

Covenants & Inner Vows

Please check all covenants & inner vows that you've made in life...

- ☐ I don't deserve to live after what I did.
- ☐ I don't have to listen to anyone.
- ☐ I want to die, it's better for everyone if I'm gone.
- ☐ I will love you forever. (said to an ex-boyfriend / ex-girlfriend / spouse - can be a soul tie)
- ☐ I will never be more successful than _____ is.
- ☐ I will never trust (Republicans/Democrats/Rich people, etc.).
- ☐ I won't be like my father/mother or other family member (_____).
- ☐ I'll get even with her/him if it is the last thing I do.
- ☐ I hate myself and I wish I were dead.
- ☐ I'll kill the person who molests or rapes my child.
- ☐ I'll make it by myself.
- ☐ I'll never _____ again.
- ☐ I'll never do business with another Christian.
- ☐ I'll never forgive him/her for hurting me like he/she did.
- ☐ I'll never forgive myself for _____ !
- ☐ I'll never forgive myself for _____ !
- ☐ I'll never forgive myself for _____ !
- ☐ I'll never get married (again).
- ☐ I'll never go to church (again).
- ☐ I'll never have a boy/girl when I get pregnant.
- ☐ I'll never have kids!
- ☐ I'll never hire another Christian.
- ☐ I'll never let another man/woman take advantage of me again.
- ☐ I'll never let anyone hurt me or get close to me again,
- ☐ I'll never let my kids go through what I went through.
- ☐ I'll never let someone/anyone get close to me again.
- ☐ I'll never lose weight/quit smoking/drinking etc.
- ☐ I'll never love another man/woman
- ☐ I'll never marry anyone like my mother/father.
- ☐ I'll never submit to any man except Jesus.
- ☐ I'll never talk to my parents/brother/sister again.
- ☐ I'll never treat my spouse like my father/mother did.
- ☐ I'll never trust a man or a woman, or my parents, or God ever again.
- ☐ I'll never trust or believe another pastor.
- ☐ I'm never going to let the boss walk all over me.
- ☐ I'm trapped and can never get out of _____.
- ☐ No one's going to control me again.
- ☐ No one's going to tell me what to do.

Reverse Covenants & Inner Vows:

Dear Heavenly Father, as I come to You in the name of Jesus Christ, please forgive me for saying things and having an attitude that goes against your Word. I will not believe the lies of the enemy, I choose to reverse this inner vow now...*(In your own words **audibly** reverse the vow(s) and covenant(s) you have said).*