

Remove and Replace

Step 1 – Scriptural Foundation and the Reason Why

It is not enough to just identify and remove the old behavior. When you remove an old unwanted negative or destructive behavior **you must replace it** with a new one purposely and intentionally. If you just remove the old behavior without replacing it then you only are 50% through your change and you will eventually default back to your old behavior or you will replace it with another negative unwanted or destructive behavior. We must intentionally replace it with our new identity in CHRIST and all that comes with that identity – thoughts, feelings, and emotions.

Key Scriptures:

- **Ephesians 4:22** amp- strip away your old way ...**v23**) put on the new ...
- **Romans 12:2** be changed/ transformed by the renewing of your mind...
 - **Note: "renew"** doesn't just mean put in the new, it means remove and replace- change is to not do one thing and do another just like the meaning of "repent" (go the other direction)
- **1 John 1:9** ... If you confess your sins He is faithful and just to forgive your sins (that you confessed) and cleanse you from all righteousness
- **Psalms 51:10** ... Create in me a clean heart of God and renew a right spirit within me...

Central Scripture

2 Corinthians 10:3-5

³ For though we live in the world, we do not wage war as the world does.

⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish **strongholds**.

- **Demolish strongholds** - strongholds reside in the mind and control the way you think and perceive.

⁵ We demolish **arguments** and every **pretension** that sets itself up against the **knowledge** of God, and we take captive every thought to make it obedient to Christ.

- **Arguments (or imaginations)** - that are fear based "what if" scenarios (not good arguments or imaginations used for vision or picturing something good in your future)
- **Every pretension that sets itself up (or exalts itself) against the knowledge of God** (beliefs, denials, pride, stubbornness, doubt, fear, unbelief)
- **Every thought to make it obedient to Christ** (every thought that is not in obedience to Christ) submit your will to Christ (the Messiah, the anointed one and His anointing)

Step 2 – Identify Your Beliefs about Yourself that are Hindering Your Freedom in Christ

- Identify the beliefs about Yourself that have been sown into your heart and taken root due to these experiences. This is where the enemy is stealing your identity in Christ and twisting God’s Call on your life.
- Look at the list below and look for the ones you connect to the most using Patterns and Themes from your inventory time.1
- Circle the top 4-5 words that best describe your “beliefs” about yourself. Use the following ideas to try to narrow it down to the most significant beliefs that are exercising control and creating fear in your life. You want to look for:
 - The ones you are most familiar with or frequent the most in your mind during the day.
 - The ones that send you the most messages and signals that you are not loved by others or God or that you are worthless.
 - The ones you struggle with the most or give you the most problems.
 - The ones you work the most on that you know already.
 - The ones you have to overcome the most that get you down and discouraged.
 - The ones you pray over the most and wish God would take out of your life.
- **Chart of Beliefs**

1. Not Accepted	9. Not Valid	17. Used
2. Not approved of	10. Not appreciated	18. Misunderstood
3. Not Loved	11. Not Important	19. Betrayed
4. Not Wanted	12. Not Valued	20. Treated unjustly
5. Not Good Enough	13. Under Developed	21. Victimized
6. Not Adequate	14. Left Out	22. Unprotected
7. Not Worthy	15. Abandoned	23. Something is wrong with me
8. Not Safe	16. Rejected	24. Shame
25. Guilt	26. Self-Loathing	27. Useless
28. Isolated	29. Hiding	30. Condemned
31. Unforgivable	32. Rejected	33. Unclean
34. Critical spirit		

Step 3 – Drill Down the Issue to Get at What Beliefs, Emotions, and Behaviors are Being Influenced that are Keeping You in Bondage

These words represent subconscious (underlying, core) **beliefs**, fears, or insecurities about you, which **produce internal themes**. These themes get triggered when the mind is on certain topics in the **present** tense, which represent something to the mind that is associated with the internal belief of your **past**. When triggered, these themes are generated in the form of emotions, subsequent or secondary thoughts, impulses and messages from your **past**. Then there is a

corresponding behavioral response to the theme that you experience in the present, that often have NOTHING to do with the present.

write the 4-5 "beliefs" you have about yourself (from above).

