



# FINDING FREEDOM

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A PRACTICAL GUIDE TO  
HEALING AND HELPING  
OTHERS HEAL

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# INTRODUCTION

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Hi friend, I'm so glad you've decided to take a step to finding freedom, or helping someone you love find the freedom that you already have! I hope that my story will give you the courage to move forward in this process. In my own life, I needed healing from sexual sin and pain. While my struggle may be different from yours, this same process has been helpful for many women with different stories. If your brokenness is not sexual in nature, the other parts of this process will still bring freedom to your heart. Often times the weight of shame from our sin holds us back from the beautiful freedom that God has for us. I pray that you won't let shame hold you back anymore! Let's get started.





# MY STORY

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One day at the age of twenty-six I was driving down the highway listening to the familiar voice of Dr. James Dobson. My six-month-old baby girl was in the back seat of my brand new white mini-van. I heard two sentences that day:



*“What is the number one question on a teen girl’s mind when she’s talking to her mom about sex?”*



*“The number one question on her mind is “Mom, did you wait?”*

I pulled to the side of the road and allowed ten years of grief and isolation to engulf me. So deep was the pain of my past sexual sin, that my prayer was for my daughter to never know it. I had never considered that she’d ask about my past. I made a decision to be transparent about my sin for the sake of my daughter.

I knew I needed to begin by telling Bob, my husband. (My book [And the Bride Wore White](#) shares our story in depth.) We'd been married for five years and he did not know of my sexual past. I believed that if I told him, he would reject me, though nothing in his behavior would have led me to that conclusion. My emotions created an irrational prison. It took me three gut-wrenching hours to get out a one sentence confession:

*"I gave away the gift that God meant for me to give you on our wedding night."*



And then I cried. I'd confessed my sins to God on an almost daily basis for ten years, and I was forgiven. I just never felt it before. Now, in my husband's arms I felt it. I had dared to believe that God's forgiveness was as big as He said it was, and I was met with an inexplicable sense of newness and hope. Little did I know, that night would be the first step to finding freedom.

Let me share with you the two most important things I did to find freedom, so you can find it too.

I shared my story & I prayed for healing

# Step One: Sharing Your Story

Your freedom starts with telling someone. The first confession is the hardest. But, according to James 5:16, it is so critical to the healing process. “*Confess your sins one to another, and then you will be healed.*” As the body of Christ, we are the arms of Jesus convincing guilt-ridden, wandering souls they been found by Mercy. That’s how it’s worked for me and that’s how I’ve seen it work for hundreds of other women of all ages and walks of life.



## *If you are not married...*

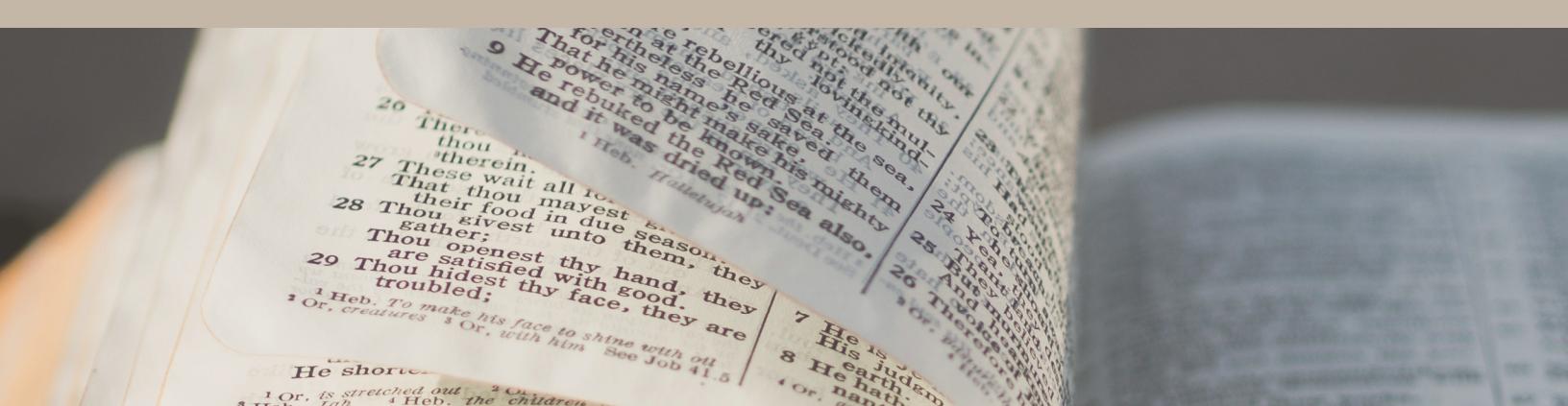
I encourage you, whether you are in a dating relationship or not, to prayerfully consider first confessing to an older, wiser woman—not to a guy. You want this to be a woman who is older, has a strong relationship with Christ and walks in transparency in her own life. Prayerfully consider whether it can be your mom. Don’t go confessing to every guy you meet, and begin to date or court. Wait until you are certain that the relationship is headed towards marriage.

