



Ungodly Vows & Word Curses

In this series “Issue-Focused Inner Healing Ministry,” we are using an integrated approach to healing the wounded heart. This focused ministry approach enables us to deal with all of the root problem areas that might relate to a particular heart issue or problem that we are asking the Lord Jesus Christ to heal and set us free from.

In this session, we focus on two underlying causes: inner vows and word curses, looking to see how they might relate to our particular problems. With prayer and the grace of God, we will renounce our inner vows and break our word curses.

Key Scriptures

- You have been trapped by what you said, ensnared by the words of your mouth (Proverbs 6:2).
- For by your words you will be justified, and by your words you will be condemned (Matthew 12:36-37).
- Do not judge. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you (Matthew 7:1-2).
- See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled (Hebrews 12:15).
- But let him ask in faith without any doubting, for the one who doubts is like the surf of the sea driven and tossed by the wind, for let not that man expect that he will receive anything from the lord, being a double-minded (*hesitating, doubting*) man, unstable in all his ways (James 1:6-8).

Prayer

In our search for truth, Dr. Neil Anderson suggests we start by praying the following prayer.

Dear Heavenly Father, I know that You want me to know the truth, believe the truth, speak the truth and live in accordance with the truth. Thank You that it is the truth that will set me free. In many ways I have been deceived by Satan, the father of lies, and I have deceived myself as well.

Father, in the name of the Lord Jesus Christ, by virtue of His shed blood and Resurrection, I now rebuke all evil spirits that are deceiving me.

I have trusted in Jesus alone to save me, and so I am Your forgiven child. Therefore, since You accept me just as I am in Christ, I can be free to face my sin and not try to hide. I ask for the Holy Spirit to guide me into all truth.

I ask You to “search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me” In the name of Jesus, who is the truth, Amen.



Barriers to Inner Healing

An unbelieving heart

One barrier to inner healing, is an unbelieving heart. The spiritual realm of God *does not* work through “magic,” but through faith that resides in an honest heart. There are no magical words that will make healing happen, but only a heart that recognizes its need and a tiny bit of faith *that God cannot lie, that what He said is true.*

God Himself said that He sent Jesus to die for our sins so we can have newness of life. Did God lie when He said this? Can you trust what He says? It is faith in God Himself and in the power of God, revealed through the death and resurrection of Jesus Christ that brings about changes within us.

- Take heed, brethren, lest there should be in any one of you an evil, unbelieving heart, in falling away from the living God (Heb. 3:12).

There are many areas in our hearts that have not been touched by the living Lord and transformed, because we have not applied heart faith. Mistaking mental/intellectual agreement for genuine faith, we try to apply a scripture with our natural mind, appropriate to the situation, yet unbelief and doubt remain in our heart, and we receive very little from the Lord.

- But let him ask in faith without any doubting, for the one who doubts is like the surf of the sea driven and tossed by the wind, for let not that man expect that he will receive anything from the lord, being a double-minded (*hesitating, doubting*) man, unstable in all his ways (James 1:6-8).
- Let us fear lest, while a promise remains of entering His rest, any one of you should seem to have come short of it. For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard (Heb. 4:1-2).

Faith is the biblical response to the word of truth

Neil Anderson writes, “Faith is the biblical response to the truth, and believing what God says is a choice we all can make. If you say, ‘I wish I could believe God, but I just can’t,’ you are being deceived. Of course you can believe God, because what God says is always true. Believing is something you choose to do, not something you feel like doing.

“The New Age movement has twisted the concept of faith by saying that we can make something true by believing it. No, we can’t create reality with our minds; only God creates reality. We can only face reality with our minds. Faith is choosing to believe and act upon what God says, regardless of feelings or circumstances. Believing something does not make it true. It’s true; therefore, we choose to believe it.

“Just having faith is not enough. The key question is whether the object of your faith is trustworthy. If the object of your faith is not reliable, then no amount of believing will change it. That is why our faith must be on the solid rock of God and *His Word*. That is the only way to live a responsible and fruitful life. On the other hand, if what you believe is not true, then you will not experience the freedom that only the truth can bring.”



- That your faith should not rest on the wisdom of men, but on the power of God (1 Cor. 2:5)

Bitter root judgments

Something that is bitter leaves a bitter taste in our mouths, producing a biting disagreeable sensation in the tongue. In a figurative sense, emotions such as extreme enmity, grudge, and hatred produce a bitterness in the heart of man which is manifested through the words spoken—bitterness of anger, sharpness, severity of temper.