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

What "emotions" are associated with each of these "beliefs" you listed?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

What "behaviors" have you practiced as a result of these "beliefs" and the accompanying "emotions"?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Did the "belief" you have about yourself begin with a Traumatic Event with the person? (Example: A dad, mom, acquaintance, a spouse etc.) Think back.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

How do they hurt, disappoint or abuse you (in word or in deed)?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Step 4 – Identify What You Want to Change

Using the principle of Ephesians 4:22-24, identify **the top five old ways** of thinking, acting and feeling that you want to change (wound behaviors, wound themes, old faults, addictions, emotional patterns such as anger, rage, resentment, blaming, guilt, shame, depression, anxiety. Write them below

Example: **Something is wrong with me**

1. _____
2. _____
3. _____
4. _____
5. _____

List below the intentional replacements of these old ways above that will produce new desired thinking and belief. Use the truth of several scriptures and write a personal truth for each of your areas. Use the Scriptural Resources on the next pages – they are KEYED by number to the **Chart of Beliefs** on **PAGE 2** of this Handout. You can see these as spiritual medicine your soul needs to fully heal.

For the Example above: “**Something is wrong with me**” one could find these ideas and truths from scripture to be empowering in replacing the lies and feelings with my true identity in Christ.

- I'm now complete in Christ (Col 2:10).
- There is nothing missing in my life or broken
- because Jesus says I am complete in him
- and he says that I'm fearfully and wonderfully made and my soul now knows this is true
- and He gives me joy in knowing it. Amen!!

Now it's your turn. Use the resources to come up with ideas and truths for your 5 areas.

1. _____
2. _____
3. _____
4. _____
5. _____

RESOURCES FOR REPLACING OLD THINKING WITH NEW THINKING

Instead of living in old negative thoughts and beliefs listed below on the left, daily rehearse new God-given thoughts and beliefs listed below on the right. Old wounds and hurts will often speak negatively to us. We must receive and practice new thinking, which like a healing medicine, will eventually produce permanent healing.

"I WAS"...	"I AM"...
1. "Not Accepted"	"Accepted by God in Christ" Ephesians 1:6; John 14:3; Ro.15:7, Ps.139:14, Eph.1:3-6, Col.1:21-22, John 6:37, 1 Jn. 1:9, Ro. 8:31
2. "Not approved of"	"Approved by God" Ephesians 1:4,5; 1Peter 2:25, John 15:16, Eph 1:4-5, 1 Peter 2:25, John 1:12
3. "Not loved"	"Loved by God" Romans 5:8; Galatians 2:20; Revelation 1:5, 1 Jn. 3:1, John 15:9, Jer.29:11, Jer.31.3, Ro.5:8, John 15:13, Zep 3:17, Eph 2:4-5, Ro.8:37
4. "Not wanted"	"Wanted by God" Ephesians 2:13; Romans 8:29, 1 Pet.1:18-19, Is.49:15, Ps.139-16-17, Ps.94:14, John 14:2-3
5. "Not good enough"	"Qualified... Made right and fit through Jesus Christ" Col. 1:12, 2 Pet 1:3-4, Eph.1:4-5, 1Pet.2:9
6. "Not adequate"	"Made adequate and special to God" Titus 2:14; 1 Peter 2:9, 1 Jn.3:1-2
7. "Not worthy"	"Made worthy through Christ's sacrifice" 1 Peter 1:18-19
8. "Not safe"	"Safe and secure in Jesus Christ" John 17:11; 1 Peter 1:5; Jude vs 24; Psalm 91:2,11
9. "Not valid"	"Validated in Christ" Psalm 8:3-6; Revelation 4:11
10. "Not appreciated"	"Appreciated by God" Ephesians 2:4-5

"I WAS"...	"I AM"...
11. "Not important"	"Important to God" Psalm 139:1-6, Is.49:16, Ps.100

