



Road to Freedom

Week 10

False Beliefs, Vows, Judgments

First Name and last initial: _____ Date: _____

Underneath the "Guardian Lies" lie false beliefs, vows, and judgments we've made about ourselves, God, hurts, wounds, events, and people. For example, we believe our parents' divorce is our fault, we vow never to marry, and we judge that all marriages are doomed for failure. Making vows is our attempt to control and protect our lives apart from God the Father. You've heard it say, "Never say never" because they become self-fulfilling and keep us from being and living the way God intended. This two-page worksheet aims to help you realize the vows that you have made. Check the ones that relate to you. This list is modified from the "Sinful Vows Worksheet" by Dr. Karl D. Lehman, MD. and the Theophostic Ministry.

- I will not feel _____
- I will forget _____ (what he did, what I did)
- I will never forgive _____ (Mom/Dad. etc.)
- I will get revenge/get them back /make them pay. _____
- I won't ever trust _____ again.
- I won't ever love _____ again.
- I won't ever marry again.
- I won't ever date again.
- I won't care about _____ (being excluded, being ignored, myself, anybody else, etc.)
- I will never tell _____ (what happened to me, what I saw, what he did, what I did)
- I will not remember _____ (what he did, what I did)
- I will not see _____ (the beating, abuse, argumnt, memory, the problems)
- I won't make another mistake.
- I will never fail.
- I will never succeed.
- I will never ask _____ (God, men, my parents, etc. for _____(help, money, love, advice, etc.)
- I will never try again.
- I will never make a mess.
- I will never be conspicuous.
- I will never disagree.
- I will be invisible.
- I won't cause trouble - I wont say or do anything that will cause trouble.
- I will never ask another question.



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- I'll just keep my mouth shut.
- i will be good/I will never be bad.
- I'll do it myself.
- I won't do it myself.
- I will always be rejected.
- I won't grow up. (Peter Pan syndrome)
- I won't cooperate.
- I won't _____ (cooperate, forgive, etc.) until/unless _____ (he/she apologizes, they admit I was right, he/she makes restitution, they change their behavior, this need gets taken care of, they agree to do it my way, etc.)
- I won't work so hard anymore to _____ (to get promoted, earn money, please him/her
- I won't ever measure up.
- I won't ever be perfect enough.
- I will never change.
- I will never amount to anything.
- I will always be the trouble-maker, the comedian, the hero, the loner.

This list of sample vows is not complete and you may add your own should any come to your mind.



With the Holy Spirit, ask Him to illuminate any vows that you have made and any memory associated with having made that vow. Ask, "What did I get from making this vow? What purpose did it serve? What did I lose or give away when I made this vow? How has this affected me?"