

A COMPANION JOURNAL & WORKBOOK



Sexual Healing

*A Spiritual Guide to Breaking Generational Cycles
and Reclaiming Your Authority*

JOURNAL · GUIDED REFLECTION · 30-DAY SACRED SYNERGY WORKBOOK



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HOW TO USE THIS JOURNAL

Before You Begin



This journal walks alongside *Sexual Healing* page by page. It is structured to help you process the Asa/Bara framework at the depth it deserves — from naming the covenants that have held you, through the wilderness of severance, all the way to the altar of restoration. Every prompt is rooted in the book's theology. Every line of space is an invitation to be fully honest.

- I** Set aside 15–20 minutes daily, or a few times per week. Consistency builds the new frequency.
- II** There are no right or wrong answers. Compassion and honesty are the only requirements.
- III** Speak the liturgies aloud. Your voice carries authority. Sound shifts atmosphere.
- IV** Return to prompts over time. Changed answers are not inconsistency — they are evidence of growth.
- V** Engage with the 30-Day Workbook as sacred stewardship, not obligation. Meet the Seventh Man at the altar daily.

Each section corresponds to a chapter from the book. Prompts are grouped under main spiritual themes with sub-prompts for deeper excavation. Liturgy boxes, authority declarations, scripture anchors, and action steps accompany each entry. The Covenant Prayer on Day 30 is the sealing moment of the entire journey.

MY INTENTION FOR THIS SEASON

KEY TERMS & FRAMEWORK

Glossary



Before journaling, familiarize yourself with these foundational terms from the book. They form the language of your healing.

ASA

The physical body — the vessel fashioned from dust. The outer dimension of your humanity. Healing that addresses only the Asa never reaches the root.

BARA

The divine essence — the spirit of God breathed into your humanity. The inner dimension that the enemy most wants to enslave. True healing is Bara-level healing.

BLOOD COVENANT

A binding spiritual agreement sealed by blood. Every sexual encounter is a blood covenant, opening a legal portal between two spirits, whether intended or not.

THE PORTAL

A spiritual doorway created through sexual covenant. Once open, it provides access not just to a person, but to their entire bloodline. Portals do not close automatically — they must be intentionally closed through renunciation and the Blood of Jesus.

THE FIVE HUSBANDS / THE FIVE

Every unholy sexual covenant entered outside of God's design. Collectively, they produce what the book calls the Cumulative Covenant Effect — multiple open portals occupying the same soul simultaneously.

THE SIXTH MAN

The cycle itself — the pattern of trying to fill a God-shaped void with human connection. Not a person, but a hunger. The Sixth Man is the evidence that physical connection is being substituted for spiritual restoration.

THE SEVENTH MAN

Jesus Christ — the only One who can complete what the first six could not. He offers living water that satisfies permanently, not temporarily. The number seven represents divine completion and Sabbath rest.

DABEQ

The Hebrew word for "cleave" in Genesis 2:24. Means to be impeded, glued, or fused. It describes the spiritual welding of two whole souls into one. Dabeq is frequency-based, not need-based.

THE 55S

Sexual lies and ideologies embedded in modern media, music, algorithms, and culture. Planted subconsciously over decades to groom the soul for bondage. Named after the film *Focus*, in which a number is planted in a mark's subconscious without their awareness.

LIFE LITURGY VS. DEATH RITUAL

A Death Ritual is any grooming behavior that builds momentum toward acting out. A Life Liturgy is its intentional replacement — a new pattern that redirects pain toward the Healer rather than toward the counterfeit.

I

PART ONE

Theology of the Portal

REFLECTIONS ON THE BODY, SPIRIT & COVENANT

Before healing can begin, you must understand the mechanics. This section reveals the distinction between Asa and Bara, the truth about blood covenant, the cumulative weight of the Five Husbands, and the diagnostic moment when Jesus spoke truth into a woman's shame — and offered living water instead.

