

**** Revised ****
Dealing with Your Unknown Sins

A. Under Grace During the Age of Grace.

1. The Age of Grace.

The Age of Grace is a time period.

John 1:17 For the law was given by Moses, but **grace** and truth came by Jesus Christ.

2. Under Grace.

Being Under Grace is a state (or condition) of living into which you may choose to enter, remain or leave.

Rom 6:14 For sin shall not have dominion over you: for ye are not under the law, but under grace.

Rom 5:13 For until the law sin was in the world: but sin is not imputed when there is no law.

3. Your Faith Releases Grace into Your Life.

Your faith moves you into the state of being Under Grace.

Eph 2:8,9 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.

B. Benefits of Confessing Your Sins.

Confessing your sins produces the following six major results, listed below as two items each in 3 different categories:

1. Cleansing from sins.

You are washed clean like a new creation.

You move back under the umbrella of the protection of the Blood of Jesus.

2. Removing satanic access.

Ties, hooks and connections to sins and to the demons, devils and evil spirits behind them are broken.

You tie the hands of the devil so he has difficulty in attacking you.

3. Allowing God to help you.

You come back into the Kingdom of God.

You loose God's hands to help you.

C. Dealing with Your Unknown Sins.

1. Known Sins.

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Heavenly Father, I repent of the sin of (*name the sin*); In the Name of Jesus, please cleanse me of all unrighteousness.

2. Unknown Sins.

Heavenly Father, I am not aware of any sins. In the Name of Jesus, please cleanse me from all unrighteousness according to 1 John 1:9.

3. Dealing with Unknown Sins (US).

Praying the Unknown Sins Prayer (USP) moves you Under Grace.

a) Minimum Number is 10.

Do the USP before your Morning Prayers, Evening Prayers, each meal or snack (3 meals), Communion, Worship, Bible reading, Tongues, Affirmations.

b) Recommended.

Add these to the Minimum Number.

Do as frequently as possible (50 to 100 which is about the same as "1 per 15 minutes" to "2 per 15 min" for 12 hours).

c) An ideal approach for doing affirmations.

Assume a person's challenge is pain in the neck.

Define a set to be the following three affirmations.

I have been healed by the stripes of Jesus. Say 10 times.

My neck has been healed by the stripes of Jesus. Say 10 times.

I have been healed from pain by the stripes of Jesus. Say 10 times.

Before each group of 10 affirmations, pray the USP once; and at the end of the set of 3 affirmations, close with praying one USP.

Do 3 sets per day at morning, midday and evening.

For the day, you will do 90 affirmations and 10 USPs.

d) Rapid Fire USPs.

This is a method of doing a large number of USPs by saying them as if they were affirmations. Numbers achieved by ABCers so far include:

200+ (Blood Pressure went from 185+ to 126 in 5 days),

600+ (Eye pain went from 10 to 0 in one day),

750+ (Chose to cease taking heavy pain med prescribed by doctor after major surgery and in one day pain went down to 0),

1000+ (Overcame strep throat in 3 days with no medications).

Note:

Remember, since we are trying to stay under grace, the idea is to spread the USPs across our entire day.

To illustrate this concept, 50 USPs done once every 15 minutes throughout the entire day would most likely be a lot better than 1000 Rapid Fire USPs done at only two times during the entire day.

However, a general rule is to focus on the ideal for chronic challenges; and focus on the RR USPs for acute challenges (e.g., pain)..

Living Daily in Faith

Overview: Living daily under Grace requires that you live daily under faith. Grace as a lifestyle can occur only with faith as a lifestyle. Without faith, you cannot please God. Without faith, there is no grace. Grace is released by your words and actions of faith.

A. Living under the Law.

1. Under Law during the Age of Grace.

Gal 5:4 Christ is become of no effect unto you, whosoever of you are justified by the law; ye are fallen from grace.

Rom 14:23 KJV ... for whatsoever is not of faith is sin.

Rom 14:23 NIV ... everything that does not come from faith is sin.

Rom 14:23 AMPC For whatever does not originate *and* proceed from faith is sin [whatever is done without a conviction of its approval by God is sinful]. **Note:** we make about 25,000 decisions per day.

2. Under Grace.

Being Under Grace is a state (or condition) of living into which you may choose to enter, remain or leave.

Your faith moves you into the state of being Under Grace.

Eph 2:8,9 For by grace are ye saved **through faith**; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.

3. Word and Actions of Faith bring you Under Grace.

Rom 1:17 For therein is the righteousness of God revealed from faith to faith: as it is written, the just shall live by faith.

Rom 4:16 KJV Therefore it (*promise*) is of faith, that it might be by grace;

Rom 4:16 AMPC Therefore, [inheriting] the promise is the outcome of faith and depends [entirely] on faith, in order that it might be given as an act of grace (unmerited favor),

B. Living under Grace.

Words and Actions of Faith release grace into our lives. The faith of confessing our known sins (KS) and the faith of dealing with our unknown sins (US) make an extremely powerful partnership with the faith of doing (Healing or any other) Affirmations to produce miracles in our daily lives.

1. Rom 6:14 For sin shall not have dominion over you: for ye are not under the law, but under grace.

2. Known Sins.

1 John 1:9 Heavenly Father (Lord), I repent of the sin of (*name the sin*).

In the Name of Jesus, help me not to do it again; and in the Name of Jesus, please cleanse me from all unrighteousness.

3. Unknown Sins.

Heavenly Father, I am not aware of any sins. In the Name of Jesus, please cleanse me from all unrighteousness according to 1 John 1:9.

C. Acronyms for Prayer Definitions.

1. Unknown Sins.

US unknown sins

USC Unknown Sins Count (or just U)

USP unknown sins Prayer

INT USP Intermittent are those done before interacting with God (such as before meals, morning prayer, Communion, etc.) or at timed intervals or as you are led to do them. Compare Rapid Fire USPs.

RF USP Rapid Fire are those done in batches like affirmations.

2. Known Sins.

KS Known Sins

KSC Known Sins Count (or just K)

KSP Known Sins Prayer

AFF Affirmations (Healing, Prosperity, etc.)

3. Status Measurements.

These are used for mentoring communication. 10 is bad; the goal is zero.

OV Overall Measurement, which consists of 3 components:

OVE Overall Emotional

OVP Overall Physical

OVS Overall Spiritual

JPP Joy Peace and Patience (combined number)

A Ankle; B Back; C Chest; F Foot; H Head; Hip Hip; J Joint; N Neck;

P Pain; S Shoulder; St Stomach

Note: Other definitions will often be necessary between counselor and counselee.

D. Miracle Working Prayer Sets.

1. Ideal Affirmation Sets – defined in Part 1.

1 USP then 10 Healing affirmations; 3 times daily, close with 1 USP.

RF (Rapid Fire - Reverse Ideal) – Set definition

I have been healed by the stripes of Jesus (+ more; do each 1 time)

Before each group of 10 RF USPs, pray the above once.

Do three groups of 10 RF USPs.

Do the above set 3 times per day at morning, midday and evening.

2. Acute versus Chronic

Chronic means that the challenge has been with you awhile. Use Ideal.

Acute means new/flaring up & there is an urgency to get rid of it. Use RF.

3. Intermittent and Rapid Fire.

Intermittent USPs should be a part of your lifestyle and are best in the long run. These include the ones before prayers, meals, Communion, etc.; at timed intervals; and those which are included in the Ideal Affirmations.

Rapid Fire USPs are typically used with acute challenges.

However Rapid Fire sets should be used to get your total number of USPs to over 50 per day (i.e., USC > 50). USC > 100 is highly recommended.