

HUNTING **WLVS**

WOLF HUNT GUIDE

You're about to go on a Wolf Hunt, identifying **W**ounds, **L**ies, **V**ows, and **S**trongholds (WLVS) that may be shaping your life. Over the next few weeks of this series, we will refer back to this booklet to help you address each one of these areas. Bring your booklet to Sunday's service each week.

This isn't about labeling yourself or digging up your past. It's about getting free from what's holding you back from the life that God intends.

START WITH LISTENING

The process of identifying WLVS begins with listening to the Holy Spirit. Through prayer, we can ask the Holy Spirit to reveal past wounds, lies, vows and strongholds that are affecting us today. We call this a listening prayer. It's simply a time where we get still, get quiet, have faith that He will speak, and then ask and listen.

Example of a Listening Prayer:

Jesus, You already know my story. Is there a wound from my past that you want to bring me freedom from? What memory or event from my past has the enemy used for bondage that You want to bring me freedom from?

Then, wait and listen for the Lord. God is faithful, and He speaks to His children. As you listen, trust that He will meet you right where you are. Give ample time to hear and process through what He is showing you. Write down key revelations along the way.

AS YOU WALK THROUGH THE FOUR STEPS ON THE NEXT FEW PAGES:

- Pay attention to what comes to mind first — a feeling, a pattern, a memory, or even resistance.
- If nothing comes to mind, don't force it. Start with what feels recurring or familiar.
- Keep it simple. You don't need the whole story, just enough words to recognize it.
- Stay curious, not critical. The Lord leads with gentleness.
- You may recognize more than one thing. Start with what feels most familiar.

DIG DEEPER:

Understanding the Wounded Heart by Marcus Warner is a supplemental book we are encouraging all of our groups to engage with. This book can help you dig deeper to discover more wounds, lies, vows or strongholds that may exist, and give you practical steps to continue to gain freedom. Much of the material in this booklet was taken from Marcus Warner's book. Also, if you miss a week in this series, listen to the messages and access resources at stonewaterchurch.com/fuelup.

STEP 1: IDENTIFYING WOUNDS

Wounds = what happened to you — an experience where love, safety, care, or protection was missing. Wounds don't always come from big moments. Most of the time, they come from repeated experiences that felt normal at the time.

EXAMPLES OF COMMON WOUNDS

You may recognize more than one.

Start with the one that feels most familiar, not most dramatic.

- Abandonment — being left, forgotten, or someone being emotionally absent from you
- Rejection — not chosen, not wanted, overlooked
- Betrayal — trusting someone who hurt you or let you down
- Neglect — your needs were ignored or brushed off
- Shame — being mocked, embarrassed, or made to feel small
- Powerlessness — having no voice or no say
- Belonging — feeling unseen, excluded, or on the outside
- Injustice — being treated unfairly, blamed, punished, or accused
- Control or domination — being manipulated, pressured, or overruled
- Fear-based environment — constant tension, walking on eggshells
- Over-responsibility — having to grow up too fast or carry adult weight early