The Bible warns us about not allowing bitterness to become rooted in our hearts:

- See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled (Heb. 12:15).

Refusing to go to the Lord and receive His grace when hurt, we hold on to our grievances, allowing them to fill our heart with bitterness. We nurse our resentments, anger, desire to retaliate, they turn into hate, violence and murder.

Barrier to healing our heart

Hidden and forgotten judgments can be barriers to healing our hearts. There is a spiritual law that says that what I receive back in life is related to what I have sown. In other words, the judgments I make against others will come back to me.

- Do not judge. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you (Matthew 7:1-2).

The law of sowing and reaping

Our judgments deposit a seed in our heart which by law has someday to be reaped. The natural and spiritual laws are similar: For every action there must be an equal and opposite reaction. Every equation must balance.

- Be not deceived, God is not mocked; for whatsoever a man sows that shall he also reap (Galatians. 6:7).
- Sow to yourself in righteousness, reap in mercy (Hosea 10:12).
- They that plow iniquity, and sow wickedness, reap the same (Job 4:8).

Interestingly John & Paula Sandford suggest that “the law of sowing and reaping was designed by God to bring about the multiplication of blessings. The law of God actively causes reward and punishment to come upon us, as surely as any other natural law exacts it due. The seed we sow may be tiny and forgotten. But the longer it remains undetected or neglected, the larger it grows.”

Development of a bitter root judgment

A bitter root judgment often begins in childhood, when our parents failed to love us with God’s love. Perhaps they didn’t remember their promises, abandoned us, failed to give us time, didn’t really see us or listen to us, were inconsistent in nurturing and loving us, failed to provide warmth, safety and a sense of belonging, or even abused us. In other words, we were betrayed by relationship.



Hatred, anger, revenge, bitterness

The child's heart becomes angry and he cherishes the resentments in his heart. Because it is not good to be angry with parents, the child may bury the resentment in his heart and forget them.

As a result of the pain of the judgment, he resolves or makes an inner vow about what he will or will not do. These judgments and vows rooted in the heart prevent him from seeing God as a loving God and believing Him.

Some section of our heart becomes hard and stubborn, and unable to apply faith in a loving God or sense His presence. We open ourselves to hatred, anger, revenge, murder, violence—becoming very bitter.

- See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled (Hebrews 12:15).

Darken our spiritual eyes

According to the Scripture, judgments we made against our parents in childhood will darken our spiritual eyes. Judgments against others cause us not to see ourselves, others, the world around us, or God in life-giving ways. When we make judgments against others and hold them in our hearts, we darken our own spirits, blocking our ability to *see* God clearly—both within us and in others. Failure to cleanse ourselves from judgments create hearts of stone, unable to be tenderhearted and extend mercy. (John & Paula Sandford)

- He who curses his father or his mother, his lamp will go out in time of darkness (Proverbs 20:20).
- You have been trapped by what you said, ensnared by the words of your mouth (Proverbs 6:2).
- For by your words you will be justified, and by your words you will be condemned (Matthew 12:36-37).

Failure to forgive from our heart

We need to make peace in our heart with everyone who has ever hurt us and get that cleared up before God if we are asking Him to heal our wounded hearts. We need to forgive our father or mother and all other family members for what they did or did not do in our life.

1. Unforgiveness creates a barrier

Unforgiveness prevents God from giving His grace to the person who is seeking healing and wholeness.

- ...delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if you from your hearts forgive not every one his brother their trespasses (Matt. 18:34-35)

The Lord makes it clear that forgiving others is a condition to receiving the desires of our heart—our healing.

- For if you forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses (Matt. 6:14-15).



- And whenever you stand praying, forgive, if you have anything against anyone; so that your Father also who is in heaven may forgive you your transgressions. But if you do not forgive, neither will your Father who is in heaven forgive your transgressions (Mark 11:25-26).

2. Unforgiveness holds the curse on us

The Scriptures command us to forgive before we can be freed, because demonic bondages often stem from broken relationships of trust between people (Banks, p. x). When we hold another's sins and do not forgive them, we are holding the curse upon ourselves. When we will not let go of the sins of others, we are keeping that person under the "bondage of my judgment."

- If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained (John 20:23).

