How to Renounce inner vows

a publication of HAND OF JESUS MINISTRIES
There are vows we can make that are pleasing to God.

In wedding ceremonies, couples vow to love, honor, and cherish each other as long as they both shall live.

There are monastic orders that take vows of service and simplicity.

In biblical terms, a vow is a sacred obligation or promise made to God.
WHAT THE BIBLE SAYS ABOUT VOWS

Moses said to the heads of the tribe of Israel: “This is what the Lord commands: When a man makes a vow to the Lord or takes an oath to obligate himself by a pledge, he must not break his word but must do everything he said. (Numbers 30:1-2 NIV)

If you make a vow to the Lord your God, do not be slow to pay it, for the Lord your God will certainly demand it of you and you will be guilty of sin. But if you refrain from making a vow, you will not be guilty. Whatever your lips utter you must be sure to do, because you made your vow freely to the Lord your God with your own mouth. (Deuteronomy 23:21-23 NIV)

When you make a vow to God, do not delay in fulfilling it. He has no pleasure in fools; fulfill your vow. It is better not to vow that to make a vow and not fulfill it. (Ecclesiastes 5:4-5 NIV)
VOWS THAT CAUSE HARM

Remember, an inner vow is a determination set in the mind and heart to protect us from pain.

It is a promise we make to ourselves and it often includes the words always and never.

**Statements such as**: I will never open my heart again or I will always take care of myself first can cause us to be bound even though we made the statements long ago in order to protect ourselves.

Because of the binding nature of vows and the power of the will, this is not a problem the person will eventually grow out of, even if the original vow has been long since forgotten.

Until these vows are broken and the person is loosed from them, they will always find difficulty in experiencing total surrender to the Lordship of Christ.
So what’s the difference between ungodly inner vows and godly vows?

• Inner vows exclude God; godly vows include God.

• Inner vows are hidden in the dark; godly vows are open and kept in the light.

• Inner vows build barriers between us and others; godly vows make us accountable to others.

• Inner vows create bondage because we depend on our own strength, which often fails us.

Godly vows create commitment because we depend on God’s strength to empower us.
If you are a follower of Christ, you do not need to swear by God’s name, but simply speak the truth.

It is not necessarily a sin to vow or not to vow, but if such a vow is made it is binding.

THIS IS WHAT JESUS SAYS ABOUT MAKING VOWS:

“Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but keep the oaths you have made to the Lord. But I tell you, do not swear at all; either by heaven, for it is God’s throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot make even one hair white or black. Simply let your ‘Yes’ be ‘Yes,’ and your ‘No’ be ‘No,’ anything beyond this comes from the evil one.” (Matthew 5:33-37 NIV)
STEP 1:

Receive the power you need to do so by asking Jesus to take control of your mind, your will and your emotions. If you haven’t already done this, you can do it right now by praying this simple prayer:

A PRAYER GIVING JESUS CONTROL OF YOUR LIFE:

Jesus, I have sinned—I have messed up. I can’t make up for the things I’ve done wrong, I need for You to forgive me. Thank You for dying on the cross and paying the price for me so that I can be free from guilt and shame. Thank You for doing for me what I cannot do for myself. Thank You for wiping the slate clean. I ask You to take control of my life, fill me with the Holy Spirit, and help me be the person You created me to be. I love You Jesus.

If this is the first time you’ve prayed a prayer like this, you now have a resource—a source of power, available to you that you didn’t have before. That means that when you feel too weak to let go of the inner vows that you believe have protected you, you can ask Jesus to give you the strength you need and He will do it. You are not strong enough in and of yourself, but Jesus living in and through you is strong enough.
STEPS TO RENOUNCING INNER VOWS

STEP 2:

Ask the Lord to bring to your memory any vows you have made that are harming you and may even be forgotten.

Wait and listen to see if any memories surface.

A PRAYER FOR REVELATION:

Lord, I ask that you show me any areas of my life where I have made vows in order to protect myself. Bring to mind those words I have spoken that have locked me into behavior that I now want to change. I wait on You Lord.
Renounce those inner vows that come to your memory.

These vows may have been a fleeting thought from long ago and may seem insignificant, but if the Lord brought them to mind there is a reason.

It may feel like you’re giving up control but you are actually letting go of something that has been controlling you even though you weren’t aware of it.

