



What Does the Bible Say About Inner Vows?

Jam 5:12

Above all, brothers and sisters, do not swear any oath, not by heaven, not by earth, by nothing. Let your yes be yes, and your no be no, otherwise you will be punished for it.

Matt 5:33-37

You have also heard that it was said to the people at that time, "Do not take a false oath, vows made before the Lord must be fulfilled."

34 And I tell you not to swear at all, nor by heaven, for that is the throne of God,

35 neither by the earth, for it is his footstool, nor by Jerusalem, for it is the city of the great king;

Don't swear by your own head either, because you can't make one of your hair white or black yet.

37 Let your yes be yes, and your no be no; what you add to it comes from evil.

In these texts we see that it is not good to swear or, in other words, make a vow. No inner vows should be made either.

The character of God is reliable. What He says He does and He expects that too from His followers.

How can we respond when God shows that we have made inner vows?

1 Pet 2:24

He carried our sins on the tree of the cross in His body, that we might live righteously dead to sin. You are healed by his stripes.

Isa 53: 5

He was pierced for our sins,

for our wrongdoings broken.

For our good he was chastised,

his stripes brought us healing.

Eph 4: 22-23

that you must give up your former course of life and put off the old man who is destroyed by deceitful desires,

23 that your mind and your thinking must be constantly renewed

24 and that you must put on the new man, who was created according to God's will in true righteousness and holiness.

25 Therefore put away falsehood and speak truth to one another,

Why are inner vows so powerful?

Inner vows are so strong because it has to do with the nature of God. God's character is to do what He has said. He is faithful and does so to all generation. This indicates that God values what you say. Words and thoughts have power even when we don't believe or realize it. They bind us to what we say or decide. Even if no one sees or hears it. Those vows have a very powerful impact on your life, no matter how old you were when it happened.

What is an Inner Vow?

It's a decision, statement or belief that you make with your mind and your heart. After a painful, fearful, hurtful experience or due to neglect, you make an inner decision early in your life to stop or do something. It is a protection mechanism that tries to prevent recurrence. Or a decision never to become like the person who hurt and damaged you. You make the decision yourself and so you





block trust in God. You become the controlling power. The vows cause you to feel, think and act in accordance with that vow and they refuse change.

How is an inner vow made?

- Parents who keep yelling at each other and at the child, especially at a young age, can make you hate this. You then make a decision to never become like that example.
- Siblings who regularly humiliate, beat, or reject you, especially when it's not fair, can make you decide to be strong and never cry again.
- Remembering a baby's lack of good care, attention, and love can make you make an inner vow that no one cares about you and you should close your heart to love because one day it will hurt again.
- At a young age the child is especially open to learn trust and healthy dependence is formed. However if this is always lacking, you can make an inner vow that no one can be trusted and that you should only trust yourself.
- If you were not able to defend yourself enough, you will develop a system of self defense. You decide to attack others before they can attack you.

What are the consequences of an inner vow?

- The decisions you made in the past, determines how you should respond to situations.
- You take matters into your own hands.
- No trust in others and no trust in God.
- Because of this you can no longer feel, think or act normally once it is strongly formed.
- Your commitment in an inner vow is to protect, preserve and provide for your own needs and rights. Your focus in life is just on yourself.

How do I recognize an inner vow in myself?

- For example, you want to receive love from someone, but inside this is blocked and you are going to do something that causes the opposite to happen.
- You want to trust God, but that seems impossible.
- You have made New Year's resolutions not to become like your father, but you turn out to be just like that and often worse.

Steps to Recovery

1. *Recognize that you have made inner vows with your heart and, if possible, define which ones and why.*
2. *Ask the Holy Spirit to show you where the greatest pain is. Think of events or feelings that caused you to make such a decision.*
3. *Ask forgiveness for this decision and recant this decision.*
4. *Ask Jesus to detach you from these decisions.*
5. *Ask the Holy Spirit to give you renewed thoughts.*
6. *Now is also the time to forgive people who hurt you.*

PRAYER



Thank You Jesus for dying for me and the inner vows I have made. I ask forgiveness that these inner vows have made me trust only myself and not You. Forgive my turning away from others. I break these strong vows in the name of Jesus (pronounce which ones have now been revealed to you by the Holy Spirit).

I also choose to forgive myself for making these vows and detach myself from each vow. I now connect myself with You Father and with the good that You have for me.