

A FREE INDEED COMPANION

Hands on the Rope

The free companion pack for
Soul Fight Club

The full-page diagram, ninety days of choice-point tracking, a field guide to the six tugs, and the prayers that close doors.

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A note before you start

The appendix in the book gave you the tools in miniature. This is the working version: the diagram at a size you can actually pin up, the tracker at ninety days instead of thirty, and a field guide to the six choice points that account for most of what people report.

One thing I want to say plainly. The tracker is not a scorecard and a blank day is not a failure. The point of writing choice points down is not to grade yourself. It is that a tug you have named in ink is a tug you start to see coming, and a tug you see coming is one the Holy Spirit gets to meet you at.

Suzanne

About the audio prayer

If your printed copy mentioned an audio prayer for breaking false guilt and shame, it is still being recorded. When it is finished it will appear on this same page and I will email you. The written version of that prayer is in Part Four.

Part One: The Tug-of-War

Print this page and put it where you get dressed. It is the whole book on one sheet.

THE ACCUSER stands behind the body's side, adding weight he has no right to add: false guilt, shame, accusation.		
THE BODY'S SIDE Cravings Emotions Trauma responses The sin nature The lies of the culture Generational patterns	THE ROPE: YOUR SOUL Mind Will Emotions This is the prize. Both sides are pulling for this.	YOUR SPIRIT'S SIDE Your spirit, alive in Christ Empowered by the Holy Spirit Who lives in you Who has already won Who does not tire Who does not let go
THE HOLY SPIRIT stands on your spirit's side, wraps the rope around Himself, and leans back with resurrection power.		
The match was never even. It is gloriously unfair in your favor.		

Say this while you look at it

"Holy Spirit, You who live in me, the rope is in Your hands. Overpower every tug today. I choose Your side."

Part Two: The Field Guide to the Six Tugs

Almost everything people report falls into six shapes. Each one has a tell, and each one has a move that works in the first sixty seconds, before the tug gains momentum. After sixty seconds you are negotiating. Inside sixty seconds you are choosing.

1. The empty hour

The tell. The specific time of day when the house is quiet and you are alone with yourself. Usually evening. Usually the same hour, every day, for years.

The sixty-second move. Do not fight it, fill it. Decide the day before what occupies that hour, and make it something that requires your hands. Hands busy, mind follows.

2. The unspoken thing

The tell. Something happened and you have not told anyone. It goes underground and comes back up as a craving that seems to have no cause.

The sixty-second move. Say one sentence out loud to one person within the hour. Not the whole story. One sentence. The pressure drops immediately and you will feel it drop.

3. The false guilt pile-on

The tell. You did something ordinary and imperfect, and the voice turns it into evidence about who you are. Notice that it always generalizes.

The sixty-second move. Renounce it by name, out loud, and then do the opposite of hiding. Godly conviction names a specific thing and points forward. Accusation names you and points down.

4. The good day

The tell. Things are going well, so the guard comes down. This is the one that surprises people, and it is why relapse so often follows a win.

The sixty-second move. Keep the rhythm on the good days exactly as you keep it on the bad ones. The rhythm is not a treatment. It is how you live now.

5. The comparison

The tell. Somebody else's life, usually on a screen, usually curated. Within four minutes you feel behind, and behind is a feeling that wants to be medicated.

The sixty-second move. Put the phone in another room and name one specific thing God has done in your own life in the last month. Specific. The general version does not work.

6. The tired body

The tell. Exhausted, hungry, in pain, or sick. Your body speaks its native language loudest when it is depleted, and none of it is a spiritual failure.

The sixty-second move. Eat something, drink water, and go to bed. Genuinely. Elijah got a meal and a nap before he got a word, and that order is in the text on purpose.

The seventh tug, the one that is only mine:

Part Three: The 90-Day Choice-Point Tracker

Three pages, thirty days each. One line a day. Write the tug, write what you did, and mark whether you felt the Holy Spirit take the rope. Some days the honest answer to the last column is no, and writing no is more useful than skipping the line.

At the end of each month, answer the two questions underneath. That is where the tracker stops being a chore and starts being a mirror.

Days 1 to 30

Day	The tug	What I did	Rope moved
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			

Day	The tug	What I did	Rope moved
24			
25			
26			
27			
28			
29			
30			

Where did I see the Holy Spirit overpower the tug this month?

What one rhythm am I strengthening next month?

Days 31 to 60

Day	The tug	What I did	Rope moved
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			
41			
42			
43			
44			
45			
46			
47			
48			
49			
50			
51			
52			
53			
54			
55			
56			
57			
58			

Day	The tug	What I did	Rope moved
59			
60			

Where did I see the Holy Spirit overpower the tug this month?

What one rhythm am I strengthening next month?

Days 61 to 90

Day	The tug	What I did	Rope moved
61			
62			
63			
64			
65			
66			
67			
68			
69			
70			
71			
72			
73			
74			
75			
76			
77			
78			
79			
80			
81			
82			
83			
84			
85			
86			
87			
88			

Day	The tug	What I did	Rope moved
89			
90			

Where did I see the Holy Spirit overpower the tug this month?

What one rhythm am I strengthening next month?

