DEATH & PROLONGED GRIEF

“I confess all…”

\_\_\_\_Heaviness

\_\_\_\_Hopelessness

\_\_\_\_Hope Deferred

\_\_\_\_Discouragement

\_\_\_\_Deception connected to Grief

\_\_\_\_Prolonged Grieving

\_\_\_\_All Grief & Holding onto Grief

\_\_\_\_Gloom

\_\_\_\_Sadness & Loneliness

\_\_\_\_Death

\_\_\_\_Darkness

\_\_\_\_Suffering

\_\_\_\_Oppression

\_\_\_\_Depression

\_\_\_\_Guilt, Shame & Regret

\_\_\_\_Lack of Care or Interest

\_\_\_\_Loss of Value or Meaning in Life

\_\_\_\_Emotional Numbness

\_\_\_\_Powerlessness to Resist Opposition

\_\_\_\_Becoming constantly Overwhelmed

\_\_\_\_Failure & feeling like a Failure

\_\_\_\_Being Self-Focused

\_\_\_\_Ignoring the Needs of those around me

\_\_\_\_Not Listening to or Hearing others

\_\_\_\_Fear or Frustration that Dreams or Desires will Never Come to Pass

\_\_\_\_Stress, Pressure & Anxiety

\_\_\_\_Denial

\_\_\_\_Delays

\_\_\_\_Doubt & Unbelief

\_\_\_\_Complaining & Negativity

\_\_\_\_Agitation

\_\_\_\_Anger & Disappointment towards God, myself or others

\_\_\_\_Bargaining with God

\_\_\_\_Giving in to Negative Emotions

\_\_\_\_Giving Up or Giving In

\_\_\_\_Consistent Exhaustion

\_\_\_\_Weariness & Fatigue

\_\_\_\_Confusion, Poor Memory & not Thinking clearly

\_\_\_\_Distraction & Difficulty completing Daily Tasks

\_\_\_\_Fear of Death, Dying & Accidents

\_\_\_\_Accident-Proneness

\_\_\_\_Worry for the Safety of others

\_\_\_\_Worry or Premonitions of others dying

\_\_\_\_Fear of Loss

\_\_\_\_All Fears

\_\_\_\_Thoughts of death

\_\_\_\_Thoughts of suicide

\_\_\_\_Destruction

\_\_\_\_All self-inflicted pain

\_\_\_\_Abuse of my body

\_\_\_\_ Sabotage

\_\_\_\_Abortion

\_\_\_\_Infirmity & Pain in the Body

\_\_\_\_Obsessions with curing ailments in the Body

\_\_\_\_Ungodly Soul Ties

\_\_\_\_Familiar Spirits

\_\_\_\_Being drawn to danger

\_\_\_\_Control & Restrictions

\_\_\_\_Unrealistic Expectations I've put on myself or others

\_\_\_\_Expecting others to feel what I feel

\_\_\_\_Lack of Joy

\_\_\_\_Withdrawing Socially

\_\_\_\_Lack and debt

\_\_\_\_Physical symptoms incl. crying easily, pressure in the chest & labored breathing

“..and I confess it for myself, my parents, my grandparents, my great grandparents and all of my ancestors back to Adam… and I renounce its hold on my life and on my family line.”

\*Note: It is highly recommended that individuals who go through the Death stronghold also go through the Strongholds of Depression & Discouragement, Failure, Infirmity & New Age /Antichrist strongholds