12. "Not valued"	"Greatly valued by God" Matthew 6:26; 10:29-31; Psalm 139:17-18
13. "Under-developed"	"Developed and designed by God" Psalm 139:13-16; Ephesians 2:10, Gen 1:27, Job 33:4, Is.64:8, Is.44:24
14. "Left out"	"In Christ" now and "One" with God John 17:24; 1 Thessalonians 4:17-18; Romans 8:15-17
15. "Abandoned"	"Never abandoned or forsaken" in Christ Psalm 27:10; Deuteronomy 31:6; Romans 8:38-39; Hebrews 13:5-6
16. "Rejected"	"Reconciled and received" in Christ Romans 5:9-10; 2 Corinthians 5:18-21; Colossians 1:20
17. "Used"	"Blessed, because He has given abundantly to me" John 10:10-11; James 1:17-18; 2:5; 1 John 5:14-15
18. "Misunderstood"	"Understood by God" Isaiah 40:27-31; Hebrews 4:15
19. Betrayed"	"Loved by our faithful and loyal God" 1 Corinthians 1:9; 10:13; Hebrews 10:23
20. "Injustice"	"Confident God is just" and "will right every wrong" Romans 12:19; 2 Thessalonians 1:6-10
21. "Victimized"	"God is powerfully at work in me" 2 Corinthians 12:9; Hebrews 13:6; Romans 8:37
22. "Unprotected"	"God's strength protects me" 2 Thessalonians 3:3; 1 John 5:19; 1 Peter 2:9; Luke 12:7, Matt.10:29-31, 2 Samuel 22:3-4; Psalm 46:1
23. "Something is wrong with me"	"I am fearfully and wonderfully made" Psalm 139:14; Ephesians 2:10; Job 33:4; 1 Corinthians 3:16

"I WAS"...	"I AM"...
24. "Shame"	"His Grace Covers You" Acts 20:32; 1 Peter 5:10; Hebrews 4:16

25. "Guilt"	"No Condemnation" Rom. 8:1; Ps. 103:12; Is.1:18; Eph.1:7; 2 Cor. 5:21; John 3:17
26. "Self-loathing"	"You are God's Possession" 1 Cor. 6:19-20; 2 Cor. 12:9; Is. 43:25; Phil. 4:13-14; Eph.5:29; Gen 1:17; Rom 8:31-32; Is.43:1; Is. 43:4; Is.49:16, 1 Cor. 3:16
27. "Useless"	"You Are Highly Valued by God" 1 Cor. 6:20; Matt 10:29-31; Matt.6:26; Is.43:4; Is. 43:1;1 Cor. 1:27-28
28. "Isolated"	"You Are NOT Alone" Gen.2:18; Ecc.4:9-10; John 8:29-30; Deut.31:6; Ps. 27:10; 1 Sam 12:22; Matt. 28:20, Is. 41.10
29. "Hiding"	"God is Near You" Jer.23:23-24; Eph.4:25; Ps.91:16; 1 John 1:9; Ps. 25:4
30. "Condemned"	"There is NO Condemnation for YOU!" Rom 8:1; Is. 50:9; Ps 34:22; Ps 37:33; Zeph.3:15; John 8:10-11; John 3:17
31. "Unforgivable"	"You ARE Forgiven" 1 John 1:9; Eph. 4:31-32; Is. 43:25-26; Acts 3:19; Is.1:18; 2 Cor.5:17; Eph. 1:7,
32. Rejected"	"Loved by our faithful and loyal God" Ps. 27:10; 1 John 3:1; Rom.8:38-39; Eph. 3:18-19
33. "Unclean"	"You ARE Clean before God" 1 Peter 1:22; Heb. 9:14; 1 John 1:9; 1 Cor.6:11; Ps. 51:7; Lev.16:30; 2 Pet.1:5-9; Ez.26:29;
34. "Critical spirit"	"You are a dispenser of GRACE and LOVE" Phil.4:8; Rom.12:1-2; 2 Cor.10:5; Eph.4:15-16, 29, 31-32; 2 Thess.2:13

Step 5 – Design a 30 Day Personal Confession

Now take those two sections and create a personal confession out of it by using the suggested "formula".

- REMEMBER when you say the first part that you **ALWAYS** want to refer to the issue in the **PAST** tense. I.e. "I renounce that I **WAS** not accepted," ... and when you speak about the new you, you want to

always speak in the **present** tense... “and I receive my new way which is that I **AM accepted** by God in Christ.”

