PRAYING THE FIVE KEYS OF UNBOUND
Unbound prayer is really between you and the Lord. Freedom comes when you engage Neal Lozano’s five keys intentionally under the guidance of the Holy Spirit. More important, when the keys become a normal, regular part of your Christian practice, then you can move forward with ever-growing freedom, ever deeper conversion and conformity to Christ.

It’s not essential that you meet with someone for ministry or that you get a particularly anointed leader to pray with you. However, you may want to schedule a private appointment with a trained prayer leader at some point, because it can be very helpful to talk through your story with someone who has experience in listening and applying the keys with discernment and skill.

So, what does an Unbound appointment look like? Unbound ministry starts with your story. After this time of listening, the prayer leader helps you connect your Little Story with the Big Story of God’s plan for your life. Many people experience this as a time of revelation, in which they recognize how they have accepted Satan’s deception leading to bondage. At the same time, they understand in a new way the truth that sets them free.

Next the prayer leader coaches you in praying the five keys in depth: repentance & faith, forgiveness, renunciation, authority, and blessing. You apply each key to the specifics of your narrative, and step by step, by the grace of God, you take back your power and unlock your life, opening up areas once blocked from blessing to the love of the Father.

During the final key, other team members present will join with the leader to pray into these areas, offering encouragement from the Father’s heart.

The ministry is gentle, confidential, and focused on the work that you want to do in a 1 1/2 to 2 hr. appointment. This ministry is not meant to be ongoing, but rather an opportunity to receive some insight and coaching, so that you gain confidence in using the five keys to win ongoing spiritual victories.

If you do not have a local Unbound team, contact Heart of the Father Ministries; they may be able to match you up with a group in your geographical area. If nothing is available near you, consider using the training materials found on Heart of the Father’s website: www.heartofthefather.com. Then seek out others willing to learn this model of ministry and pray with each other!
Key 1 - Repentance and Faith

In Key 1, you express the decision to turn from sin and then you surrender to Christ, perhaps for the first time, or as a re-commitment. You bring the particular areas of challenge under the lordship of Jesus, asking for insight into the roots of your bondage.

Most significantly, you make a decision to trust and hope that Jesus can and wants to set you free and heal you.

Reflect on these questions to prepare a response to Key 1

Do you know Jesus personally? Would you like to know him better? How about the Father? The Spirit?

Do you believe God loves you and wants good for you?

What came to your mind and memory as you heard the teaching on Repentance & Faith?

Is there any sin in your life that you have not yet admitted to or confessed? Sin that you justify or excuse? Sin habits you can't break despite effort, prayer, counseling, sacraments? Sin you have given up yet still feel vulnerable or attached to?

Have you surrendered everything in your life to God? Is there something you’re holding back?

What areas of your life feel blocked, stuck, or “un-free”?

Do you trust that God can and wants to set you free from whatever has kept you bound?

Pray Key 1

Jesus offers forgiveness from the cross for every sin you’ve ever committed. If you have already said you’re sorry, you can do it again, but this time, tell him that you will agree with him that you are forgiven. Receive mercy!

Lord Jesus, I’m sorry for . . . . .

End: Please forgive me. I receive your mercy now.
Tell Jesus you believe in him and His love; you believe that he wants to help you, especially with whatever is prompting you to pray at this moment. Give these things to your loving Savior; let him take care of them.

**Lord Jesus, I trust you with . . . .**

End: I believe you can free me and make me whole. I surrender these things to you now.

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**Key 2 - Forgiveness**

In order to remove any obstacle to your freedom that has its source in unforgiveness, you will now forgive *specific* people for *specific* injuries, releasing them to the Father's merciful judgment. In the process, you release *yourself* from the chains of unforgiveness.

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**Reflect on these questions to prepare a response to Key 2**

What are the significant injuries in your life (loss, hurt, humiliation, fear, violence, etc.)?

Have you forgiven the people involved in those events? If you have, do you need to go deeper?

Are you struggling to forgive? What blocks you? Which points in the talk addressed your personal obstacles to real forgiveness?

If forgiving seems impossible, are you willing to believe that God can help me?

If you can’t be willing, can you at least ask God to work in your heart and make you willing?

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**Pray Key 2**

*In the name of Jesus, I forgive _______ for _______ when_______ and for all the ways this affected me.*

End: I release all these debts to God, the just and merciful judge.
Keys 3 & 4 - Renunciation and Authority

To reject evil wholeheartedly, you must first recognize the truth that Satan’s promises are truly, empty. Nothing can make you happy or safe but God’s will.