CHAPTER ONE

The Hyper-Sexual Delusion

Unmasking the Subtle Influence on the Modern Soul



Long before you made any conscious choice about your sexuality, the world was planting seeds. The "55s" — cultural lies embedded in algorithms, music, pornography, social media, and entertainment — were conditioning your soul for bondage. This chapter unmasks the con. Once you see it, you cannot unsee it.

- ◆ **The 55s:** How culture plants sexual ideology in your subconscious before you realize it's happening
- ◆ **The Gendered Trap:** Men groomed for conquest; women groomed for desirability — both victimized by the same con
- ◆ **Spiritual Consequence:** Every sexual image consumed is not just psychological — it is a spiritual transaction opening agreements

1 CORINTHIANS 6:18

"Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body."

MAIN POINT

The "55s" You've Absorbed



BOOK CONTEXT

The enemy plants his lies the same way the number 55 was planted in Focus — subtly, repeatedly, everywhere at once — until his mark believed a planted thought was his own. Your sexual self-concept has been shaped by decades of "55s." You didn't choose them. But you can identify them.

In what ways have cultural messages about sex shaped your self-view, your body image, or your relationship choices?

- ◆ Identify one media message (song, show, ad, social media) you've consumed that shaped your sense of desire or worth.
- ◆ How might that message be challenged or reframed in light of spiritual and psychological truth?
- ◆ Which "55" has been the hardest to let go of — and why do you think it still has a hold on you?

YOUR REFLECTION

THE "55" I'VE BELIEVED

THE "7" — GOD'S TRUTH

MAIN POINT

Understanding the Asa and Bara



BOOK CONTEXT

You are not a body with a spirit. You are a spirit with a body. The Asa is what the world has convinced you to optimize. The Bara is what God breathed into you at creation. Sex is a spiritual fusion of both — which is why healing that only addresses the Asa never reaches the root.

How would you describe the distinction between your Asa (physical body) and your Bara (spiritual essence) in your own lived experience?

- ◆ When have you noticed a physical need or urge appearing without any spiritual grounding or meaning?
- ◆ When have you felt spiritually hungry in a way that your physical circumstances couldn't explain?
- ◆ What cues in your daily life remind you that healing requires both dimensions to be addressed?
- ◆ In your sexual history, which encounters felt primarily Asa-level — and did any feel like they touched your Bara?

YOUR REFLECTION

YOUR REFLECTION, CONTINUED

ONE THING I WILL DO TO HONOR MY BARA THIS WEEK

DEEP WORK

The Inventory of the Five



BOOK CONTEXT — CHAPTER 3

Jesus didn't ask "how are you feeling?" He asked her to name the Five. Not to shame her — to diagnose her. You cannot heal what you will not name. You cannot break what you will not acknowledge. This inventory is your diagnostic moment.

1

THE FIRST — The one who set the frequency and took your baseline

Name or describe the covenant. What portal opened? What did you carry from this one?

2

THE REBOUND — The escape, desperation not desire

What pain were you running from? What shame compounded?

3

THE MIRROR — The one who reflected your own brokenness back

What did this person reveal about you that felt unbearable?

4

THE HABIT — Familiarity mistaken for covenant

Why did you stay — or keep returning? What did "comfort" cost you?

5+ **THE CURRENT / THE REST** — *The one paying the price for the ones before*
What ghosts are present in this relationship that don't belong to it?

SPEAK ALOUD AFTER COMPLETING THIS INVENTORY

"I acknowledge the Five. I bring them to the Seventh Man. I cannot heal this alone — but He can. I am not defined by my history. I am defined by the Blood."

II

PART TWO

The Diagnosis of the Soul

LEAVING, CLEAVING & RITUAL

Healing demands severance. You cannot build a new covenant on top of unhealed covenants. This section walks you through the art of leaving, the Cultural Parents who must be divorced, the wilderness you must walk through, and the new ritual that replaces the death cycle with a life liturgy.