## *If you are married...*

you may want to tell a trusted friend for prayer support and encouragement, but don’t delay long in sharing with your husband. There’s no reason to overplan what you will say. Whatever you plan will probably not be what you say in the emotion of the moment.

# Don't procrastinate.

Anyway, it doesn't have to sound just right. The key is to speak with simplicity and honesty. Don't over explain with lots of details. And give that man of yours space and time to process in his own way.



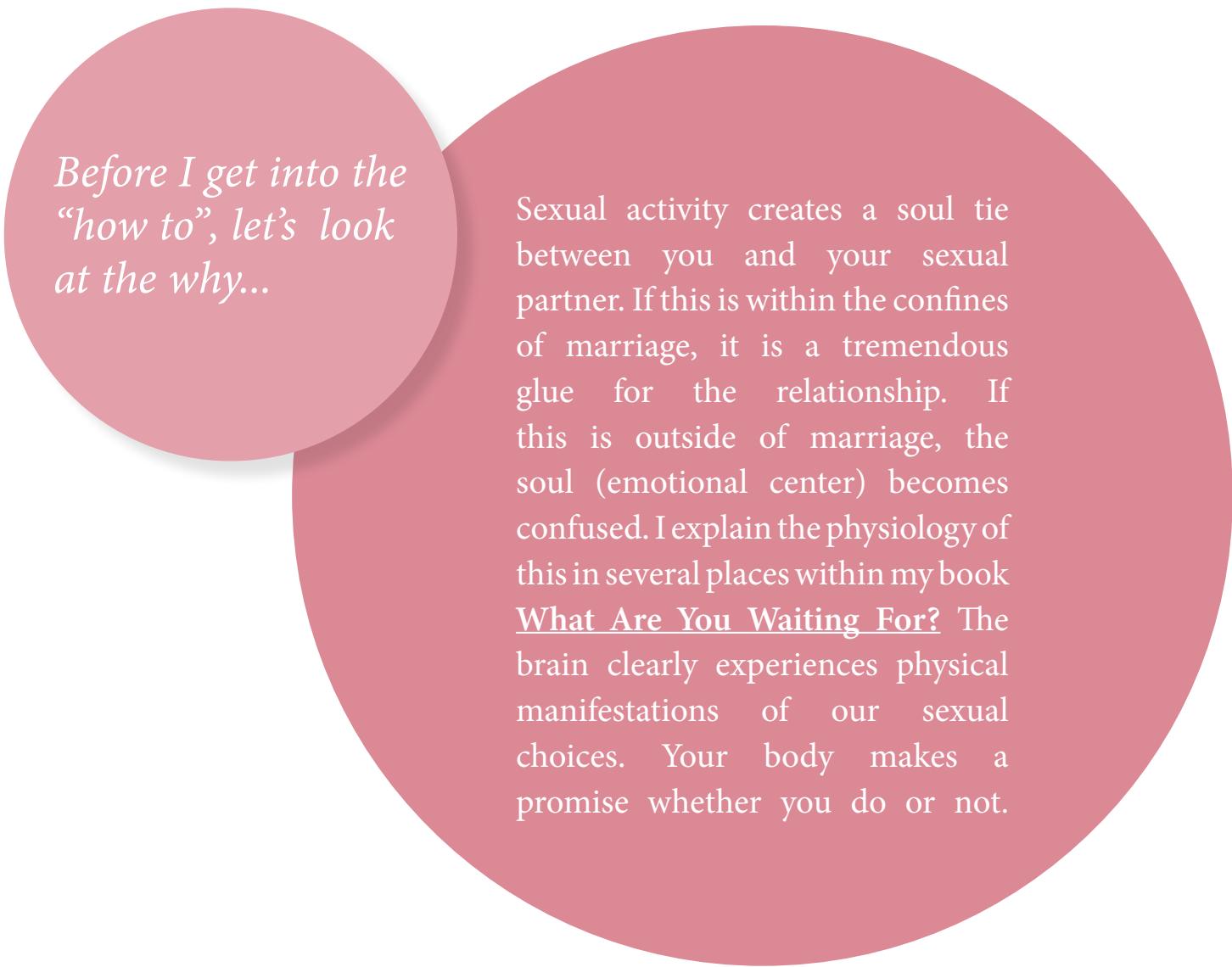
Now that you have told someone, you should schedule a time of truth prayer. Never heard of that before? Don't worry. I'll explain everything. Just keep reading because, in combination with confession and counseling, this prayer time will utterly transform your life.



