

Blocking Vows (updated 11/2023)

Blocking vows are the promises we make to ourselves in an effort to manage pain. These kinds of vows do nothing to resolve pain. They only block access to what you really believe, causing the truth to be buried as deeply as possible.

By amplifying the pain, offering distractions or increasing confusion, blocking vows make it difficult for us to discover what we really believe within our hearts.

When you encounter difficulties accessing the beliefs hidden within your heart, remove the blocking vows by renouncing them.

Break them by saying, "I break the vows I took to do whatever it takes to manage my pain by

Not remembering it.

Not going there.

Not seeing it, hearing it, feeling it, or knowing it.

Not believing it.

Not thinking it.

Not speaking it.

Not being the person with the problem or the person causing the problem. (Becoming someone else).

I break the vow I took to do whatever it takes to keep it secret and hidden.

After you have broken the vows, break the assignment of any evil spirit that may be attached to the vows.

I break the assignment of any evil spirits attached to these vows. I reassign all evil spirits to the feet of Jesus. Angels. Take them there now.

You may find it helpful to include your generational bloodline when you break blocking vows. Here is how to do that.

As a representative of my people, I break the vows we made to do whatever it takes to manage our pain by (fill in with the above vows). I break the assignment of any evil spirits attached to these vows. I reassign all evil spirits to the feet of Jesus. Angels. Take them there now.

If you are uncomfortable deploying your angels, ask the Lord to have the spirits removed to the place of His choosing.

Whenever you become distracted, confused or if the pain becomes overwhelming, stop your healing work and break the blocking vows.