



## Altar & Prayer Ministry Training

### Lesson 8 - Judgments - Expectations - Vows

#### Notes

Emotional healing can be hindered by these 8 behaviors . They are:

- Unforgiveness
- Dishonoring of parents
- Judgments against others (including God) or self
- Expectations of others or self
- Vows against others or self
- Lack of taking accountability for their own thoughts & actions
- Refusal to release their control or their rights over situations
- Inability to receive God’s Love - knowing deep inside that they are really loved and cared for.

We know about the importance of forgiveness yet when we are hurt, we look for ways to protect ourselves so we won’t be hurt again. We think we are being smart but our choices actually set in motion spiritual laws which can hurt us.

We begin to assemble walls and barriers believing these defense mechanisms will keep us safe and not vulnerable to attack, but in reality they trigger specific spiritual laws which bring unwanted consequences.

We will look at three principles or ways that people use to protect themselves from perceived danger. They are:

- Judgments
- Expectations
- Vows

#### First Principle - Judgments

- Judgments - ability to make a decision or form an opinion.
- Two Greek words are translated JUDGE in the New Testament.
- Matthew 7:1-2 - 1 “Judge not, that you be not judged. 2 For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you.
- Romans 2:1 - 1 Therefore you are inexcusable, O man, whoever you are who judge, for in whatever you judge another you condemn yourself; for you who judge practice the same things.

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- The Greek word used in Mat. 7 and Ro. 2 is the word KRINO and it refers to a critical judgment as if you were being brought into a court of law and the person making the judgment is going to judge you and find you guilty and sentence you. This JUDGMENT is a “judgment of condemnation”
- In I Cor. 6:5 we read, “I say this to your shame. Is it so, that there is not a wise man among you, not even one, who will be able to judge between his brethren?”
- In I Cor. 6:5, the Greek word for JUDGE is DIAKRINO and it means to separate or make a distinction. You can also say that the word means to “investigate”.
- In I Corinthians 11:31, Paul says - “For if we judge ourselves, we should not be judged”
- In this Scripture, the first time the word JUDGE is used, it is the word - DIAKRINO and the second word is - KRINO. The Scripture says - For if we would judge (diakrino - discern, investigate) ourselves, we should not be judged (krino - put on trial, condemned).
- When we JUDGE (KRINO) another person, there are spiritual consequences that come back upon us - For in the same way you judge (KRINO) others, you will be judged (KRINO), and with the measure you use, it will be measured to you.
- As we are hurt, we judge and condemn those who are hurting us. These judgments continue and bring an expectation that others will act in the same ways.
- **See Addendum A for examples of Critical Types of Judgments.**

**Second Principle - Expectations**

- An EXPECTATION is a belief about something that will happen in the future. It involves our thought life and the way that we perceive life because of what has happened to us.
- When we are constantly hurt, we expect the worst from others and we develop a mind-set that expects bad things to happen.
- Our expectations will defile others because we will draw out of other people the very responses that we expect.

**Third Principle - Inner Vows**

- An INNER VOW is a promise or a commitment made by the mind and the heart to do something or to abstain from

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something.

- Difference between a GOAL and a VOW
  - ◆ Goal - something we aspire to achieve and once we achieve it, then we set another goal.
  - ◆ Vow - Statements that we make to ourselves and they are ongoing and do not have a finish line.
  - ◆ In the Bible, a vow was a very serious thing. Once it was made, the vow was considered compulsory and would continue on - “in perpetuity” - or forever.
  - ◆ A vow is normally wrapped up in strong emotion and is usually forgotten after the crisis has passed. Just because the crisis has passed does not mean the vow automatically goes away.
  - ◆ As a child, if we made a vow, we locked ourselves into certain behaviors or ways of living. Vows command us to think and to act only as the vow instructs.
- Two problems with vows:
  - ◆ We don’t have the power within us to fulfill the vow
    - We try to fulfill our vows but can’t so we work harder and harder but never achieve the desired results.
    - Only God’s power can change us in accordance with His destiny for our lives. We must look to Him and commit our ways to Him - when we do, He directs our path - Pr. 3:6
  - ◆ We try to live a life that focuses on us not being like something or someone.
    - We focus trying to keep this vow rather than living the life that God had intended for us
    - I am never really free to be who I really am because I’m trying to be someone or something else that others want or I think that I want.
- **See Addendum A for Examples of Vows**
- Notice - all of the vows start with — “I will” or “I will not”
- Thus God is not in this, rather I have become my own god.