Divorcing the Mother of Shame

Cultural Parent No. 1 · The Voice That Calls You Damaged

BOOK CONTEXT

The Mother of Shame doesn't sound like condemnation — she sounds like wisdom. She shows up in the mirror, in the bedroom, at the altar, every time you try to step into freedom. She is a generational principality, not just a feeling. She must be legally evicted.

TEMPLATE DECLARATION — READ ALOUD WITH CONVICTION

"I, _____, formally renounce the Mother of Shame. I divorce her voice from my soul. I return every lie she planted — that I am damaged goods, that my past disqualifies me, that God cannot fully use me. I reclaim my identity as **beloved, whole, and free**. She has no authority over my body, my bed, or my future. I am a New Creation. In Jesus' name — it is done."

What lies did the *Mother of Shame* plant in you — and where did each one come from?

WHAT SHE CALLED ME

WHAT THE SEVENTH MAN CALLS ME

YOUR NAME / SIGNATURE

DATE OF DIVORCEMENT



Divorcing the Father of Lust

Cultural Parent No. 2 · The Voice That Calls You a Consumer

BOOK CONTEXT

The Father of Lust doesn't feel like sin — he feels like freedom. He is the architect of the hyper-sexual delusion. He planted the "55s." He taught you that intimacy is performance, that love is measured in intensity, and that your body is a tool for validation. He must be renounced — not because desire is wrong, but because he has twisted the gift into a weapon.

TEMPLATE DECLARATION — READ ALOUD WITH CONVICTION

"I, _____, formally renounce the Father of Lust. I divorce his pattern of consumption, control, and conquest from my soul. I return every lie he planted — that my worth is in my desirability, that real intimacy is performance, that I must consume to feel powerful. I reclaim my sexuality as **sacred, covenantal, and holy**. He has no authority over my thought life, my body, or my future. I am a New Creation. In Jesus' name — it is done."

How was lust modeled in your home or earliest environments? What patterns did you inherit?

WHAT LUST PROMISES	WHAT LUST ACTUALLY DELIVERS

YOUR NAME / SIGNATURE

DATE OF DIVORCEMENT

DEEP WORK

Mapping Your Cycle



BOOK CONTEXT — THE FIVE STATIONS

Victory is not won at the moment of acting out. Victory is won at Stage 2 — the fantasy. Once you understand the anatomy of your cycle, you can interrupt it before the freight train reaches full speed.

- 1

TRIGGER — The pain, the deficit

What emotion or circumstance most reliably activates the cycle? (Loneliness, rejection, boredom, exhaustion?)
- 2

FANTASY — The blueprint for the portal; battle is here

What does the fantasy promise? What lie does it tell?
- 3

RITUAL — The grooming; feels "innocent"

List your specific grooming behaviors — the steps you take before acting out. Be brutally honest.
- 4

ACTING OUT — The portal opens

Name it without judgment. What is the specific act that follows the ritual?
- 5

SHAME — The tether that restarts the cycle

What does shame say after? How does it keep you from going to God — restarting the trigger?

MY INTERRUPTION POINT — WHERE I WILL FIGHT THIS BATTLE

“

*You are not bound because you are broken.
You are bound because **a covenant was made.**
And what a covenant has bound,
only the **Blood of the Seventh Man** can loose.*

III

PART THREE

The Pathway to Restoration

ALTAR, COVENANT & NEW IDENTITY

You named it. You signed the divorce papers. You walked the wilderness. Now you build — a new altar, a protected covenant, an identity that carries the Seventh Man's frequency. This section transforms your scars into credentials and your testimony into a weapon.

MAIN POINT

From Secret Shame to Public Power



BOOK CONTEXT

The woman at the well left her waterpot. She didn't minimize her past — she said "Come see a man who told me ALL things I ever did." Her shame became her credentials. Her scars became her testimony. Your cleansed portal is not just about your freedom — it becomes a weapon for others.

