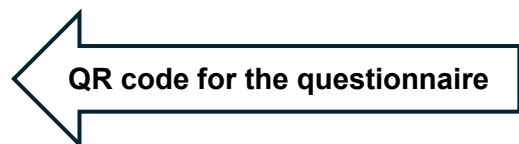


2026 Emotionally Free Seminar Program

9.19(Sat) 13:30–18:30

English only. Live streaming available

Time	Program Content
13:00-13:30	Registration
13:30-13:35	Announcements Greetings from OBJ director (Mr. Thomson) Introduction of OBJ & Dr. Mullen
13:35-14:35	【Session 1】 The 3 keys to Overcome Fear and Worry
14:35-14:45	Break (10mins) (Books & DVDs for sale)
14:45-15:45	【Session 2】 Your Moods Matter
15:45-15:55	Break (10mins) (Books & DVDs for sale)
15:55-16:55	【Session 3】 Freedom from Shame
16:55-17:05	Break (10mins) (Books & DVDs for sale) <i>*Question submission closed</i>
17:05-18:05	【Session 4】 Freedom through Forgiveness
18:05-18:25	Q & A
18:25-18:30	Announcements Questionnaire time
18:30 ~	End of seminar (Books & DVDs for sale)



 **OPERATION BLESSING**

* Please read the remarks on the back.

Remarks:

- The seminar schedule may vary depending on the progress of the program. Thank you for your understanding.
- Eating and drinking are not permitted. However, drinking with bottles or containers with lids is allowed.
- Alcohol drinking and smoking are prohibited in the building.
- Restrooms are located on every floor of the building. You may use any available restroom.
- Please set your mobile phone or smartphone to silent mode and refrain from making or answering calls during the seminar.
- You may leave the seminar room during the session if necessary. When re-entering, please do so quietly to avoid disturbing other participants.
- A donation box is available in the registration area with donation envelope provided. We would greatly appreciate your support on us.
- The venue will close at 7:00 PM. Please ensure that you leave the room by that time.
- Participants are responsible for their own belongings and valuables. The organizers and venue are not responsible for any loss, theft, or damage.
- We kindly ask for your cooperation in completing the post-seminar survey. Please use the QR code to access and submit the questionnaire.

Thank you for your cooperation, and we hope you enjoy the seminar.

Prayer for the healing of mood disorders

(you can substitute Bipolar or anxiety where you see “depression”)

Grant Mullen M.D.
drgrantmullen.com

Jesus we know that somewhere in the past my family's DNA was damaged so that depression has been passed down through the generations. We know that Satan has taken advantage of this vulnerability to torment my family line.

I acknowledge and confess that my ancestors have sinned and as a result my DNA has been damaged and I have become vulnerable to Satan's attack on my mind.

Jesus, as the current representative of my family, I repent on behalf of my ancestors for their sin that brought depression as a curse into my family line and damaged our DNA.

Specifically I repent for any involvement by my ancestors in witchcraft or occult practices like séances, fortune tellers or divination. I repent for their memberships in associations that required oaths and promised curses for breaking those oaths. I repent for any unholy vows they have made. I repent for my actions that have allowed these curses to continue.

I forgive my ancestors for their sin and for how they have brought depression and other curses into my family. I now renounce all unholy agreements that have been made by me or my ancestors. I renounce any agreements I have made with this curse.

I now break off any and all generational curses and iniquity that may have come down to me. I break all generational ties to the occult and witchcraft and I sever its influence over me and my family. I place the cross of Christ between me and the sin and the genetic damage that has been running through my family.

Lord Jesus I take back the ground and authority given to the enemy. I cancel all assignments and bondages the enemy has against me and my generational line. I take back all authority and control of my life and turn it over to you Jesus.

I ask you Lord Jesus to wash each generation with your blood and I call forth the blessings that have been blocked, to come down through all the generations, past present and future.

I acknowledge that our family DNA may have been damaged as a result of traumatic events in the lives of my ancestors.

I forgive the people who caused the trauma. I forgive my ancestors for agreeing with the

fear caused by the trauma and for believing the lie that their minds were permanently damaged. I forgive myself for believing that I cannot escape from the curse of depression. I repent for everything my ancestors did in response to this trauma that has brought depression into my generations.

Pray the following section regularly

I repent for basing my identity on the diagnosis that I have depression. I choose to forgive anyone including myself who has convinced me to believe the lie that my identity is my diagnosis.

Through the blood of Jesus, I renounce agreement with the lie that has attached my identity to something other than who Jesus says I am.
I break your power in Jesus' name.

I receive the truth, that you Jesus, have made me in your image, totally accepted, fully loved and created with a destiny and a purpose.

I choose to forgive my mind for failing to work correctly so that I have not been able to control my thoughts.

I repent for believing lies that you won't heal me and that I will always be depressed and it will always be in my family. I repent for agreeing with the expectations that my illness is a life sentence. I repent for any vows I have made or curses I have spoken to myself in response to this illness. Jesus, forgive me for believing the lies and agreeing with them and thereby empowering them in my life. I instruct my soul and my spirit to embrace the truth that I will not always be sick.

I repent for everything I have done, said or thought based on those lies. I repent for using depression as an excuse for sinful behavior. I repent for every time I have hurt someone physically or emotionally, including myself because of depression.