LISTENING PRAYER

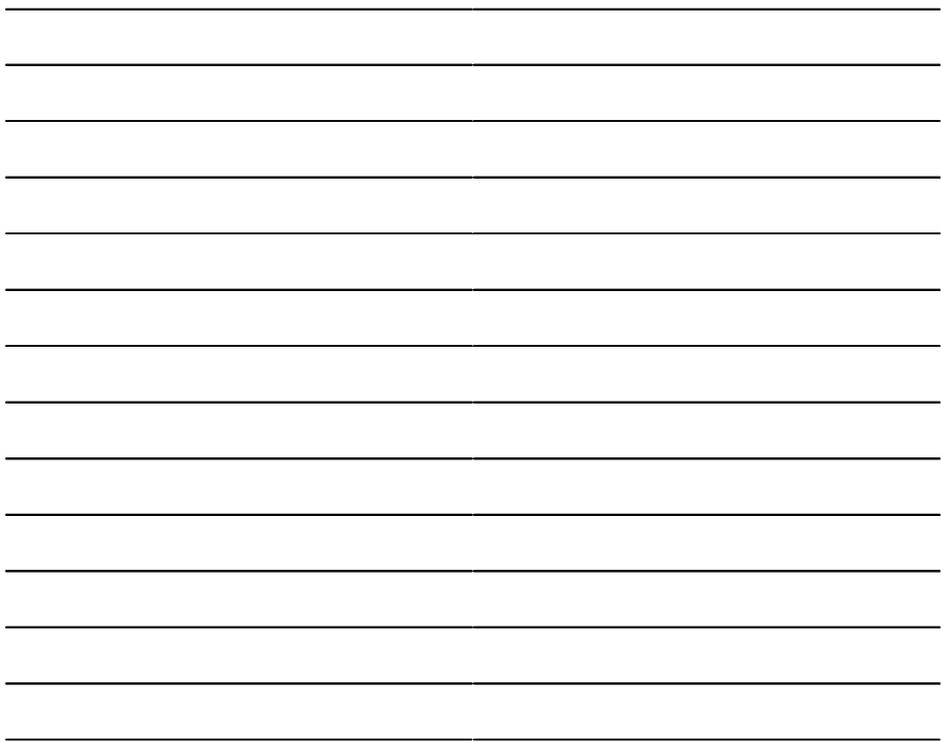
Jesus, You already know my story. Is there a wound from my past that you want to bring me freedom from? What memory or event from my past has the enemy used for bondage that You want to bring me freedom from?

Pay attention to what comes to mind first — a feeling, a memory, a pattern, or even resistance. God is faithful, and He speaks to His children. As you listen, trust that He will meet you right where you are. Give ample time to hear and process through what He is showing you. Write down key revelations along the way.

REFLECTION QUESTION

Where did I get hurt? Name the place you were hurt or the experience that shaped you. You don't need the whole story — just enough words to recognize it.

Use the next page to write down what stood out.



STEP 2: IDENTIFYING LIES

What did you come to believe because of the wound? A lie is a belief that took root when you were hurt. It's hard to call something a lie that is so familiar and convincing, but begin by simply disputing that it may not be true. Lies are often planted by the devil. When they take root, they begin to feel true over time. These beliefs show up most clearly under pressure, stress, or conflict.

EXAMPLES OF COMMON LIES

You may recognize more than one. Start with the one that shows up most often. Are any of these statements easy for you to relate to?

- I'm not enough
- I am not valued
- I'm on my own
- I can't trust anyone
- I have to earn respect or approval
- My needs don't matter
- I'm not safe
- It's up to me
- If I'm not in control, things fall apart
- God won't show up for me
- I should be further along by now
- This won't change

LISTENING PRAYER

Jesus, is there a wound from my past that the devil succeeded in planting lies that I believe today? What lie or lies am I believing? What lies feel true because of my wound?

Notice what comes up first — a thought, a reaction, a sentence, or resistance. God is faithful, and He speaks to His children. As you listen, trust that He will meet you right where you are at. Give ample time to hear and process through what He is showing you. Write down key revelations along the way.

REFLECTION QUESTIONS

What lie am I believing that does not align with the character of God, or His desires and plans for me? What would a gracious, loving, perfect Father say if I asked him rather than listening to myself? We may not have had perfect parents, but we can all imagine what a great parent would say to a child they love dearly. What phrase or statement summarizes it? You don't need to explain it. Just name it.

Use the next page to write down what stood out.



STEP 3: IDENTIFYING VOWS

A vow is an inner promise you made to protect yourself after getting hurt. They are unhealthy ways in which we cope. Vows are inner promises made with and without words. At the time, they helped you survive. Vows direct trust away from God and toward your own flesh. The heart of a vow is the unstated fact that you are making a vow because you do not trust God to provide for you.

Over time, they can quietly limit how you live, trust, and connect. You falsely adopt them as part of your identity.

