



# *Come out of Agreement Embrace a New Identity*

BIBLES & BLANKETS

BEAUTIFULLY BROKEN MINISTRIES 3418

## Introduction

Welcome to this transformative exercise designed to help you explore the impact of rejection in your life. This exercise will help you expose the stronghold in your life, identify its roots, and empower you to walk in freedom and abundance as promised according to the word of God. Rejection can manifest in various forms, whether it's in relationships, career setbacks, family patterns (generational), abuse and trauma. It often leaves us feeling hurt, isolated, and hesitant to receive and accept love. Start healing! Come out of agreement with the lies of the enemy and believe what God says about you.

## Expose: "Break the Silence"

Reflect on your experiences and write down at least three statements, thoughts or beliefs you hold about yourself that may stem from rejection.

**Disclaimer:** The experience may intersect and/or reveal other strongholds that are not rooted in rejection but may be closely related.

**Objective:** To encourage acknowledgement of your experiences by breaking the silence about the things that have caused pain.

- 1.
- 2.
- 3.

**Biblical Foundation:** *John 8:32 (NIV)* "Then you will know the truth, and the truth will set you free". The truth brings freedom. Break the chains of secrecy. Bring to light what has been hidden in darkness.

**Duration:** 5-10 minutes

## Identify: "Identify the Shadow"

The negative narrative associated with the experience can live in the shadows and become internalized holding you captive. The enemy can use the experience to reinforce and manifest fear or pride due to a lack of love expressed within the experience. Fear says, "I don't trust anyone or I am afraid". Pride says, "I don't need help or I don't need anyone". Both responses lead to destruction and hinder receiving God's full love.

**Objective:** This exercise encourages deep reflection to identify what you believed after the experience and confronting all lies with God's truth. Is this the truth from the word of God or a lie from the voice of the enemy (devil).

### Ask yourself this question:

1. Do I believe this about myself?
2. Is this belief based on my truth or someone else's perception of me?
3. How has this belief influenced my actions and decisions?
  - a. People pleasing
  - b. Attention seeking
  - c. Bitterness
  - d. Pride
  - e. Isolation
  - f. Anger
  - g. Addiction
  - h. Sexual impurity
  - i. Rebellion
4. What does God say about me?

**Biblical Foundation:** *Psalm 119:160 (NIV) "All your words are true: all your righteous laws are eternal".* *John 17:17 (NIV) "Sanctify them by the truth; your word is truth".* Identifying the exposed experience as truth or a lie can be difficult when attached to the vulnerability and emotion of the experience.

**Duration:** 10 - 15 minutes

## Come out of Agreement: "Break the cycle"

The lie is exposed because you broke the silence and told the truth. Everything hidden in the shadow of darkness has been uncovered and brought to the light. Now, you can reject the falsehood and replace it with the truth from scripture and the love of Jesus! Because yes, Jesus has always loved you.

I am no longer in agreement with (be specific).

I break all agreement with cycles of (see examples)

excessive worry

hypervigilance

negative self talk

self- doubt

difficulty trusting others.

I reject every lie that says I am unworthy, unloved, and unqualified

I declare, in the name of Jesus, (pick what may apply to your life)

I am enough. Ephesians 2:10

I deserve love. Jeremiah 31:3

I will not fail. Psalms 46:5

I am not a burden. Psalms 55:22

I am valuable. Psalm 139:14, Matthew 10:29-31, Jeremiah 31:3

I belong. Isaiah 43:1, I John 3:1

I am joyful. Philippians 4:4

I am blessed. Ephesians 1:3

I am the apple of His eye. Zechariah 2:8

### **Example:**

I am no longer in agreement with the thought I am not enough or unloveable. I break all agreement with cycles of excessive worry and self-doubt. I reject every lie that says I am unworthy, unloved, and unqualified. I declare, in the name of Jesus, I am enough according to Ephesians 2:10.

## **Prayer**

Father, I repent to You for listening to a lying spirit that whispers accusations to me, telling me I am of no value, worthless, a failure, and rejected. I repent for allowing Rejection to rule my life, and today I come out of agreement with the voices of Rejection. I choose to accept Your unconditional love for me. By the blood of Jesus, I cancel the power of every traumatic word, memory, or experience that opened a door to Rejection. I ask the Holy Spirit to pluck every seed planted in my heart, my mind, my emotions and my

behavior that is not aligned with the word of God. I declare that I am accepted, chosen, and fully received by You. I now speak to Rejection, in Jesus' Name, Rejection, this day I remove your permission to be in my life. In Jesus Name, Amen.

This prayer may be personalized to your life. But more importantly, be lead by what the Holy Spirit places on your heart.

**Disclaimer: The journaling exercise provided is intended for personal reflection and self-discovery. It is not a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing significant emotional distress, mental health issues, or trauma, we strongly encourage you to seek the guidance of a qualified mental health professional or therapist. Your well-being is important, and professional support can provide the necessary resources for healing and growth.**