I renounce every agreement I have made with the spirits of depression and I command them to be loosed from me and go to the foot of the Cross in the name of the Lord Jesus Christ. I hand to you Jesus the identity I assumed as a depressed person.

Lord Jesus I take back the ground and the authority that I gave to the enemy. I cancel all assignments and bondages the enemy has against me and any in my generational line past, present and future. I take back all control and authority of my life and return it to you Lord Jesus.

In the name of Jesus, in the power of the Holy Spirit and in the authority of the blood of Christ, I command all spirits attached to depression and to the lies that I have believed, to leave me now in Jesus name!

Specifically, I command the spirits of depression, fear, insanity, death, suicide, addictions, torment, self mutilation, self hatred, shame, humiliation, inferiority, low self esteem, discouragement, rejection and self pity to leave me now.

I speak now to my DNA and I say be healed in Jesus name. I speak to the nerve cells in my brain and I say be healed in Jesus name. And I declare that I have the mind of Christ.

Jesus I now receive your healing into my body, soul and spirit. Amen.

Whenever you are tempted to return to old thinking patterns or temptations, use these prayers to fight back against the spirit trying to lure you:

I know what you are trying to do to me.

You have no power over me!

I refuse to give in or agree with you.

I send you to the foot of the Cross for disposal

Jesus what do you want me to know about this issue? (then listen to what Jesus speaks into your mind)

For more information on Christian mental health and mood disorders click here:
<https://drgrantmullen.com/resources/>

This prayer can be copied and distributed in its unaltered form exactly as it appears on these pages. No changes are permitted.

For any questions about this prayer, you may contact me at
gmullen@drgrantmullen.com.

Prayer to Break Generational Curses

Jesus, I first want to honor my parents and ancestors for the good things they did and for doing the best they could under the circumstances they faced. But they also sinned and those sins have brought curses into my family.

As the representative of the current generation of my family, I acknowledge and confess that my ancestors have sinned.

I repent for the sins of my ancestors. They worshipped other gods which has brought a curse into my family.

Lord, I repent on behalf of my family line for the worship of false gods and any involvement in the occult or witchcraft.

I forgive my ancestors for involvement in false religions, the occult or witchcraft.

I forgive them for bringing this curse into our family.

I forgive them for any deception they engaged in, and for any unholy vows they have made.

I repent for any times I have repeated the sins of my ancestors, and yielded to the pressure of the curse to sin. I choose now to turn away from those sins

I place your Cross between me and my ancestors so that your Cross would block the sin and curses which are travelling down my family line. Thank you that your sacrifice has set me free of the curse of sin

Lord I break off any and all generational curses that may have come down to me and any word curses that have been spoken against me and my generations. I break all generational ties to false religions, the occult and witchcraft and I sever its influence over me and my family.

Lord Jesus I take back the ground and authority given to the enemy. I cancel all assignments and bondages the enemy has against me and my generational line. I take back all authority and control over my life and turn it to you Jesus.

I ask you Lord Jesus to wash each generation with your blood to cleanse us and break the curses. Wash away all our tendencies to serve other Gods. Release us now from the consequences of ancestral sin.

In the name of Jesus, in the power of the H.S. and with the authority of the blood of Christ I now break off all curses on my family. I bind all familiar spirits which have had rights to torment my family: spirits of false religions, witchcraft, shamanism, idolatry, alcoholism, adultery, substance abuse, mental illness and suicide and send you to the foot of the cross for Jesus to deal with you.

Release your Holy Spirit to us now and to our family members so that we would be protected and so the scales would come off the eyes of our relatives and they would come to know you.

I now call forth the blessings that were blocked from my family, to come down through all the generations, past present and future.

Amen

あなたのご寄付が、 孤立や困難を抱える人々の 支えになります

Donation to the Mental Health Care Program



OBJのこころの支援

心の健康と地域のつながりを支える活動を行っています



メンタルヘルスセミナー
Mental Health Seminars

全国各地・オンラインで、心の健康に関するセミナーを開催しています。

- ・ストレス対処・セルフケア
- ・うつ・不安への理解
- ・家族や支援者のための学び



カウンセリング・相談支援
Counseling

専門職による相談支援を提供しています。

- ・心の悩みやストレスへの対応
- ・被災者への継続支援
- ・家族や支援者からの相談
- ・引きこもり訪問相談
- ・外国人への多言語支援



地域コミュニティケア
Community Care

孤立を防ぎ、安心して過ごせる居場所づくりを行っています。

- ・健康相談会
- ・クラフト工房
- ・医療・福祉サービスへの同行・紹介

いま、支援が必要です



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各金融機関備え付けの振込用紙、またはATMよりお振込みください。

お名前、電話番号、ご住所、領収証の要・不要、
こころの支援活動へのご寄付を明記ください。



オンラインでのご寄付 Online Donations

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クレジットカード、
GooglePay、ApplePay、
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下記のQRコードよりお申込みください。



一人ひとりが必要な支援につながり、地域の中で安心して暮らせるよう、
皆さまのご支援をお願いいたします。



特定非営利活動法人 オペレーション・ブレスリング・ジャパン
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