What is your personal altar in this season — the practice, space, or posture that most invites restoration?

- ◆ How often will you engage with it, and what are you trusting God to do there?
- ◆ What would it mean to walk as a "cleansed portal" — a doorway for blessing rather than bondage?
- ◆ Who in your circle needs to hear your testimony — and what has shame been telling you about sharing it?
- ◆ The book says you are not "recovering" — you are restored. What's the difference in how those two identities feel in your body?

YOUR REFLECTION

AUTHORITY DECLARATION — SPEAK ALOUD

"I am not recovering. I am restored. I am not a victim. I am a New Creation. My portal is cleansed. My scars are the Surgeon's credentials — not evidence of shame, but proof of survival and grace."

MY BOUNDARY TO PROTECT MY RESTORED SELF

THE 30-DAY SACRED SYNERGY WORKBOOK

Stewardship, Not Punishment



The workbook is not more work. It is the daily maintenance of the altar you've built. For thirty days, you will practice what it means to live as a New Creation — to walk in the authority of the cleansed portal, to maintain the Dabeq frequency, and to testify to what the Blood has done.

Each day includes: *Today's Focus (the work) · The Practice (actionable steps) · Frequency Work (noticing the shift) · The Liturgy (speak aloud) · Authority Declaration · Reflection Prompts · Closing Prayer Space.*

- I** WEEK 1 — THE INVENTORY: Days 1–7 · Identifying what needs to be healed
- II** WEEK 2 — THE LIBERATION: Days 8–14 · Breaking free from unholy ties
- III** WEEK 3 — THE RESTORATION: Days 15–21 · Breaking cycles, establishing new rhythms
- IV** WEEK 4 — THE ASCENSION: Days 22–30 · Walking as New Creation, establishing generational blessing

REVELATION 12:11
"And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death."

Week One

The Inventory — Identifying What Needs Healing · Days 1–7

DAILY CHECK-IN — WRITE A WORD, PHRASE, OR NUMBER (1–10) IN EACH BOX

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

TRIGGERS IDENTIFIED THIS WEEK	3 SUPPORTIVE RESOURCES I CAN LEAN ON

Week 1 closing prompt: Which of the Five still occupies the most space in your soul — and what does freedom from it feel like to imagine?

THE WEIGHT I'M CARRYING — IN MY OWN WORDS

The Inventory of the Five

WEEK ONE
THE INVENTORY

TODAY'S FOCUS

You cannot heal what you will not name. Today, take inventory of every unholy covenant — every person, fantasy bond, or emotional entanglement that opened a portal.

THE PRACTICE

List every person you've been sexually intimate with (including emotional affairs or fantasy bonds that felt like covenant). For each: write one sentence acknowledging the covenant. Read the list aloud to the Seventh Man.

THE FIVE — NAMED BEFORE THE SEVENTH MAN

FREQUENCY WORK

Notice the weight in your chest as you write. That heaviness is the Cumulative Covenant Effect — a spiritual reality, not imagination. Acknowledge it: "I feel the weight of the Five. I am ready to be free."

THE LITURGY — SPEAK ALOUD

"I acknowledge the Five. I bring them to the Seventh Man. I cannot heal this alone — but He can. I am not defined by my history. I am defined by the Blood."

AUTHORITY DECLARATION

"I have authority to name what needs healing. I am not hiding anymore."

JOURNALING PROMPTS

Which of the Five still occupies the most space in your soul — and why?

What would it feel like to be completely free of their influence?

CLOSING PRAYER SPACE

The Diagnostic Moment

WEEK ONE
DAY SEVEN

TODAY'S FOCUS

This is your "Go, call your husband" moment. Jesus named the truth not to shame — but to open the door. Today you admit the truth you've been circling around.

BOOK CONTEXT

"You cannot heal what you will not acknowledge. You cannot break what you will not name. The enemy's greatest weapon is not the covenant itself — it's your refusal to admit it's still active."