## Step Two: Pray for Healing

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Critical to the progression of healing is a specific prayer time to verbalize forgiveness toward your sexual partner(s), and to break soul ties, and to ask God to reveal any lies you have believed and replace them with Truth. I generally recommend that you have at least two other godly, loving women present for this prayer time. Schedule this time and don't let anything get in the way of that appointment.



*Before I get into the  
“how to”, let’s look  
at the why...*

Sexual activity creates a soul tie between you and your sexual partner. If this is within the confines of marriage, it is a tremendous glue for the relationship. If this is outside of marriage, the soul (emotional center) becomes confused. I explain the physiology of this in several places within my book [What Are You Waiting For?](#) The brain clearly experiences physical manifestations of our sexual choices. Your body makes a promise whether you do or not.

Let me explain it spiritually. I Corinthians 6:13-16 says,

*“The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. By his power God raised the Lord from the dead, and he will raise us also. Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, ‘The two will become one flesh.’ But he who unites himself with the Lord is one with him in spirit.”*

The Greek word for “unites” in this verse was kallao. It means “to glue together, to make cohere.”<sup>1</sup> According to God’s Word, anytime we have sex with someone we are “gluing” or tying ourselves to them emotionally. Since the soul is the center of our emotion, these are called soul ties. When these soul ties are established outside of a marriage relationship, they can wreak havoc on the future or existing marriage that we can’t even begin to comprehend. A sin-induced sexual soul tie must be spiritually renounced in order to experience wholeness within your marriage or future marriage. Let me show you the simple prayer process I used to find freedom and enjoy my marriage.

## *How to facilitate Truth Prayer:*

*“...and you will know the truth, and  
the truth will set you free.”*

- John 8:32

The Scriptures teach that we do not wrestle with flesh and blood. Our battle is with spiritual, unseen forces of darkness. You can't do this alone, so find one or two wise, godly women that you trust to pray with you. They will be there to take notes, help you when you get stuck, and pray encouragement over you. I recommend you and the women praying with you go into this time of prayer having fasting leading up to it.



Before your prayer time, it is important that you take time to verify that you are walking in a true relationship with Jesus Christ. If you are unsure, talk to the godly women walking with you in this process. Secondly, break off the sexual relationship with the person you are praying about, unless it is your husband. Once you and your prayer team have prepared your hearts through prayer and fasting, there are five critical things that need to occur during the actual prayer session, which should take about one hour.

# 5 Stages of Truth Prayer

- 1** If your pain is from sexual sin, prayerfully confess and verbalize forgiveness to your sexual partner(s). After opening in prayer that humbly acknowledges Jesus Christ as your Healer, confess your sin out loud. Then, specifically forgive each of your sexual partners as they come to mind. Be specific, *if you need to be*, concerning the sexual acts that occurred, but don't require it. If you get stuck, say, "*Lord, I chose to forgive (name) and I release him/her for (specific sin).*" It is important to choose forgiveness, though you might not feel it. That's ok.
- 2** Have your prayer team pray in authority and ask Christ to break off any existing and unholly soul ties that exist between you and your sexual partners. Using the name(s) you just spoke, ask your friend to pray that God breaks off any bondage or ties to each one. She can say something like, "*Lord Jesus, we ask you to break off the soul tie that exists between (you) and (name of sexual partner) in your precious name and by the power of the Holy Spirit.*"
- 3** Have your prayer team ask God to reveal any lies that you might believe about yourself or your relationship with God. Sin can paralyze us with lies about ourselves, others and God. Common lies that women have verbalized to me over the years include: "*God could never use me now*", "*My body is bad*" or "*Men are bad*." Ask the Holy Spirit to reveal the lies to you and to her. Ask her to write down as He does, quietly jot down specific Bible verses that come to mind. You'll need these for the next two steps.
- 4** Your prayer team should take time to verbalize God's love and forgiveness. Look them in the eyes. Allow them to genuinely and specifically tell you how they feel about you and why. They may read scriptures to encourage you. You've taken a big step here! Allow them to share any verses God gave them, or share any encouragement rooted in truth.
- 5** Go home with a list of specific Scripture verses to study and memorize concerning your forgiveness and truth to battle lies. Use ones your prayer team shared in the last step, or take a few more moments to ask God to reveal His truth. God's word is the only true power I have ever discovered when attempting to reprogram a broken emotional system. Those lies you prayed through in the second step? You need God's truth to reprogram your thinking. Put these verses where you can read them several times a day and program your heart and mind to believe them.

After you have completed your confession and prayer time, it is important to take the steps you need to continue walking in freedom. Consider finding a wise mentor or Christian counselor that can walk with you. Freedom is an ongoing process but I'm so proud of you for taking the first steps!

*In His great love,*

**Dannah Gresh**  
Best-Selling Author

*If you're looking for a 3-day intensive on the subject of inner healing from sexual sin, please come to our Pure Freedom [Master Class](#). You were created for freedom! The Master Class will help you get there.*



**CONNECT WITH ME**

