

SPM SESSION AFTER CARE

Any spirits that have troubled you in the past (pre-session), will likely try to trouble you in the near future with the same thoughts, feelings and things you found yourself saying and/or doing. They will “revisit” you in familiar ways to try to make you think the healing, cleansing, and revelation the Lord gave you didn’t really change anything.

If this happens, you will need to stand against those old familiar ways of “reacting to life,” and determine to hold on to what the Lord has done for you by refusing to accept the negative thoughts, emotions, and actions as being your own; and at the same time, take “possession” by proclaiming the positive things you are and will do from now on (That is the God given replacements you have received from Him). These include the truths He gave you to replace the lies (e.g. “I no longer have a problem of fear, anger, etc. I receive and walk in courage and peace”).

There is great divine power in agreement with God according to His word and what He has accomplished in you through the SPM session. You are, literally, engaging with God in the creative work He has done in and for you by agreeing with Him and further proclaiming it as who you are (Mark 11:23-24, and Job 22:28)

Refuse to allow the enemy of your soul to steal God’s blessings from you or cause you to give it away because of old patterns of behaviors being repeated. The enemy will eventually give up if you hold your ground.

Simple ways to detox our emotions:

Confession, forgiveness and Emotional exchange

At the end of every day, you can ask the lord to highlight the negative emotions that you felt throughout the day. Here are the steps you can follow to release the emotions and receive peace form God.

- 1) **Get into the presence of God** by inviting the Father to fill you with the love of God through the power of the Holy Spirit.
- 2) **Bring that negative emotion to the Lord** and ask the Lord for the root cause.
 - a) If there is unconfessed sins in your heart, then confess your sins before the Lord.
 - b) If people have offended you, then extend forgiveness to those individuals.
- 3) **Release those toxic emotions to the Lord.** Using words and imagery, submit them to God.
- 4) **Ask the Lord for an exchange at the cross.** Listen for what He has in exchange.
- 5) **Marinate in that promise** and pray that blessing into your life.

Be encouraged to trust God that you will continue to grow in the Blessings that He has given you. You honor Him by the simple act of agreeing with Him, according to His word and what He has done in and for you.

At first it may seem like a challenge. As you experience newfound freedom, you will be encouraged to continue to hold the ground you have been given. Remember to keep thanking God for the blessings of change He has given you. As you rehearse it in thanksgiving, it will become centered in who you are (See Mark 11:23 – “He will have whatever he says”).