**How do we break the power of JUDGMENTS - EXPECTATIONS - VOWS over a person’s life?**

## Notes

- The person, receiving prayer, must recognize and acknowledge that they have critically judged another person or an organization or even themselves. If they do not recognize what they have done, then they can't confess this as sin and be repentant.
- We can help them acknowledge the actual wounds, hurts and emotional pain that has come into their lives because of what others have done. At this stage, they cannot minimize it. They cannot deny it. They must fully embrace it and understand that it is a part of their history – for without a test they will never have a testimony.
- Out loud – they must cancel the debt that is owed to them by the offender and forgive this person because Christ has forgiven them.
- They must confess the sin of judgments, wrong expectations, and vows that they have made, and ask God to forgive them.
- As a Healing Minister, we can break the power and the consequences of these judgments, expectations, and vows over their life by asking God to remove their ability to control them.
- As a Healing Minister, we then command their body and their mind to let go of these judgments, expectations, and vows. We do this because we know that every cell in their body retains a memory and we don't want those old memories and vows to still influence their thoughts and their behaviors.
- Finally the person needs to look for other ways to respond when their buttons get pushed or they feel threatened or hurt. The Word of God has many promises that will help them deal with what is happening in their life at that moment. They must apply Biblical truth to their life.
- Bringing change can be difficult because a judgment is like a deep root and a vow is its fruit.
- The vow is the result of a judgment and the vow then programs our mind and our heart to resist change.
- Vows cause us to act and think in specific ways and thus our mind must be renewed with the word of God that feeds both our mind and our spirit.
- Emotional healing begins with the forgiveness of others and ourselves. But then we must begin to look for the roots of judgments, expectations and vows so that our healing can be complete. God wants us to be whole people - spirit - soul and body.

## Addendum A Typical Judgments & Vows

### Judgments

Judgments in four Areas:

- About God Critical
  - ◆ He didn't help me – He abandoned me
  - ◆ He doesn't answer my prayers
  - ◆ He lied to me
  - ◆ If He really loved me, He would \_\_\_\_\_
  - ◆ He made a mistake by making me a boy/girl
  - ◆ He is not good and He is not in control
- About ourselves
  - ◆ I'm a mistake
  - ◆ I'm bad
  - ◆ I'm stupid - I am not as smart as others
  - ◆ I am not as attractive as others
  - ◆ There is something wrong with me
  - ◆ I'm in the way
  - ◆ Life would be easier if I weren't around
- About others
  - ◆ Women are weak – emotional - critical
  - ◆ Men are bad – stupid – self-absorbed
  - ◆ Why can't she take control of her kids
  - ◆ Why is she making more money than me
- About life
  - ◆ Life is hard
  - ◆ Life isn't safe
  - ◆ Life isn't fair
  - ◆ Life just sucks

### Vows

Critical Vows:

- I will never feel \_\_\_\_\_
- I will not see what \_\_\_\_\_
- I will not remember \_\_\_\_\_
- I will forget \_\_\_\_\_
- I will never forgive \_\_\_\_\_
- I won't ever trust \_\_\_\_\_
- I will never love \_\_\_\_\_
- I won't care about \_\_\_\_\_
- I will never let another hurt me like this
- I will never make a mess
- I will never be conspicuous
- I will never disagree
- I will be invisible
- I will never try \_\_\_\_\_ again
- I won't grow up
- I won't cooperate
- I will never ask another question
- I will never disagree
- I will never ask \_\_\_\_\_ (God, men, my parents, etc.) for \_\_\_\_\_ (help, money, love, advice, etc.)
- I quit
- I will do it myself
- I won't \_\_\_\_\_ (grow up, cooperate, forgive, etc.) until/unless \_\_\_\_\_ (he apologizes, they admit that I was right, they agree to do it my way)
- I won't get better until/unless \_\_\_\_\_