EXAMPLES OF COMMON VOWS

You may recognize more than one. Start with the one that feels automatic

- I'll always handle it myself
- I will always find a way to win
- I'll never trust anyone
- I'll never let anyone hurt me
- I'll never let myself be used again
- I'll always be in control
- I'll earn my dad's approval
- I'll never let anyone close
- I'll never feel this again
- I'll always be strong
- I'll never treat someone the way I was treated
- I'll never speak up
- I'll always keep the peace
- I'll always choose pleasure over pain
- I'll be perfect so this doesn't happen again
- I'll never trust God again

LISTENING PRAYER

Jesus, bring to my mind vows that I have made either intentionally or unintentionally. What vows have I made in order to protect myself?

Notice what comes to mind first – a reaction, a decision, a posture, or resistance. God is faithful, and He speaks to His children. As you listen, trust that He will meet you right where you are. Give ample time to hear and process through what He is showing you. Write down key revelations along the way.

REFLECTION QUESTIONS

When I'm under pressure, what inner vows influence how I'll protect myself? Use the next page to write down what stood out.



STEP 4: IDENTIFYING STRONGHOLDS

When a vow continues to influence how you live over an extended period of time, a stronghold is created. A stronghold is an area of bondage or control in which you are not free to live as God intends. A stronghold is an area of your life in which the devil has a strong influence. It is characterized by compulsion, restlessness, hopelessness, addiction, and self-deception. A stronghold almost always produces unwanted emotions such as depression, anger, anxiety, or shame.

A stronghold is evidence that the enemy is harassing you. Strongholds are upheld by an adopted way of life on a regular basis, not just as a one-time event. They may not be present in every moment, but they become the way you respond or experience life the majority of the time. They show up before you even think about it.

EXAMPLES OF COMMON STRONGHOLDS

You may see more than one. Start with what shows up most often:

- Anxiety or constantly being on edge
- Anger or defensiveness
- Numbness or checking out
- Control or perfectionism
- People-pleasing
- Isolation
- Overthinking or replaying conversations
- Busyness or staying distracted
- Compulsive behaviors (working, eating, using substances, screens, watching porn)
- Emotional reactivity (quick to escalate or shut down)
- Harsh self-criticism
- Performance-based faith (doing more to feel right with God)
- Spiritual withdrawal (growing distant from God)

LISTENING PRAYER

Jesus, expose to me the strongholds in my life. What actions or emotions are in my life due to the constant influence of the enemy?

Notice what comes to mind first – a habit, a reaction, a cycle, or resistance. God is faithful, and He speaks to His children. As you listen, trust that He will meet you right where you are. Give ample time to hear and process through what He is showing you. Write down key revelations along the way.