Next, you have to renounce evil. Renunciation means saying a firm “No” to all the ways that the enemy works to destroy you, starting with the lies he’s sold you about who you are and what you were made for. Stand firm and choose life!

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Reflect on these questions to prepare a response to Keys 3 & 4

Use the worksheet on the opposite page to help you make connections.

Let the Spirit use your memory and imagination to show you the location of entryways, those places where Satan’s bad seed took hold and where its roots first spread into the soil of your heart. Ask him for the gift of self-awareness, the gift of understanding the responses that brought you into bondage.

The Holy Spirit will bring to mind what you need to consider right now. He will light something up, put his finger on it. It might be big or it might be small. Go with it.

“What happened?”

What are the memorable experiences, relationships, and spiritual encounters that changed the course of your story? What altered your identity? What rocked your world? What from my past still affects you today? What limits your ability to grow and thrive and reach your full potential? What keeps you stuck? What is it that you can’t let go of, that you can’t get over? What defines you in ways that you don’t like?

“How did you respond?”

How did life change for you because of the things that you wrote down in answer to the above? Can you see a clear before and after? Is there a recurring pattern of response to difficult events and later instances of challenge or trauma?

“What got in?”

What is the ‘bad fruit’ that you want gone from your life? What drew you to Unbound? Write down the first 3-5 things that come to mind before looking at the list on pp. 38-39. Then look for these words and related words that jump out at you—these are the important areas to focus at this particular point in time.
## GETTING REAL WITH RENUNCIATION

<table>
<thead>
<tr>
<th>What happened?</th>
<th>How did I respond?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiences</td>
<td>Sin</td>
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<tr>
<td></td>
<td>Idolatry</td>
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<tr>
<td></td>
<td>Vows</td>
</tr>
<tr>
<td></td>
<td>Habitual negative response to pain/stress, usually rooted in fear and/or pride</td>
</tr>
<tr>
<td>Messages</td>
<td>Believing lies</td>
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<tr>
<td></td>
<td>Accepting curses</td>
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<tr>
<td>Relationships</td>
<td>Cut-offs</td>
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<tr>
<td></td>
<td>Sexual intimacy/contact outside God’s order</td>
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<tr>
<td></td>
<td>Responses to abuse/domination that limit freedom today</td>
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<tr>
<td></td>
<td>Unforgiveness</td>
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<tr>
<td>Spiritual encounters</td>
<td>Occult / non-Christian religious beliefs and practices</td>
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<tr>
<td></td>
<td>Doubt</td>
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<td></td>
<td>Coming under the authority of false spiritual leaders/guides</td>
</tr>
</tbody>
</table>
What got in?

Don’t circle everything on this list! Hopefully, this tool will help you name your enemies in specific ways that resonate today. Write down your own words, too; the lies you swallowed, the negative messages that play through your head. It’s much more important that you own what you’re renouncing than that you use just the “right” word. Focus on the two or three main areas that seem most important right now.

**ABANDONMENT**, rejection, betrayal, orphan spirit, fatherlessness, homelessness, motherlessness … lies like “I’m all alone in the world.”

**ABUSE**, intimidation, domination, control, rape, violence, molestation, lies surrounding abuse like “I can’t speak out” or “I can’t fight back”; “I deserve this” (abused); “I have a right to do ——— in order to get what I want” (abuser).

**ADDICTIONS**, food addictions, sexual addictions, substance addictions; compulsions, obsessions, escape … lies like “I can’t get free”; “I need this”; “This is just me.”

**ANGER**, frustration, revenge, rage, violence, hate, murder, retaliation, malice … lies like “I deserve to be angry”; “Someone has to make them pay.”

**CONTROL**, over-responsibility, rigidity, self-protection, defensiveness, manipulation, abuse, domination … lies like “I have to do everything”; “It’s all up to me”; “If I let go, then all hell will break loose.”

**DECEPTION**, lying, trickery, secretiveness; habits of distorting or misleading, hypocrisy, pretending, false identity… lies like “I can’t tell anyone or______.”

**DIVISION**, competition, argumentativeness, cut-offs, contentiousness, quarreling, criticism, blame, gossip…

**DOUBT**, mistrust, heresy, paganism, spiritual confusion … lies like “We can’t really know the truth” or “It doesn’t matter which God we worship.”