3. Principles of forgiveness

Forgiveness is key to our own healing, thus it is vital that you understand what true forgiveness is. Pray, asking the Lord to teach you about forgiveness. Here are a few principles of forgiveness.

Genuine forgiveness is from the heart

Real forgiveness must come from the heart. The heart must be postured with an attitude of forgiveness toward the person:

- ...if each of you does not forgive his brother from your heart (Matt. 18:35).

Separate person from their sin

Forgiveness becomes easier if you can separate the person who hurt you from the sin they did against you, just like the Lord did for you. He loved you even in your sin, because He was able to separate you from your sin. This means that we too can forgive others of their failures yet love them.

- Jesus was saying, 'Father forgive them; for they do not know what they are doing' (Luke 23:34).
- I say to you, love your enemies, and pray for those who persecute you (Matt. 5:44).
- Love your enemies, and do good... be merciful, just as your Father is merciful (Luke 6:35-36).

Forgiveness is a decision

We must make a decision to forgive all other people who have ever hurt you. Then verbalize your decision, by saying out loud, "Lord I forgive..." and name the person or persons involved and state specifically what their sin is. Declare your total dependence on God to free you. Ask God to release and forgive you of the sin; state your desire to turn from it and receive His grace. Also ask God to forgive you for judging others. State your desire to turn away from this sin and receive His grace.

Heavenly Father,

I choose not to hold on to my bitterness or anger. I choose to forgive (name) for (state specifically what their sin was), because it made me feel (state your feelings).



I renounce all my sins involved in holding unforgiveness against (name) and I choose not to hold on to my resentment. I give up my right to be angry with (name). I relinquish my right to seek revenge. I release (name) into Your hands.

Lord I also want to confess my sin of judging (name) and I ask you for your complete forgiveness. I choose to acknowledge judging others as sin and allow you to cleanse me of all my unrighteousness. Lord, I also ask you to forgive me for the sin of dishonoring my father and my mother.

Lord, make me clean and whole and release me from these sins. I thank You that your blood is enough for every sin I have committed and those committed against me. I thank You for the power of your blood to cleanse my heart from all resentment, bitterness, anger, and rage. I now receive Your forgiveness.

Thank You for setting me free from the bondage of my bitterness, resentment, and revenge. I now ask You to bless those who have hurt me.

Lord, I release all these people into your hands, and I ask You to reveal the negative beliefs and inner vows that were the result of their sins and to heal my damaged emotions and painful wounds. In Jesus Name, I pray. Amen.

Root Cause—Inner Vow

An inner vow is a decision we set by our mind and heart, usually as small children. This decision gives direction to the development of the structures of our personality and habit patterns of behavior.

We make inner vows in response to the painfulness of negative beliefs/lies and negative expectations. Inner vows generally go hand-in-hand with the negative expectations we hold.

Negative beliefs, negative expectations, and inner vows are difficult to recognize, because they are embedded in the deepest layers of our psychic, often in traumatic experiences and painful memories. We do not remember them and are unaware that they exist or could affect us.

A structure of the flesh, an inner vow develops into a deeply set of directives that guide and direct your life. The Virklers write: “Inner vows galvanize our purpose in life, and release sin energies and pressures in light of the vow.” Even though we don’t consciously remember them, they *do* program the way we will respond in certain situations into our adult life.

Typically the inner vow is not manifested immediately in the child’s behavior, but kicks in when it is triggered by the appropriated situations relevant to the vow. Inner vows act as a barrier to our healing, and caused us to resist the normal maturing process.

Reflect on the following Scriptures

- Come now, you who say, ‘Today or tomorrow, we shall go to such and such a city, and spend a year there and engage in business and make a profit.’ Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say, ‘If the Lord wills, we shall live and also do this or that.’ But as it is, you boast in your arrogance; all such boasting



is evil. Therefore, to one who knows the right thing to do, and does not do it, to him it is sin (James 4:13-17).

- Again, you have heard that the ancients were told, ‘You shall not make false vows, but shall fulfill your vows to the Lord.’ But I say to you, make no oath at all, either by heaven, for it is the throne of God, or by the earth, for it is the footstool of His feet, or by Jerusalem for it is the city of the great King. Nor shall you make an oath by your head, for you cannot make one hair white or black. But let your statement be, ‘Yes, yes’ or ‘No, no’; and anything beyond these is evil (Matthew 5:33-37).