THE PRACTICE — COMPLETE THESE SENTENCES

The truth is, I need healing in...

The covenant I have never fully named out loud is...

What hiding the truth has cost me...

FREQUENCY WORK

Truth vibrates at a clear, piercing frequency. As you speak it aloud, notice the clarity, the relief, the fear. That's the frequency of honesty. Say: "I am not hiding anymore. I am ready to be free."

THE LITURGY — SPEAK ALOUD

"I admit the truth. I am not hiding anymore. I am ready to be healed. The Seventh Man knows my history and loves me anyway. I am safe to be honest."

AUTHORITY DECLARATION

"I have authority to speak the truth about my own life. I am not hiding anymore."

WHAT HEALING I AM TRUSTING GOD FOR

CLOSING PRAYER SPACE

Week Two

The Liberation — Breaking Free from Unholy Ties · Days 8–14

DAILY CHECK-IN

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

WHAT I RENOUNCED THIS WEEK

WHAT I TOOK BACK (RETURNED PROPERTY)

MY OLD NAME (WHAT SHAME CALLED ME)

MY NEW NAME (WHAT THE 7TH MAN CALLS ME)

Week 2 closing prompt: Day 14 is "the frequency of freedom." What does freedom feel like in your body this week — even if it's just a breath?

Building Your Life Liturgy

WEEK THREE
RESTORATION

TODAY'S FOCUS

Death Rituals must be replaced, not just stopped. The soul cannot survive without a rhythm. Today you design the new pattern — the specific practice you will turn to when the trigger hits.

BOOK CONTEXT

The Death Ritual says: "This pain is unbearable — I need relief now." The Life Liturgy says: "This pain is real — but I know the One who can carry it. I am going to bring it to Him instead of burying it in sin." This is the shift.

DESIGN YOUR LIFE LITURGY

MY PRIMARY TRIGGER EMOTION

WHAT I USED TO DO WHEN IT HIT

MY LIFE LITURGY — ONE SENTENCE (WHAT I WILL DO INSTEAD)

PRACTICAL BARRIERS I'M BUILDING (CLOSE THE DOOR BEFORE THE SPIRIT ARRIVES)

FREQUENCY WORK

Life Liturgies vibrate at a grounding, centering frequency — like an anchor in a storm. As you practice your liturgy, notice the calm, the clarity, the sense of being held. That is the frequency of life.

THE LITURGY — SPEAK ALOUD (PRACTICE 3X)

"This is my Life Liturgy. When the pain hits, I turn to the Seventh Man. I do not turn to the ritual. I choose life. I choose freedom. I choose Him."

AUTHORITY DECLARATION

"I have authority to choose life. I am not controlled by the ritual."

CLOSING PRAYER SPACE

Week Three

The Restoration · Breaking Cycles, Establishing Rhythms · Days 15–21

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21

MY LIFE LITURGY (WRITTEN IN MY OWN WORDS)

WHERE I INTERRUPTED THE CYCLE THIS WEEK

Week Four

The Ascension · Walking as New Creation & Generational Blessing · Days 22–30

22	23	24	25	26	27	28	29	30

MY TESTIMONY (3–5 SENTENCES)

GENERATIONAL BLESSING I'M RELEASING

The Covenant of Wholeness

Day 30 · The Sealing · The Altar of Restoration

"Heavenly Father, I come before You in the name of Jesus — the Seventh Man, the One who told me all things that ever I did and loved me anyway.

I formally and permanently close every unholy portal opened through sexual sin, trauma, fantasy, or generational iniquity. I renounce every '55' the world planted. I divorce the Five — every false covenant, every unholy union, every entanglement that kept me bound.

I sever the tether to the Mother of Shame, the Father of Lust, and the Ancestral Altar. I break every generational habit that traveled through my bloodline..."

"...I close the portal that flows backward to my ancestors and forward to my descendants — and I declare from this day forward I am a portal of blessing, not bondage.