**EMPTINESS**, nothingness, meaninglessness, a sense of invisibility or colorlessness to one’s life, deprivation … lies like “I don’t have what I need” or “I don’t matter.”

**FEAR**, phobias, worry, anxiety, terror, panic, suspicion, fear of just about anything … lies like “I can’t trust anyone” or “I’m not safe.”

**GENERATIONAL SPIRITS** that the person identifies as affecting his own life … lies like “I’m just stuck in poverty no matter what I do” or “I’m cursed.”

**HOPELESSNESS**, discouragement, suicide, depression, despair … lies like “Everyone would be better off without me”; “Nothing will ever change” or “I cannot be free.”

**IDOLS**: fame, fitness, perfection, popularity, wealth, reputation, other people, work … lies like “My worth lies in _________.”

**INSECURITY**, mistrust, suspicion, timidity, fear of man, comparison, jealousy, envy, self-protection … lies like “I have to look good” or “If they really knew me___.”
**ISOLATION**, loneliness, shyness, withdrawal, hiding, a desire to disappear, emotional cut-offs, self-protection... lies like “I’ll be rejected”; “I’m just a loner.”

**JUDGMENT**, criticism, superiority, self-righteousness, patterns of accusing/condemning...

**OCCULT PRACTICES**, spirit guides, séances, false religions, Ouija board, palm reading, fortune telling, astrology, tarot cards, spiritual healers and healing practices, Satanism, Wiccan, Voodoo, mind control, ritual abuse ...

**POWERLESSNESS**, helplessness, chaos, laziness, feeling overwhelmed/exhausted ... lies like “I can’t fight”; “It won’t work/make a difference anyway”; “My voice doesn’t matter.”

**PERFECTIONISM/SELF-JUSTIFICATION**, striving, scrupulosity, self-criticism, self-punishment; self-judgment ... lies like “I can be perfect”; “If I do everything right then nothing bad will happen”; refusing mercy b/c “I should have known better.”

**REBELLION**, disobedience, stubbornness, willfulness, rejection of family/authority, blasphemy ... lies like “I don’t need you”; “I don’t have parents.”

**PRIDE**, intellectual pride, religious pride, self-reliance, independence, arrogance, superiority, self-righteousness ... lies like “I don’t need help”; “My way is always the best.”

**SADNESS**, prolonged/unhealthy grief, sorrow, depression ... lies like “I’ll never be happy again”; “I can’t get over it.”

**SELFISHNESS**, greed, narcissism, domination, abuse, blame ...

**SICKNESS**, pain, infirmity, specific ailments that seem to have a spiritual basis, weakness, torment ... lies like “I deserve this”; “Sickness is my lot”; “I’m being punished.”

**SEXUAL DISTORTION**, lust, pornography, fantasy, abuse, masturbation, fornication, adultery, rape, incest, perversion, violent sex, sadism, masochism, homosexuality, voyeurism, exhibitionism, bestiality ... lies like “My body isn’t me: it doesn’t matter what I do with it/what happens to it.”

**SHAME**, accusation, mockery, guilt, condemnation/self-condemnation; embarrassment, humiliation, self-rejection, self-loathing, self-hatred, self-mutilation, feeling dirty/ruined/tainted/evil ... lies like “I’m unlovable/dirty/disgusting/unforgivable.”

**SOUlties** formed through emotional or sexual contact when the self is surrendered; ties formed through abusive relationships when personal will/authority is surrendered ... lies like “I am lost”; “I cannot have boundaries.”

**UNFORGIVENESS**, grudges, bitterness, outrage, resentment, blame, retaliation ... lies like “I can’t forgive: it’s too hard.”

**VICTIM SPIRIT**, emotional pain, self-pity, savior/martyr complex, blame ... lies like “I can never be happy/fulfilled/reach my potential” because ____”; “Bad things just happen to me.”

**WORTHLESSNESS**, inadequacy, self-doubt, self-hatred ...lies like “I am trash”; “I have nothing to contribute”; “I’m a mistake”; “I wish I was someone else.”
Pray Keys 3 & 4

It’s time to break the lease you signed with the enemy! In Keys 1 & 2, you showed that you were serious about standing against Satan and all the ways he’s lied to you and led you away from God.