Part Four: The Prayers That Close Doors

Speak these out loud. Not because volume impresses anyone, but because saying a thing out loud commits you to it in a way that thinking it never does, and because the enemy is not a mind reader.

The daily renunciation

Holy Spirit, You who live in me, I come to You now. I renounce every spirit of false guilt, shame and condemnation the Accuser is trying to pile onto my rope. I refuse his extra weight. In the name of Jesus I revoke any legal access he has gained through sin, through lies, or through agreements I made in the past. I plead the blood of Jesus over every open door. That debt was paid in full at Calvary. I stand in the finished work of Christ. Strengthen my spirit and pull with me now. The rope is moving toward Your side. I choose freedom today.

For breaking false guilt and shame

Father, I have been carrying what Jesus already carried. I set it down. I renounce the voice that turns my mistakes into a verdict about who I am. Godly sorrow leads me to You. Accusation leads me into hiding, and I will not go. I am not the worst thing I have done. I am Yours, and I was Yours on my worst day. Holy Spirit, replace the voice with Your voice, and let me hear it today.

As a parent

Father, I renounce every lie that says I have ruined my children or that I am a failure to them. I close every door of false guilt the enemy has used against me in my parenting. My imperfections do not disqualify me from loving them well. I plead the blood of Jesus over every mistake and every generational pattern. Help me respond with patience instead of reacting from shame. Let my children see a parent at rest.

In marriage

Lord Jesus, I renounce every accusation the enemy has brought against my marriage. I refuse the lie that our struggles are proof that I have failed. I close every door of comparison, condemnation and old regret. I plead the blood of Jesus over our covenant. Strengthen our oneness and teach me to love the way You love the church.

In friendship

Holy Spirit, I renounce the lie that I am too much, not enough, or not worth keeping. I close every door of people-pleasing and fear of rejection. I refuse the weight that makes me feel disqualified from loving people well. Teach me boundaries that honor You, and let my friendships reflect a soul at rest.

When anxiety arrives

Accuser, I renounce every spirit of anxiety and false condemnation you are trying to pile on my rope. I refuse to carry what Jesus already carried. I revoke any access these feelings have given you. I plead the blood of Jesus that speaks a better word than any accusation. Holy Spirit, replace every lie with Your truth and hold my soul at peace.

When you have lost a day

Father, I lost this one. I am not going to hide it and I am not going to perform penance for it. I repent, I receive Your forgiveness, and I put my hands back on the rope right now, this minute. There is no condemnation for me. Tomorrow starts tonight.

Part Five: The Scripture Index

Categorized by what is pulling. Find the category, take one verse, say it out loud at the choice point. One verse you actually use beats twenty you have highlighted.

When the pull is	Verses to carry
Freedom and no condemnation	Galatians 5:1 · Romans 8:1 · Romans 8:2 · John 8:36 · 2 Corinthians 3:17
When the Accuser speaks	Revelation 12:10 · 2 Corinthians 7:10 · Zechariah 3:1-4 · Romans 8:33-34 · Isaiah 54:17
Renunciation and closing doors	James 4:7 · Colossians 2:15 · Ephesians 4:27 · 2 Corinthians 10:4-5 · 1 John 1:9
The Spirit's power in you	Romans 8:11 · Ephesians 3:20 · Acts 1:8 · Philippians 2:13 · 2 Timothy 1:7
Identity, when you forget	Ephesians 1:4-5 · 2 Corinthians 5:17 · 1 Peter 2:9 · Isaiah 43:1 · Romans 8:15-16
Rest, when you are striving	Matthew 11:28-30 · John 15:5 · Hebrews 4:9-10 · Psalm 23:2-3 · Philippians 4:6-7
The body's pull	Galatians 5:16 · Romans 6:12-14 · 1 Corinthians 9:27 · 1 Corinthians 10:13 · Romans 13:14
Community and not doing it alone	Galatians 6:2 · James 5:16 · Ecclesiastes 4:9-10 · Hebrews 10:24-25 · Proverbs 27:17

The verses that have actually worked for me, which is a different list:

Before you close this

These pages are yours. Print them, write on them, lose them and print them again. Give them to somebody who needs them more than you do. There is no license and no catch.

Read this next

The Fast That Breaks Chains.

Some tugs will not break by willpower or by prayer alone. Fasting is the thing that moves them, and that book is the practical version rather than the theoretical one. It is the weapon this whole tug of war has been waiting for.

The rest of the Free Indeed books

- Fearless in Faith. Overcome anxiety, worry, depression and fear.
- Done with This Cycle. Break old patterns of addiction, bad habits and heartache.
- Soul Fight Club. Win the tug of war for your soul.
- The Fast That Breaks Chains. Practical biblical fasting for real-life miracles.
- Turning Toward Freedom. From arranged faith to a daily love match.

If you carry this work for other people as well as yourself, in a church, a shelter, a recovery ministry or a home, the other half of my books was written for you. Start with Rescue, Rebuild, Restore.

Where to find everything

Every free companion pack, the What's in the House devotional, and whatever I publish next lives at suzannedburns.com/soul and at suzannedburns.com.

At least a tithe of the author royalties from the Free Indeed books goes to Foundation House Ministries. Foundation House is my own ministry, and it is a maternity home for pregnant and parenting mothers in crisis. Your reading paid for something real before you ever finished this page.