



MASTERING LIFE

GUIDING YOU TO FREEDOM AND FULFILLMENT

Break free from inner vows and
step into God's promises.

www.masteringlifenow.com



MASTERING
LIFE

As you use this guide, I encourage you to print it out and sit with it for a little while. Don't rush through the questions. I want you to get everything the Lord has for you. Freedom is available for you!

Donya

What Is An Inner Vow?

An inner vow is a binding commitment or determination made, consciously or unconsciously, within your heart and mind. Inner vows are the reason that many feel stuck, frustrated, or disconnected from the life they know God has for them. They're like vines that get into places they were never meant to be. If you've made any of the statements on the attached sheet, you've probably made an inner vow.

7 Eye-Opening Facts about Inner Vows

1. They are self-directed & self-focused.
2. They are in response to difficulty, frustration or pain.
3. They are often in response to a judgment we've made.
4. They will come to pass – whether they were intentional, remembered, voiced or not.
They are contracts we place on our lives!
5. They require the use of our will.
6. They become the filter through which our actions, reactions and interactions flow.
7. They must be revoked before we can experience the fullness of God's promises in our life.

As you think about your life, have you noticed patterns or beliefs that could stem from inner vows? *Take a moment and write them down.* Reflect on the ways they have impacted you.

Self-Discovery Worksheet

1. What have you directed in your life instead of allowing Holy Spirit to guide?

2. Where is pain, difficulty or frustration still showing up in your life? Write down how it has impacted your life and/or your ability to reach your goals.

3. Ask the Lord to reveal to you anyone you've judged or a situation you've judged. *Write down anything He reveals.*

4. What statements/thoughts keeps popping up in your heart/mind that aren't helpful to you? How are they impacting your life?

5. Ask the Lord to show you where you need to surrender to Him. *Write down anything He reveals.*

6. What patterns/cycles keep showing up in your life?

Tearing Down Inner Vows

Step 1: Ask

Ask the Lord to show you where you've made inner vows. Write down anything He reveals.

Step 2: Acknowledge

What lies have you believed? Ask the Lord to reveal each lie and write down anything He reveals.

Step 3: Forgive

Who do you need to forgive? Write their names and extend forgiveness in your heart. The Lord may direct you to reach out to them to offer forgiveness.

Step 4: Repent and Renounce

Write out the vows you're ready to revoke. For example: "I renounce the vow to never trust anyone again."

Step 5: Replace with God's Truth

Ask the Lord for Truth to replace the lie. Find scriptures that align with what He reveals to you. Write them here.

Step 6: Surrender to His will

This is a heart posture. Ask the Lord to reveal what He would like you to surrender. Write down anything He reveals.

Prayer

Father, thank you for Your love and grace. Open my eyes so that I can see the truth of what Your grace has done for me, how much You love me, and extend forgiveness to those who have caused me pain. Lord, I submit every memory to You, especially [**describe a specific memory or event**]. I ask You to show me how You saw that situation and where You were. I forgive [**name the person**] for [**describe the sin they committed**]. I repent for believing [**specific lie**] and I receive your forgiveness. I renounce the vow of [**describe the vow you made**] and I receive Your truth that [**write God's truth**]. Thank You for Your truth and the healing that it brings.

In Jesus' name, Amen.

Remember, breaking free from inner vows is a process. Keep seeking the Lord and trust Him to bring full healing and restoration.

Are you ready to take the next step toward freedom? Join me for a one-on-one Heart Healing session or sign up for the Freedom Journey program. These opportunities are designed to help you go deeper into healing and experience the transformation God has for you.

Scan the QR code to learn more and sign up. You are on a path to freedom and transformation!