Now you will make a formal declaration of this stance. You are a child of the light, covered in the saving blood of Jesus, and therefore you possess greater power than the darkness. So you declare:

**In the name of Jesus, I renounce ____________________________ and I command these spirits and every related spirit to leave me now.**

**End: I take back my authority and I choose God.**

After you do this, just be still. Listen to God. He may uncover other areas of deception and you might need to pray previous keys again—that’s OK. But once you have addressed all that God reveals, then believe deliverance is yours. Thank him for setting you free!

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Key 5 - The Father’s Blessing

Don’t miss the final opportunity to respond to the message of Unbound. God the Father wants to speak these truths to you:

1. You are wanted and uniquely lovable.

2. Your life has purpose and you are valuable.

3. You belong in God’s family and you are a co-inheritor of the Kingdom of God with Jesus Christ. All the blessings, all the rights, and all the privileges of a son or daughter are yours.

Your Father also has *particular* truths to share with you about your identity, destiny, and your place in his family. Ask him to speak to your heart.

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Reflect on these questions to prepare a response to Key 5

Do you know God as your Father? Would you like to know him better?

Do you hear messages in your head about yourself? Is there a sound track to your life? What is scrolling across the marquee of your thoughts? Does it line up with the word of God as revealed to you by Scripture, Tradition, and the testimony of solid Christians?
Who are you? How would you describe yourself? Jot down the first words that come to mind.

Is this the “real you”? If not, write some words to describe person you are at the core, the person you were meant to be.

Finish this sentence: “I feel most alive/myself when ______________.”

How do you understand your destiny, what you were made for?

Who are the people who have affirmed you in your lifetime? What did they say? What good words—blessings—have stayed with you and strengthened you?

Who are the people who have spoken negative words about you? What did they say? Which bad words—curses—have stayed with you and echoed throughout your life?

How would you like God the Father to bless you?

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**Pray Key 5**

Pray that God would replace lies with truth. Ask him to restore what was lost and fix what was broken. Ask him to tell you how he sees you, what he loves about you, who he made you to be. Experience his delight in you. Listen to him say, “This is my beloved child, in whom I delight.”

Below, write down the words hear from the Father’s heart and treasure them:

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**Finally**

Use the five keys to freedom every day. If you feel tempted or upset, stop. Notice what thoughts or images gave rise to those feeling; see if you can name the lies, the enemy’s strategies. Chances are, you’ve met them before.

Then, hold on to the truth that you are hidden in God’s heart. The devil can’t do anything to hurt or harass you that God’s mighty power can’t overcome and even turn into something beautiful.

Find a short guide to praying the keys next.
KEY #1 - REPENTANCE/FAITH
Jesus, I’m sorry for … I ask you to forgive me.

End: I receive your mercy now.

Jesus, I give you …

End: I trust you to help me and I surrender my whole life to you.

KEY #2 - FORGIVENESS
In the name of Jesus, and in union with him on the cross, I forgive … for … when … and for all the ways this affected me.

End: I release judgment to God, who has shown me mercy.

KEY #3 & 4 RENUNCIATION
In the name of Jesus, I renounce …

End: I choose God..

(See p. 60 for other ways to renounce)

KEY #4 AUTHORITY
In the name of Jesus Christ, I take authority over all evil spirits that I have named, and I command them to leave me right now.

KEY #5 - THE FATHER’S BLESSING
Father, thank you that I am your child. Thank you that when you look at me, you see me covered in the grace of Your Son, Jesus. You are glad I am here; you thought of me before I was born; you always wanted me; you love me. You have an amazing, unique plan for my life. Show me that plan and help me to live it. Amen.
OTHER WAYS TO RENOUNCE

I renounce the spirit of …

I break the vow I made when I said …

I close the door to …

I renounce the idol of …

End: I put everything in my life under the rule of Jesus.

I renounce the lie that …

I reject the words spoken over me by [name] when …

End: I choose to agree with God’s truth.

I break every unholy or unhealthy tie with [name] and I take back what taken from me and/or what I gave away.

I reject any spirits operating in [mediators of occult if possible; if not, then name practice] when …

I break every unholy tie created by sexual contact with [name] and I take back what I gave away and/or what was taken from me.

End: I take back my power and my freedom.

I break the power of any generational curse affecting me.

End: My family is the family of God and my culture is the culture of his kingdom.
Learn more about

The Five Keys to Freedom
and Unbound ministry worldwide
at

www.heartofthefather.com

where you will find resources
and opportunities for
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