus Christ.

Finally pray the following topics:

- 7- In the name of Jesus Christ, I break every tie in my physical spiritual, emotional, and social life, as a result of (Burden).
- 8- In the name of Jesus Christ, I cast out every demon (every infirmity, every disease) that came into my lifebecause of (Burden).
- 9- In the name of Jesus Christ, I destroy all their influence on me;
- 10- Lord, take the place that was occupiedby (Burden) in my life.

B- THE SIN THAT CLINGS

Fortune

- 1- The love of money
- 2- Theft of money
- 3- Fraudulence
- 4- Corruption
- 5- Failure to pay tithes and offerings
- 6- Love of plots
- 7- Love of cars
- 8- Receiving money for no work done
- 9- indebtedness
- 10- Dissatisfaction
- 11- A sense of insecurity

Fame

- 1- Pride
- 2- boasting
- 3- Arrogance
- 4- Self-exaltation
- 5- Rivalry
- 6- Superiority complex
- 7- Inferiority complex
- 8- unrepentant
- 9- forgiveness
- 10- Failure to carry out restitution
- 11- Lack of the capacity to work with others

Sexuality

- 1- Fornication
- 2- Adultery
- 3- Masturbation
- 4- Homosexuality
- 5- Pornography
- 6- Evil desires
- 7- Sensuality in motives, in thoughts, in words, in touches, in dressing, in attitude, in desires, in acts, in looks.
- 8- Entangled emotions with the opposite sex
- 9- The desire to be admired by the opposite sex
- 10- Immoral songs
- 11- Cohabiting

12- The desire for the company of the opposite sex

Falsehood

- 1- Lies
- 2- Hypocrisy
- 3- False impressions
- 4- Exaggeration
- 5- Duplicity
- 6- Dissimulation
- 7- Gossip
- 8- Deception

Food

- 1- Gluttony
- 2- The craving for certain types of foods
- 3- Alcoholism
- 4- Much money invested in food
- 5- Fear of fasting

Independence

- 1- Lack of commitment
- 2- Refusal to take responsibility
- 3- Lack of accountability
- 4- Choosing one's own way and rejecting God's way

Unfaithfulness

- 1- Laziness
- 2- idleness
- 3- Disorder
- 4- Superficiality
- 5- Lack of capacity to keep commitments
- 6- Incapable to pray with others
- 7- Breaking covenants
- 8- Lateness

Fear:

- 1- Of corrections
- 2- Of rebukes
- 3- Of man
- 4- Of committing oneself

- 5- Of failure
- 6- Of moving ahead (discouragement)
- 7- Of darkness
- 8- Of being rejected
- 9- Of being ugly

The family

- 1- An unhealthy love for the family
- 2- An unhealthy attachment to the family
- 3- An unhealthy attachment to spouse
- 4- Accompanying spouse in sin
- 5- The desire to please everyone in the family
- 6- Loving your family more than the family of God
- 7- Marrying according to the will of the family and putting aside God's will
- 8- Fear of hurting the family
- 9- According greater importance to what the family says
- 10- Wanting to prove to the family that one has not failed as a believer

PRAYER

Getting rid of the sin clings

Make a list of the sins that cling to you using the above table

- 1- Lord, forgive me for having kept (Sin) in my heart.
- 2- Lord Jesus Christ thank you because You took me with You to the cross and died my death ;
- 3- In the name of Jesus Christ, I rid myself of.....
- 4- In the name of Jesus Christ, I call down the blood of Jesus to clean me from the consequences of.....
- 5- In the name of Jesus Christ, I separate my spirit, soul and body from the sin of
- 6- In the name of Jesus Christ, I break every tie in my spiritual, emotional and social life that came as a result of

Finally pray the following topics:

- 7- In the name of Jesus Christ, I break every tie in my physical, spiritual, emotional and social life as a result of each of these sins
- 8- In the name of Jesus Christ, I cast out every demon (infirmity, disease) in my life because of each of these sins
- 9- In the name of Jesus Christ, I destroy all their influences on me;
- 10- Lord, take the place that was occupied by each of these sins in my life.