My 30 Day Confession:

To see real breakthrough and freedom, you must retrain yourself through daily AM and PM confession by denouncing the old and receiving the new.

Now we are going to put it all together into a “Personal Confession” or “Declaration” about who you are.

SAY:

"In the name of Jesus Christ... I denounce (the lies) / renounce (the feelings)

-Use Christ's name for power beyond your natural self.

-then say the old way you used to think along with some of the hurts and wounds...

AND I declare and receive my new way which is

-then say the new way, using Scriptural ideas and truth...

EXAMPLE –Notice the 2 parts...

Part 1: In the name of Jesus Christ I denounce that “something **was** wrong (PAST TENSE) with me”... I renounce the **feelings** of rejection, fear, loathing of myself and worry.

Part 2: AND I declare and receive my new way that I'm now (PRESENT TENSE) complete in Christ (Col 2:10). There is nothing missing in my life or broken because Jesus says I am complete in him and he says that I'm fearfully and wonderfully made and my soul now knows this is true and He gives me joy in knowing it. Amen!!

Finally, for extra power:

- **Quote a scripture that applies to the issue and gives power and faith to the pattern you are installing and practicing.**

Example: Do not cast away your confidence ... **Hebrews 10:35 AMP** – “**Do not, therefore, fling away your fearless confidence, for it has a glorious and great reward.**”

Daily replacing the old with the new works! IT IS CRITICAL! if you are going to experience the freedom and change God has for you.

- Remember: We are changed by the renewing of your mind (**Romans 12:2**).
- Remember: Whatsoever a man sows that and that only is what he will reap (**Galatians 6:7-9**).

- Remember: Jesus Christ is the High Priest of our confession ...The role of the high priest is to take your offering and present it to God (**Hebrews 4: 14**)

Shawn's Examples from his actual issues he discovered:

1. **In the name of Jesus Christ** I denounce that I was abandoned... I renounce the feelings of **helplessness, feeling alone and scared**. I declare and receive my new way - that I have received the Holy Spirit of Adoption in Jesus Christ... God is NOW my father - he protects me, cares for me and is close to me... Nothing can separate me anymore from God's love in Jesus Christ. Amen!!
2. **In the name of Jesus Christ** I denounce that **something was wrong with me...** I renounce the feelings of rejection, fear, loathing of myself and worry. I declare and receive my new way that I'm now complete in Christ (Col 2:10). There is nothing missing in my life or broken because Jesus says I am complete in him and he says that I'm fearfully and wonderfully made and my soul now knows this is true and He gives me joy in knowing it. Amen!
3. **In the name of Jesus Christ** I denounce that I **didn't measure up** or was good enough. I renounce the feelings of insecurity, inadequacy, and shame. I declare and receive my new way that Jesus qualifies me and makes me right and fit through his shed blood and my heavenly Father has accepted me in His beloved son Jesus. Amen!!
4. **In the name of Jesus Christ** I denounce that I was **not wanted**. I renounce the feelings of being despised, rejected, foolish, stupid and second class. I declare and receive my new way that I am the beloved of God, and Jesus has brought me near to him... He loves me and wants me as his own... I've been bought with a price, I'm not my own.. I am Jesus' precious possession made for him and his purposes. Amen!!

My Declaration:

In the name of Jesus I denounce the lies I used to believe about lust, masturbation, pornography, sex, and fantasies. I Renounce the feeling that any of these things would satisfy, fulfill or heal me. I renounce all sexual immorality in my life and any evil desires in me.

"How can a young man keep his way pure? By guarding it according to your word. I have stored up your word in my heart, that I might not sin against you."

Psalm 119:9, 11 ESV

"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."

Psalm 16:11 ESV

Lord turn my heart towards your presence and your pleasures.

Today I will not take a second look!

"Turn my eyes from looking at worthless things; and give me life in your ways."

Psalm 119:37 ESV

Today I will not take a second thought!

"I will take every thought captive to obey Christ,"

2 Corinthians 10:5B ESV

Today I will overcome as I surrender all I am to you Lord!

"I will Trust in the Lord with all my heart, and not lean on my own understanding. In all my ways I will acknowledge him, and he will make straight my paths."

Proverbs 3:5-6 ESV