

UNBOUND DELIVERANCE: THE LAST WORD

In Catholic Christianity, spiritual healing comes to us from Christ through the grace of the sacraments. As an incarnational religion, God's healing grace is mediated to us through the sacraments by the will and intent of Christ our Lord. All the sacraments heal us from the brokenness of our fallen human condition, especially Baptism, in which we are healed of original sin and become a new creation in Christ.

As Saint John the Baptist proclaimed, Christ baptizes us in the Holy Spirit and with fire. The "Holy Spirit" refers to the source of the sacramental grace, and "fire" refers to the transforming power of the sacrament. Thus, when we are sacramentally baptized, it is always in the Holy Spirit and with fire. This is the foundational truth of Catholic Christian baptismal spirituality, on which our whole life of faith and growth in grace is based.

While all the sacraments provide the reparative therapy of spiritual healing in our lives, the three sacraments that we receive the most often have a special role in our ongoing conversion of life after Baptism. Those three sacraments are, of course, Penance, Eucharist, and Anointing. They prepare the way for that ultimate healing which will be our resurrection in Christ on the last day. Then we will receive our glorified bodies forever.

When we focus on what is uniquely Catholic about the spiritual healing that comes to us from the Holy Spirit, we realize what a vital role that the sacraments play in our spiritual healthcare. This is our heritage and our legacy as Catholic Christians. These teachings bring deep healing to our hearts, minds, and souls through the grace of the holy sacraments.

That is why the UNBOUND ministry of spiritual deliverance is approved by our diocese for sacramental healing ministry. The UNBOUND ministry starts with the restorative power of the sacrament of Penance and finds its fulfillment in the transformative blessing of the sacrament of the Eucharist. Deliverance can help people make better Confessions and receive even more worthy Communion, throughout our life's many ups and downs.

For more information, please consult the following resources:

- Neal Lozano's "UNBOUND: A Practical Guide to Deliverance"
- The Unbound website, HeartoftheFather.com
- Or send an email to: UnboundJoliet@gmail.com

Neal Lozano's UNBOUND ministry can bring you spiritual health, inner peace, and a profound sense of God's will becoming active in your life!

FIVE KEYS TO SPIRITUAL HEALTH

The words of the Lord's Prayer, "deliver us from evil," lead us toward the freedom of the sons and daughters of God. Deep healing and forgiveness are not just a possibility. They are a promise from Christ to all who confess their sins and commit their eternal lives to him in faith. Spiritual healing is not just a curiosity or even optional. It is the work of the Holy Spirit who transforms us from within to become holy and blessed in the sight of God. Once we realize that and embrace our identity as sons and daughters of God, miracles of deep healing can be unleashed in our personal lives.

The five keys to spiritual healing described in this pamphlet are taken from Neal Lozano's book, "UNBOUND: A Practical Guide to Deliverance." These five keys are not meant to replace the ordinary means of spiritual healing through prayer, fasting, and spiritual direction. Indeed, UNBOUND assumes that these healing practices have already been experienced. UNBOUND prayer leads us to even deeper healing and even greater spiritual freedom. UNBOUND can help us make better confessions and lead better faith lives.

Accepting Jesus Christ as our God and Savior is the foundation for the life that we were always meant to live. Through prayer, Scripture, and the sacraments, we grow deeper in our relationship with God. Through this forgiveness we make peace with others and also with ourselves. And thus, we can experience a deep inner peace that only God can give us through the saving sacrifice of Christ.



The Spirit-empowered life is a most wholesome and healthy addiction that frees us "from" evil and "for" excellence. The Holy Spirit makes it possible for us to live holy lives that are pleasing to God. That is what we are saved for! We are saved for that ultimate human fulfillment which is nothing less than heaven itself. UNBOUND prayer can help us along that faith journey. May these five keys unlock the door of your heart to Christ, so that you can be delivered from everything that holds you back from the abundant life which Christ promises to all who commit their eternal lives to him!

UNBOUND: FIVE KEYS OF DELIVERANCE

Sometimes we get in a rut, but there are several ways to get unstuck. Here are some spiritual strategies to consider in this process of healing:

- First, examine your conscience and go to Confession, seeking to reconcile yourself with God, with others, and even with yourself.
- If that does not work, then try spiritual direction or psychological counseling from a fellow Christian believer whom you can trust.
- If even that does not work, the healing power of deliverance prayer may be an option for you to consider in your spiritual journey.

Here are the five keys of UNBOUND deliverance prayer from Neal Lozano's "UNBOUND: A Practical Guide to Deliverance." For more information about UNBOUND healing prayer, please check out HeartoftheFather.com. For UNBOUND Prayer in our diocese, contact: UnboundJoliet@gmail.com.

- **Key 1:** Repent from sin and express your faith in Jesus' power to save you. Your identity as a son or daughter of God is essential.
- **Key 2:** Extend forgiveness to yourself and to others in agreement with the forgiveness that has been given to you in Jesus Christ.
- **Key 3:** Renounce all the lies and falsehoods which upset you: "With Christ, I renounce the thoughts and feelings that bother me!"
- **Key 4:** Take authority over whatever has been holding you back: "With Christ, I command these thoughts and feelings to go away!"
- **Key 5:** Receive the Father's blessing: "In Christ's love, I am not only delivered from all that held me bound, but I am truly blessed!"

Deliverance prayer is quite helpful in bringing about much needed spiritual healing. If the ordinary spiritual disciplines of prayer and fasting are not enough for your situation, you should really try this kind of deliverance prayer as part of your spiritual healing therapy. The good news is that any faithful Christian, properly trained, can learn to use deliverance prayer.

SPIRITUAL PEACE: FREEDOM IN CHRIST

Spiritual freedom means that the shackles which bind us have been broken. What holds us back from experiencing the Christian life more abundantly? We are held back by the evil that is around us, within us, and beyond us. Here are the three paths that break the grip of evil in our lives.

- First, Evil is all around us. We usually refer to this first Evil as the World. The antidote to the Evil that is all around us is to surround ourselves with Jesus Christ instead. We do this by growing in the Interior Life. When Christ is in us, he is also surrounding us with protection from the Evil of the World. In Christ, we overcome the world!
- Second, Evil is within us. We usually refer to this second Evil as the Flesh. The antidote to the Evil that is within us is to achieve self-mastery in Christ through ongoing conversion of life. We are always in recovery from sin. Repentance is a life-changing event, while Penance is a maintenance plan for spiritual growth in the ways of the Lord.
- Third, Evil is beyond us. We usually refer to this third Evil as the Devil. The antidote to the Evil that is beyond us is to embrace the Holy Spirit within us. When we come under the powerful influence of the Holy Spirit, we become God's holy possession, and we have "all" and "who" we need to deliver us from the evil around, within, and beyond us.

Do not let this reference to the devil scare you. There are good angels and there are bad angels. For every fallen angel that tries to lure us into sin, there are many more guardian angels who lead us to holiness of life. In Christ, the war is already won, but there are still some spiritual battles in this life over which, in and through Christ, we will surely be victorious.

The non-confrontational form of deliverance prayer is quite successful in resolving the unfinished business that holds us back from fully living the Christian life. It will allow us to experience all the blessings of the spiritual life that are prepared and ready for the Intentional Disciples of Christ. Please join us in the following prayer of commitment to Jesus Christ.

**"Lord Jesus Christ, Son of God, have mercy on me, a sinner.
Fill me with your Spirit, so that I may live a new life.
Help me to know you, to love you, and to serve you in this world,
so that I may be happy with you both now and for all eternity.
Thank you, Lord! Amen."**