A PRAYER OF RENOUNCEMENT:

Lord, I take back from myself and from Satan those words/vows I made by an act of my will. Those words were not from You and I refute them. I renounce the statements I made that I will (never let anyone hurt me again, always be the strongest, smartest, prettiest…, never be like my father or mother, always have a plan B, never have expectations). Release me from the power of those vows and set me free to make the choices that please You and enrich my life.
Ask the Lord to melt your hardened heart.

Inner vows create barriers of self-protection, make us callous and shut us down. It feels vulnerable to open up again but it is the only way to find fulfillment in life.

A PRAYER OF SUBMISSION:

Lord, I submit to You and trust that You will protect me. Melt my heart of stone and give me a heart of flesh. I know that I may be hurt again but I also know that You will be there to bind up my broken heart. I no longer trust in my own strength but wholly rely on You.
STEP 5:

Thank the Lord for your newfound freedom.

As we recognize and acknowledge God’s goodness toward us we develop an attitude of gratitude and are no longer overcome and controlled by our circumstances.

A PRAYER OF GRATITUDE:

Lord, I thank You for loving me completely and walking with me every step of the way. Jesus, I thank You for dying on the cross so that I can be free. Thank You for hearing my prayers and for being the answer to every problem I have faced or will face.
OTHER TYPES OF VOWS THAT NEED TO BE BROKEN

As explained earlier, not all vows are hidden and forgotten:

For instance, often marriage vows are made publically and before God, but they have gone unfulfilled. If you have suffered a divorce and still feel bound to the person you were formerly married, it will benefit you to ask forgiveness and break the ongoing harm these broken vows create.

You will also need to break ungodly soul ties. You can find help in breaking soul ties at this website as well.

A PRAYER OF RELEASE FROM A FAILED MARRIAGE:

Lord, I confess that I have (willingly or unwillingly) broken a sacred vow that I made before You. Please forgive me and release me from the marriage vow I made to (___name the person__). In Your name Jesus, I loose (___name the person__) from the vows I made to him/her. I pray that You will loose me from the vows that (___name the person__) made to me. Reprogram my thinking Lord, so that I can be free to love again without reservation.
Another type of vow that needs to be broken is any vow of dedication to false gods through occult activities, freemasonry, cults and/or witchcraft.

These vows authorize demonic spirits to be active in a person or in a family. If the dedication was made by parents for a child there needs to be forgiveness of the parents as well as personal repentance, confession and cleansing.

PRAYER OF RELEASE FROM VOWS TO FALSE GODS:

Lord forgive me, I sinned in ignorance. I take back the vows that I made or that were made over me. I take back the ground I gave to Satan, I renounce his control and submit myself to You, my Lord and Savior.
SO NOW WHAT?

By renouncing the ungodly vows you have made, you have taken a **HUGE step toward** opening your heart.

The Lord now has the freedom to move on your behalf. **You have submitted your will to His and things can begin to change.**

Do not be discouraged if change doesn’t happen overnight.

You have formed habit structures in your life and those structures need to be brought to death by making moment-by-moment choices that are healthy for you.

You have opened the door to change, but change does not happen overnight and it still requires work on your part.

The good news is that you have a source of strength that you didn’t have before. **So take heart, you are on the right track.**
SOME HELPFUL SUGGESTIONS

Here are some things that can help if you feel stuck:

• **PRAY OUT LOUD.** Our convictions somehow feel more real when we hear our own voice saying them. This may be difficult for you. Don’t feel foolish—press through. Say it out loud like you mean it.

• **FIND SOMEONE YOU TRUST TO PRAY WITH YOU.** It would be best to pray with someone who believes that Jesus paid the penalty for sin when He died on the cross. After you have prayed out loud, ask your friend to pray a blessing over you. You don’t always have to close your eyes when you pray. It may sink into your heart more if the person praying over you establishes eye contact with you.

• **INVITE YOUR FRIEND TO CHECK UP ON YOU IN THE DAYS AHEAD.** Give your friend permission to ask the sensitive questions that you may wish to avoid. By keeping your feelings in the light, the power of hiddenness and secrets is broken.

• Finally, if you do not have someone to agree with you in prayer over your situation, **CONTACT US THROUGH OUR WEBSITE** and we will get back with you. We care about your healing and want you to be free.

*We’re rejoicing with you.*

Mark and Tammy
The importance of renouncing inner vows is critical. Why not share this valuable resource with your family, friends or perhaps a neighbor?

Find these free resources and more on our website.

- How to forgive yourself and others
- How to let go of judgmental thoughts
- How to honor your father and mother
- Breaking the Cycle of Generational Sin

Download them all for free today:
handofjesus.org/resources