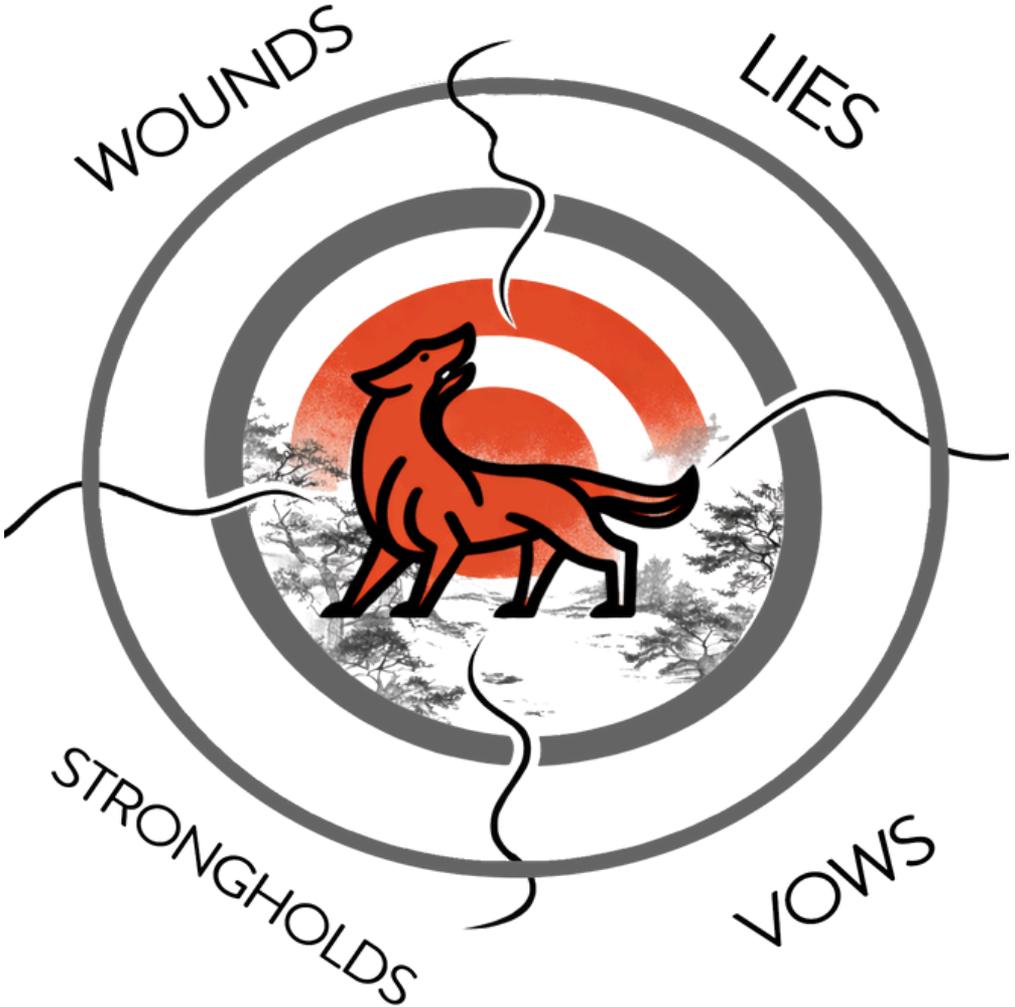
REFLECTION QUESTIONS

When I'm under pressure, what pattern shows up?

Use the next page write down what stood out.



STEP 5: WRITE DOWN THE WOUNDS, LIES, VOWS, AND STRONGHOLDS INSIDE THE TARGET:



LAST STEP: PERFORM A FREEDOM CEREMONY → NEXT PAGE

STEP 6: PERFORM A FREEDOM CEREMONY (Wolf Hunt)

If God is First & Best, we find freedom by bringing our wounds, lies, vows, and strongholds to Christ. This Freedom Ceremony is a moment to release what you've already identified and stop living in agreement with it. Write down your WLVS on the other side of this card. Gather with your family, your group, or one trusted friend.

PRAY OUT LOUD:

Example prayer: Jesus, You are First & Best in our lives. As we take this step of freedom, we invite You to lead us. Help us release what no longer belongs and trust You with what we've been carrying. Amen.

CONFESSION (Confess out loud)

Jesus, I acknowledge with your help, that I have these wounds in my life...

Jesus, I confess that I have believed these lies...(confess all lies).

Jesus, I confess that I have made these vows...(confess all vows).

Jesus, I acknowledge these strongholds in my life...(confess all strongholds).

CANCEL (Declare out loud)

After confession, we must cancel any agreements that we have made with the enemy. With confidence, authority, and by faith, speak the declaration statement below.

In the name of Jesus, I cancel any permissions that were given to the devil or any evil spirit due to these wounds, lies, vows, or strongholds.

COMMAND (Declare out loud)

With confidence, authority, and by faith, speak the declaration statement below.

In the name of Jesus, I declare that I belong to Jesus and am free in Christ.

Therefore, I command any and all evil spirits to leave my life and end the harassment, now!

COMMIT (Declare out loud)

With confidence, authority, and by faith, speak the commitment statement below.

In the name of Jesus, I commit myself to Jesus Christ. I invite Him to cleanse me, heal me, restore me, and restore anything that needs to be restored in my life.

I now know and believe the truth that...(confess the truths that offset the lies that you believed). Jesus, from this day forward by your Spirit, give me the ability to capture all lies and make them obedient to you. Thank you for your freedom.

In Jesus' name I pray, Amen.

DESTROY THE WLVS IN YOUR LIFE:

Destroy this card: tear it, burn it, blow it up, throw it away.