

## Eating the Elephant One Bite at a Time

Before you get started, there are a few important principles to keep in mind:

**It is best to complete the "Flushing" exercise before starting the Eating the Elephant exercise.** Everyone has experienced pain, hurt, and loss at the hands of others. Rather than fully facing and processing what happened, we tend to "box it up", try not to think about it, and go on. That is like putting toxic waste in cardboard boxes that we store in our bedroom closet and wonder why we are sick all the time. Unfinished business from the past is interfering with your daily living and will sabotage your tomorrows more than you recognize.

**This is a process, not an event.** With both Flushing and Eating the Elephant you will not "get to everything" in one sitting and you will not "find time" for this work. Schedule several blocks of time over the next few months to engage these exercises. Plan on going through Eating the Elephant at least three to five times. The roots of what you desire to overcome are much deeper than you think, and well hidden by Darkness. When something you have already identified resurfaces, ask God to show you what more you need to know, understand and do.

**Do not hurry or rush through this exercise.** You are purposing to be honest and open to what God is saying and doing in your life. Choose a time and place that you can be alone with Him. Do everything possible to ensure privacy and eliminate interruptions (turn off cell phones). Ask God to temporarily move aside anything and everything that would interfere with your ability to hear His voice clearly and do the work necessary. Read some of your favorite passages of Scripture. Worship and praise music can also help you prepare for the time.

**Prayer support is HUGE!** Ask friends to pray for you during this time. Suggest they pray what you are praying – that you hear clearly from God, and that Darkness is not effective in seeking to hinder your work.

**Do not expect some kind of mystical experience.** This is a time of focusing on what God has to say to you personally, trusting that what He says is true (regardless of how you feel), and choosing to act on what He says.

**This should be done out loud.** Once something is said, it is no longer just a thought or idea. Now it is a matter of record. You have declared your intentions to yourself, your Lord, and the enemy. This gives clarity, certainty, and resolve to your commitment.

**Some of this process will be painful to do, difficult to do, and you will not want to do.** Do it anyway.

1. Start by being honest concerning doubts you have about God, His love, that this exercise will help, etc. Tell God you want to hear from Him. If you are not sure you have a personal relationship with God, pray something like this, "Lord Jesus, if you are already in my life, thank you. Forgive me for doubting. If I have never asked you to come into my life and forgive my sin, I ask you to do so right now. From today forward I want to know that you live in me. Thank you that you will never leave me nor forsake me. I put my trust in you alone. Amen."

2. Agree with God that your sin is sin, and ungodly strongholds exist in your life as a result. Reject them and repent - determine to remove them, replacing them with godly living. Use the "Thoughts Feelings Inventory" to help you identify strongholds. Listen to God and do not limit what He says to this inventory.

3. If you have already completed the "Flushing" exercise, redeclare that you choose to forgive those who hurt you. If you have not completed or begun that exercise, commit to the Lord that you will, and that you choose to forgive anyone he brings to your mind. Forgiveness is a choice. Releasing resentments, healing hurts, and dumping disappointments is for you, not those who sinned against you. You are not letting them go free; you are letting yourself go free! You did not choose what happened, but you can choose to no longer be controlled by what happened. Once you **choose to forgive**, you must **process the pain** of your past **and remove the power of the memories** to control you, or you will not experience the freedom of forgiveness that God intends.

4. We often have difficulty breaking free from people, places, and things because we are “tied to them”. Ask God to break any unhealthy, sinful, or wrong bonds and connections (physical, psychological, emotional, sexual, spiritual, etc.) you currently have or have had in the past with any person, place, or thing (music, media, movies, books, possessions, etc.). Then remove from your life anyone or anything He tells you to remove.

5. Ask God to reveal and remove any spiritual weakness resulting from sin in your family systems, through birth, marriage, adoption, or guardianship. Be aware that the generational junk from previous marriages remains active after a divorce until removed. Begin with a general declaration breaking any ungodly ties to generations past or present and declaring your allegiance to God alone (Joshua 24:14-15). Then, since there is no way you could know all the generational junk, using the \**“Thoughts Feelings Inventory”*, reject everything on the list. It is all there. Ask God to reveal anything specific that you need to be aware of and pay attention to. Some of this you have “bought into” and allowed to grow. Some has not worked with you but will be used with others in your future generations. When dealing with the generational piece, we are often impressed to renounce things that make no sense to us. We have no idea why. God does. He is exposing generations of junk that spiritual evil desires to continue using to oppress you and your future generations.

6. Ask God to reveal and remove: the lies you have been believing; the unrighteousness that has been covering your heart; the confusion, condemnation, and accusation covering your mind; the fear, terror, or torment that controls your everyday living; the doubt and unbelief that is blocking God’s truth; the curses and words of Satan that have been hamstringing you down.

7. Ask God to cleanse you and heal your hurts. (Psalm 51:7, Psalm 147:3)

8. Ask God to place His armor on you. Visualize and think about each piece. (Ephesians 6:14-17)

9. Ask God to clothe you in His righteousness. Think about what that means. (Isaiah 61:10, Philippians 3:9)

10. Read \**“I Am a Child of the King”* out loud as a personal declaration of who you are in Christ. Ask God to help you see yourself as He sees you, and to know that it is true.

11. Tell God that you want him to see to it that everything that needs to be removed is removed, everything that needs to be rescued is rescued, everything that needs to be restored is restored, and everything that needs to be done is done for you, and your generations. Ask Most High to execute the appropriate judgements concerning all spirits of Darkness that are to be removed at this time, sending them where He chooses, not to return. Ask that their rights and access be terminated. Declare your gratitude and thanksgiving. Ask Him to affirm for you that the spirits judged have been removed. Ask if you need to hear anything else from Him at this time.

12. Ask the Holy Spirit to fill every part of your body, soul, and spirit with Himself. Write down what God has done and is showing you. Take time to praise him and thank him.

13. Take a week or two to process what God has revealed to you and done for you. Then, go through the exercise again. Ask God to show you more. Do not stop until you get to the roots. Remember, this is a process, not an event. Spiritual junk is layered in over time, and time with God is required to expose and remove it.

14. Ask God to continually show you anything you need to get rid of or change. Do so.

15. You are a Child of the King. \**“I Choose”* will help you how know to live as one!

\* The “Flushing” exercise, as well as “I Am A Child Of The King”, “I Choose”, “Eating The Elephant One Bite At A Time”, and the “Thoughts Feelings Inventory”, are available as a free download at [ImpactCounseling.com](http://ImpactCounseling.com) under Client Resources