Inner vows activate spiritual laws

Our negative expectations and corresponding inner vows activate spiritual principles set in place by God when He created the world. They include the law of love, the law of sin and death, the law of faith, the law of judgment, the law of sowing & reaping, and the law of honoring and loving (Virkler & Virkler (2001)).

1. The Law of Faith – Romans 3:27

One of the biblical principles says that we will receive whatever it we believe for:

- According to your faith be it unto you (Matt. 9:29)
- All things are possible to him that believes (Mark 9:23)

If I hold in my heart the belief that I am not lovable, that people will reject me, and vow that I do not need anyone, it becomes impossible to build a trusting relationship with my husband and others around me. My own negative faith and inner vow draws me into believing and expecting disappointment, rejection, and failure. I injected these poisonous beliefs and expectations into my marriage and very nearly reaped their fruit.

2. The Law of Judgment

There is a spiritual principle that tells us that what we receive in life is directly connected to the judgments we make against others. In expecting my husband to fail me, I made a judgment against him—that he was not trustworthy, reliable, someone I could lean on. My judgments against my husband trigger a countering force to move against me, causing me to become untrustworthy, etc.

- Judge not, that you be not judged. For with what judgment you judge, you will be judged; and by your standard of measure, it shall be measured to you (Matthew 7:1-2).
- Do not speak against one another, brethren. He who speaks against a brother, or judges his brother, speaks against the law, and judges the law; but if you judge the law, you are not a doer of the law, but a judge of it. There is only one Lawgiver and Judge, the One who is able to save and to destroy, but who are you who judge your neighbor (James 4: 11-12).

3. The Law of Sowing & Reaping

The inner vow ensures that all the spiritual energies being developed in your heart by your negative expectations have a focused avenue of release into the outer world. The message is



sent out loud and clear through the inner vow: *“Do this to me, for I am expecting with my heart and all my energies for this to happen, so please come alongside me and help me accomplish this goal*”

Consider the Israelites who had confessed over and over their fear of dying in the wilderness. Finally the Lord spoke that He was going to give them what they had been believing for and confessing. Their negative expectations and inner vows (negative confession) brought them destruction rather than God’s plan of Promised Land blessings. We can miss God’s blessings.

- How long shall I bear with this evil congregation, which murmur against me? I have heard the murmurings of the children of “Israel which they murmur against me. Say unto them, as truly as I live, saith the Lord as you have spoken in mine ears so will I do to you (Numbers 14:27-28).

Our judgments deposit a seed in our heart which by law has someday to be reaped. The natural and spiritual laws are similar: For every action there must be an equal and opposite reaction.

- Be not deceived, God is not mocked; for whatsoever a man sows that shall he also reap (Galatians 6:7).

4. The Law of Honoring & Loving

The Scriptures make it clear that when we judge others and speak evil of them, we are not honoring or loving them, and that our lives will not go well.

- Honor all men. Love the brotherhood. Fear God. Honor the king (1 Peter 2:17).
- Honor your father and mother (which is the first commandment with a promise), so that it may be well with you, and that you may live long on the earth (Ephesians 6:2).
- For Moses said, 'Honor your father and your mother'; and, he who speaks evil of father or mother, is to be put to death' (Mark 7:10).

Common inner vows

Many inner vows have to do with ambitions or rebellions against parents. Very often in childhood, boys decide that it is not safe to share with their mothers and they learn to keep things secret from them. They promise themselves that they will never tell a woman what is really going on in them. It is not safe. Thus women complain that their men will not tell them about what is really going on in their hearts. And women, failing to be seen and appreciated by their fathers, vow not to let their husbands really have all of them.

Inner vows correspond to negative beliefs & expectations like this:

I believe, I expect

Therefore, I will (make an inner vow)

- a. I believe...I am ugly, therefore... *I will hide myself.*
- b. I expect...life is unfair,..... therefore... *I will distrust and withdraw.*
- c. I believe...I will probably fail,... therefore ... *I will not try.*
- d. I don't deserve God's blessing,... therefore... *I will make it on my own.*
- e. I expect...people will fail me..... therefore... *I will not need anyone.*



Suggested assignment

↳ **Imagine the following negative beliefs & expectations were yours, what do you think you might have vowed?**

I have no one who cares....

No one will ever want me. ...

I can never win anything. ...

They won't like me....

I always fail....

Life is unfair....

No matter how hard I try, it is never good enough....

