And then he follows it up with, “But God is Love, so the problem must be with you—you are just not lovable—you are not worthy of his love, so he can not love you.”

It is very easy to fall into Satan’s lies because they seem to make such good sense. But they are lies straight from the Pit! Nonetheless, they must be countered with the Truth of God’s Word. If not, the lies keep going on and growing. II Corinthians 10:3-5 tells us they become “strongholds” built up from “false arguments” and “every proud obstacle that is raised against the knowledge of God.”

It is important that these lies be countered by the affirmation of God’s Truth. Sing the Sunday School chorus, “Jesus loves me, this I know, for the Bible tells me so... Little ones to him belong. They are weak, but he is strong.” Affirm God’s Truth: “For God so loves the world (me), that he gave his only Son” to die on the cross for me. Look up other verses (such as Romans 8:31-39) that state clearly that God’s love for us is not based on our worthiness, but is steady and strong and unchangeable in every circumstance. As you do this it will become easier to see that the bad things that happen to us do not come from God—they come from Satan.

Sin has skewed the whole universe, bent it out of shape, so that even as Christians we “groan,” waiting for the day when Christ returns and things are put right again (Romans 8:14-25). But, in the meantime, Satan lies to confuse us and make us think that it is God’s fault that bad things happen, so that we do not see that it is Satan’s evil work. By affirming God’s Truth, that he loves us unconditionally, we can call Satan’s bluff and tear down the stronghold of lies that the devil has built up.

Renouncing is “saying NO” and you can say NO to Satan in as many ways as you can think of. Then be sure to move on to the third R, Reclaim.

Reclaim

When James tells us to “Resist the devil” he also admonishes us to “Submit yourselves to God... come near to God and he will come near to you” (4:7-8). Reclaiming is saying to God, “I give this whole area of my life to you (Name the item that you have written down). If it is an emotion, say “my emotions.” If it is in the area of your sexuality, say “my sexuality.” Or, if it is a happening from the past, you can say “my memories.”) I give it to you. I love you and I want to belong to you, body, soul, and spirit. I want you to be Lord in this area of my life. I cannot handle it, but you can, so I give it to you.” If it is a sin, confess it and ask Jesus to forgive you. If it is a sin that has already been confessed, but Satan keeps throwing it back at you, you may need to specifically verbalize that you receive God’s forgiveness.

A Note About Getting Help

Some find the Three R’s very difficult to do by themselves. If you co, finding a friend to do it with might help. Often we think that we ought to be able to come to God all by ourselves to get the help we need. Some people may be able to do that, but actually God does not mind when we need a friend, a prayer partner, a sister, or a brother. In fact, the Bible says, “If two of you on earth agree about anything you pray for, it will be done... by my Father in heaven” (Matthew 18:19). See what works best for you.

The Three R’s may seem too simple, just a formula, and you may think, “It cannot possibly help.” Actually, it is applying God’s truth in your life, and it is a pattern affirmed again and again in Scripture. It is spiritually very powerful.

--John and Helen Ellenberger
July 1999
The Three R’s

The “Three R’s” are a spiritual discipline you as a child of God can use for personal inner healing and victory. It is a way of affirming the Lordship of Christ in your life, so it is a kind of “truth encounter,” committing yourself to the truth of who you are in Christ!

Actually, there are three such “encounters.” An “allegiance encounter” occurred when you committed your life to the control of Jesus. Then a “truth encounter” occurs whenever you reaffirm Jesus as Lord of the whole or any part of your life. The third is a “power encounter” which occurs when God works powerfully to defeat the forces of Darkness and set someone free—such as a prayer session asking for deliverance from something in your life. That is why we recommend the use of the “Three R’s” as a preparation before coming to a deliverance prayer session.

The process involves three steps that begin with the letter R: Remember, Renounce, and Reclaim. Here are some suggestions how to go about it:

Remember

Take a sheet of paper and have a pen handy. Ask the Lord to bring to your remembrance happenings, or issues that Satan might have used as a gateway, or “ground[s]” for activity in your life. Write down the ones you already know, and let Jesus remind you of others that may be important to list.

This may be a very painful exercise, but it is only a steppingstone to the second and third R’s, so don’t get bogged down with the remembering step. As soon as you have anything on the list, you can go on to do the second R, and then the third. You can also keep coming back to add items to your Remember list as other things come to mind.

People sometimes ask, “What kind of things should I list?”

- List happenings, traumatic events that occurred in your life, things that left you wondering if God is really in charge, or if He really cares about you.
- List sins or questionable activities. It may be something you have confessed numerous times but just do not seem to be able to get victory over. It may be something you have confessed and Jesus has forgiven you for, but Satan keeps throwing it in your face and condemning you about it, even though it may be something from long ago that you are not directly involved in currently. Remember, Jesus loves to forgive—it is Satan that condemns and makes you feel like there is no way out.
- List any involvement with the occult: use of ouija boards, tarot cards, horoscopes, fortune telling, seances, witchcraft, satanic rituals, any curses or pacts.
- List anything that seems generational, that is, some problem that seems to be passed on in your lineage. I would caution against delving deeply into your past, since it is usually unwritten history and hard to know what is true and what is legend. However, if the Lord impresses something on your mind, go ahead and list it.
- List attitudes or emotions that control you—anger, depression, fear, panic attacks, contempt or bitterness. Sometimes these emotions are linked with any of the above events or sins, and you can deal with them paired with the traumatic.

Renounce

In the Renounce step, we are doing what James admonishes us as believers to do: Resist the devil, and he will flee from you (4:7). Starting with the first item on your list, then, resist the devil by saying (out loud if you want), “Satan, in the name of the Lord Jesus Christ, I renounce your using this ___ (name what you have listed) as a gateway to destroy me. I renounce your using it as a reason for staying here. I belong to the Lord Jesus Christ. I am his child, and he lives in my heart by his Holy Spirit, so you may not use ___ (name it) as grounds for involvement in my life any longer. I renounce you. I command you in the name and authority of the Lord Jesus Christ to leave me and go to the Abyss where Jesus sends you.” Renouncing is not done in your own strength, but always clearly in the name and authority of our Lord Jesus Christ (Eph. 1:19-21).

Renouncing involves recognizing Satan’s lies, and countering them with God’s truth. For instance, one of the lies that Satan often uses is, “Obviously God does not love you. If he did, that terrible thing (whatever it was) would not have happened to you.”