

## EATING THE ELEPHANT ONE BITE AT A TIME

Before you get started, there are a few important principles to keep in mind:

This is a process, not an event. You will not just “find” the time to go through this. You will have to schedule the time and then purpose to make it happen. Be persistent!

This is an intimate time with God, so do not rush it. Choose a place that you can be alone before the Lord. Do everything possible to insure privacy and eliminate interruptions (silence cell phones). Ask God to temporarily move aside anything and everything that would interfere with your ability to hear His voice clearly. Read some of your favorite passages of Scripture. Sing or listen to spiritual songs that will help you focus on God.

Ask friends and family to be praying for you during your time with God. Prayer support is HUGE! Ask them to pray that you would hear from God, do what He says, and that the enemy would not be effective in hindering or stopping you.

Don't base what God does on how you feel or what you experience. This is a matter of trusting that what God says is true, and you are choosing to believe Him. Period.

**This should be done out loud.** Once something is said, it is no longer just a thought or idea. Now it is a matter of record. You have declared your intentions to yourself, your Lord, and the enemy. This gives clarity, certainty, and resolve to your commitment.

Some of this process may be painful and difficult to do. Do it anyway. Some of this you may not want to do. Do it anyway.

1. Deal with any doubts. If you are not certain where you stand with God, you can be. Pray something like this, “Lord Jesus, if you are already in my life, thank you. Forgive me for doubting. If I have never asked you to come into my life and forgive my sin, I ask you to do so right now. From today forward I want to know that you live in me. Thank you that you will never leave me nor forsake me. I put my trust in you alone. Amen.”
2. Agree with God that your sin is sin. Reject it and determine to remove it, replacing it with godly living. \*Use the “Thoughts, Feelings, Attitudes...” list to help you identify sin. Listen to God and do not limit what He says to this list.
3. Choose to forgive anyone who has hurt you. Forgiveness is a choice. Releasing resentments, healing hurts, and dumping disappointments is for you, not those who sinned against you. You are not letting them go free; you are letting yourself go free! You did not choose what happened, but you can choose to no longer be controlled by the pain of your past. \*The “Flushing” exercise is a resource to help you with this process.

4. Ask God to reveal and break any unhealthy or wrong relationships or connections you have, past or present, with any person (physical, emotional, sexual, etc.), place, or thing (music, media, movies, books, possessions, etc.).
5. Ask God to reveal and remove any spiritual weakness resulting from sin in your family systems. Begin with a general declaration breaking any ungodly ties to generations past or present. Then, using the “Thoughts, Feelings, Attitudes...” list, ask God to reveal anything specific that needs to be renounced and broken. Do so. When dealing with the generational piece, we are often impressed to renounce things that make no sense to us. We have no idea why it would be there. God does. He is exposing generations of junk that spiritual evil desires to continue using to oppress you and your future generations.
6. Ask God to reveal and remove all: the lies you believe; the unrighteousness that covers your heart; the confusion, condemnation, and accusation covering your mind; the fear, terror, or torment that controls your every day living; the doubt and unbelief that is blocking God’s truth; the curses and words of Satan that are hammer you down.
7. Give all the junk to God and ask Him to remove it.
8. Ask God to cleanse you and heal your hurts. (Psalm 51:7, Psalm 147:3)
9. Now ask God to place His armor on you. (Ephesians 6:14-17)
10. Ask God to clothe you in His righteousness. (Isaiah 61:10, Philippians 3:9)
11. Read \**“I Am A Child Of The King”* out loud as a personal declaration of who you are in Christ. Ask God to help you see yourself as He sees you, and to know that it is true.
12. Demand that any and all spirits of Satan at work in your life remove anything they have planted, release to Jesus everything they have stolen, and leave! Ask God to make them comply and send them where He chooses. Ask God to shutdown their access points.
13. Ask God to fill every part of your mind, body, soul, and spirit with Himself.
14. In a day or two go thru these steps again. Ask God to show you any junk that remains. Get rid of it. Remember, removing all the junk is a process, not an event. Spiritual junk is layered in over time, and time is required to expose and remove it.
15. Ask God to continually show you anything you need to get rid of or change. Do so.
16. You are a Child of the King. Chose each day to live as one!

\* The “Flushing “ exercise, as well as “I Am A Child Of The King”, “Eating The Elephant One Bite At A Time”, and the “Thoughts, Feelings, Attitudes...” list, are available to download free from the store page at [impactcounseling.com](http://impactcounseling.com).