Identifying Your Inner Vows

Prayer

Ask the Lord to bring to your mind any incidents where you might have developed a negative expectation and thus made an inner vow in order to reduce your pain. Also ask Him to reveal any unforgiveness you hold against your parents.

Questions to help you discover your inner vows:

- Lord, what do I promise I will do?
- Lord, what do I promise I won't do?
- Lord, what do I promise about myself?
- Lord, what do I promise about others?

List your inner vows:



Renouncing Inner Vows

The goal is to renounce all vows you have made and to cut off the sin energies released when your heart issued the inner vow to your entire being. You have been a slave to obeying that vow, but now you must be released from it, and change your direction to obeying the Lord.

My Father in Heaven,

I confess and repent of my sin of vowing that.....

I forgive for contributing to my forming this vow and myself for making this vow.

Instead, I now purpose by the power of the Holy Spirit to

In the name of Jesus Christ of Nazareth, I thank You, Amen.

Root Cause—Word Curses

The influence of words

Negative belief systems may become established in your heart as a result of words spoken over you or words you speak to yourself. These words carry spiritual energy, creative negative expectations which bring into the effect a curse, causing you to fulfill the words.

The Scriptures give many warnings about the importance of our words. (See Prince, 1990, p. 122-134, for biblical teaching on self-imposed curses.)

- You have been trapped by what you said, ensnared by the words of your mouth (Proverbs 6:2).
- Death and life are in the power of the tongue (Proverbs 18:21).
- A wholesome tongue is a tree of life (Proverbs 15:4).
- But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.” (Matthew 12:36-37).
- The opening of my lips will produce right things. For my mouth will utter truth and. . . all the utterances of my mouth are in righteousness; there is nothing crooked or perverted in them (Proverbs 8:7).

1. Mouth produces blessings and curses

The Bible reveals the existence of two spiritual dynamics, blessings and curses. These *invisible* forces influence our lives, either for good or for evil. Both blessings and curses are considered to possess an inherent power to carry itself into effect (Murphy, 1992/1996).

The blessings of God bring about good and beneficial results, whereas curses produce bad and harmful results (Prince, p. 32). The intent of a curse is for it to release negative spiritual energy



or power against the object, person, or place being cursed: to rob, steal or kill. This negative spiritual power makes a connection to the kingdom of darkness, the realm of Satan and the work of demons.

- Out of the same mouth proceed blessing and cursing... (James 3:5-6, 9-10).

Curses do not come without a cause

Blessings come from God, when we listen to Him and do what He says. Deliberately turning away from the Lord and following other gods moves us out from under God's *protection* and opens the door to invisible and negative spiritual forces. Thus when we deliberately turn away from the living God to other Gods, we open ourselves to God's sin judgment and a curse. The scripture makes it clear that curses do not come without a cause:

- As the bird by wandering, as the swallow by flying, so the curse causeless shall not come (Proverbs 26:2).

We can bind our souls with a curse, by the words we speak.

Negative words spoken against us may eventually become our own judgments; "*You're stupid*" becomes "*I'm stupid*."

2. What happens when we pronounce negative beliefs over ourselves?

When we speak negative words about ourselves, we close ourselves off from the blessings of God and expose ourselves to curses (Prince, 1990). If we make a negative confession, we expose ourselves to evil, demonic forces.

When we speak negative words about ourselves, we close ourselves off from the blessings of God and expose ourselves to curses (Prince, 1990). If we make a negative confession, we expose ourselves to evil, demonic forces. God's people in the wilderness were not able to enter the promise land because of a negative report. Making a positive confession releases the ministry of Jesus Christ to help us and to meet our need.

Identifying Word Curses

Prayer

Ask the Lord to bring to your mind any word curses others or you have spoken over yourself that may be contributing to the heart issue you are working with.

List word curses spoken over you by others:



List word curses you have spoken over yourself:

Breaking Word Curses

My Father in Heaven,

I now confess and repent for receiving the word curse stating that "I....." and for any anger or resentment against You, God for allowing this to happen in my life.

I forgive and release..... (self & others) for speaking this over me. I ask You, God to forgive me, and I now receive Your forgiveness. I forgive myself for participating in this sin.

I joyfully accept the divine exchange Christ made for me on the cross of Calvary. I break this curse over me right now in the name of the Lord Jesus Christ and I receive His divine blessing of (state the opposite) which replaces this curse.

In the name of Jesus Christ of Nazareth, I thank You, Amen.