I am not recovering. I am restored. I am not a victim. I am a victor. I am not broken. I am whole.

I take authority over my own soul. I am the gatekeeper of my spirit. I seal this covenant with the Blood of Jesus. I am Dabeq — cleaved to the Seventh Man.

I leave my waterpot at the well. I walk into the city in broad daylight. I testify to what You have done. In the name of Jesus — Amen."

WHAT GOD HAS HEALED IN ME OVER 30 DAYS

WHAT I AM STEPPING INTO NOW

SEALED BY YOUR NAME / SIGNATURE

DATE OF SEALING

Watching Yourself Heal

Return to this page after each Part and after Day 30 — not to judge, but to witness your own journey.

MARK EACH ARC WHERE YOU CURRENTLY ARE (BEGINNING → ESTABLISHED → SEALED)

Body Awareness (Asa)	☐	☐	☐	☐	☐
Spirit Alignment (Bara)	☐	☐	☐	☐	☐
Covenant Clarity	☐	☐	☐	☐	☐
55s Identified & Replaced	☐	☐	☐	☐	☐
Cycle Interrupted	☐	☐	☐	☐	☐
Boundary Strength	☐	☐	☐	☐	☐
Identity Owned (Bara)	☐	☐	☐	☐	☐
Generational Cycle Broken	☐	☐	☐	☐	☐
Testimony Built & Weaponized	☐	☐	☐	☐	☐

WHAT I AM MOST PROUD OF

WHAT I AM STILL OFFERING FORWARD

Scripture Anchors for Your Healing

These verses are the theological architecture of Sexual Healing. Use them to ground your journaling, speak your liturgies, and stand in your authority.

GENESIS 2:24 · COVENANT DESIGN

"Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh."

The blueprint for Dabeq — leaving precedes cleaving. "One flesh" is not metaphor; it is the mechanic of spiritual fusion.

1 CORINTHIANS 6:16-19 · PORTAL & TEMPLE

"Know ye not that he which is joined to a harlot is one body? ... your body is the temple of the Holy Ghost."

The act itself creates the covenant bond — whether intended or not. Your body is a sanctuary, not a playground.

JOHN 4:17-18 · THE DIAGNOSTIC MOMENT

"Thou hast had five husbands; and he whom thou now hast is not thy husband."

Jesus exposed the Five not to shame, but to free. This is the model for inventory work — naming without condemnation.

2 CORINTHIANS 5:17 · NEW CREATION IDENTITY

"If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

Not "becoming" new — become. Past tense. Done. This is the authority declaration at the core of every Day 22-30 entry.

2 CORINTHIANS 10:5 · INTERRUPTING THE FANTASY

"Casting down imaginations... and bringing into captivity every thought to the obedience of Christ."

Paul targets imaginations — Stage 2 of the cycle — not actions. This is where the battle must be fought.

REVELATION 12:11 · TESTIMONY AS WEAPON

"They overcame him by the blood of the Lamb, and by the word of their testimony."

Two weapons: the Blood first, testimony second. Your story is not just a "share" — it is spiritual artillery.

ECCLESIASTES 4:12 · THE THIRD CORD

"A threefold cord is not quickly broken."

Two people plus the Seventh Man create invincibility. The Dabeq covenant requires the Holy Spirit as the third cord.

JOHN 8:36 · THE FREEDOM DECLARATION

"If the Son therefore shall make you free, ye shall be free indeed."

Not free from temptation — free from the cycle. Free from the ritual. Free from the slavery of acting out every time the trigger comes.

“

*She left her **waterpot** at the
well.*

*She went into the city in broad
daylight.*

*She said: "Come see a man who
told me
all things that ever I did."*

*Her shame became her
testimony.*

*Her **wound** became her witness.*

Her story became a weapon.

And so will yours.

SEXUAL HEALING · ESAIAS
MERRITT