



Practical tools to identify spiritual blindspots,
break free from bondage, and start walking in
Spirit-filled freedom.

THE FREEDOM STARTER KIT

from **THE WINDMILL MINISTRY**



WELCOME

We're so glad you're here.

If you've picked up this guide, chances are you've felt stuck in your walk with God. Maybe you've struggled with the same patterns again and again. Maybe you know there's more to the life Jesus promised, but you're not sure how to step into it. Or maybe you can't quite put your finger on what's wrong—you just know something is holding you back.

We've been there too.

Through our own journey of pain, loss, and healing, we've discovered that God truly does set His people free. Not only free from sin, fear, and bondage, but also free to live Spirit-filled, purposeful lives. That freedom doesn't happen by accident. It comes as we invite the Holy Spirit to shine His light, as we confess and release what's holding us back, and as we take intentional steps to walk in renewal.

That's why we created this resource: to give you practical tools to begin your journey. Think of this as a starter kit for your spiritual toolbox. We can hand you the tools, but you'll need to pick them up and use them. As you do, you'll discover that freedom is not just possible, it's your inheritance in Christ.

Here's how to use this guide:

Recognize – Prayerfully walk through the Spiritual Blindspots Checklist and ask the Holy Spirit to reveal what's really going on beneath the surface.

Release – Confess what He shows you. Repent before God, and share with a trusted friend or mentor who can walk alongside you.

Renew – Take practical next steps. Build new rhythms, connect with community, and explore the recommended resources we've provided.

We believe this journey will mark the beginning of transformation in your life. Remember, you don't walk it alone. The Spirit of God is with you, and we're honored to come alongside you in this process.

With love and hope,

Andre & Rachel Hudson

Founders of The Windmill Ministry

STEP ONE
Recognize

STEP ONE: RECOGNIZE

Invite the Holy Spirit to reveal what's holding you back.

The first step toward freedom is being honest about where you really are. Many times, we don't even realize what's keeping us stuck — because blindspots are just that: things we can't see on our own.

That's why Scripture calls the Holy Spirit our **Helper** and **Guide**. He reveals what we cannot see for ourselves and leads us into truth:

“But when He, the Spirit of Truth, comes, He will guide you into all the truth.” — John 16:13

The **Spiritual Blindspots Checklist** is a tool to help you begin this process. It is not meant to condemn you or overwhelm you. It is meant to help you pray specifically, invite the Spirit's guidance, and shine light into areas that may be out of alignment with God's purposes for your life.

INSTRUCTION

Find a quiet space where you can focus without distraction.

Pray: “Holy Spirit, show me what I need to see. Reveal what's been keeping me from living in freedom.”

Work through the checklist slowly. Circle or note any areas that stand out.

Write down what the Lord highlights — don't ignore even the “small” things.

REFLECTION

- What areas of my life do I sense the Holy Spirit highlighting?
- How have these blindspots kept me from living fully free in Christ?
- What emotions do I feel as I look at these patterns — fear, shame, hope, relief?

ENCOURAGEMENT

Remember: conviction is not the same as condemnation. Conviction is God's kindness, inviting you to freedom. Condemnation is the enemy's voice, trying to shame you into hiding. As you recognize blindspots, don't run from them — see them as invitations from God to go deeper with Him.

SPIRITUAL BLINDSPOTS CHECKLIST

Spend a moment in prayer before going through this checklist and ask the Holy Spirit to reveal any blind spots in your life. Underline anything on this list that the Spirit reveals and pray about what to do next.

FEAR	PRIDE	SEXUAL SIN	REJECTION
Fear of failure, abandonment, authority, loss, rejection, dying	Anger, arrogance, boasting, conceit, control	Adultery, fornication, promiscuity, seduction	Insecurity, inferiority, low self-esteem, self-accusation
Timidity, shyness or inferiority, fear of disappointing others	Contention, cursing, defiance, destruction, disobedience, domination	Sexual impurity, pornography, perversion, masturbation, lust, fantasy	Pride, vanity, ego, perfectionism, obsessive compulsive behavior,
People-pleasing, fear of the future,	Ego, fear, lying, manipulation, mockery, perfection, rage, rebellion	Homosexuality, lesbianism, same sex attraction, incest, sodomy	Depression, isolation hopelessness, suicidal thoughts, escapism
Phobias or paranoia, fear of man, dread, worry, anxiety, panic attacks	Self-exaltation, self-promotion, self-righteous	Rape, incest, sexual violence, bestiality, necrophilia	Guilt, shame, confusion
Nightmares or recurring terror, bed-wetting	Unwilling to admit wrongs/faults or change	Orgies, swinging, prostitution, sex industry	Hypersensitivity, easily hurt or offended

REBELLION	SLUMBER	JEALOUSY	UNFORGIVENESS
Stubbornness, anti-submissiveness, unteachable, idolatry	Constant fatigue, lethargy, lack of focus	Feeling less loved by God than others are	Anger, rage, hatred, murder, temper, cursing
Selfishness, self-centered, self-delusion, self-deception, narcissistic	Procrastination, chronic tardiness	Not happy when others are blessed and happy	Vengeful, violence, abuse, sadism, cruelty
Witchcraft, sorcery, divination, intimidation, control, manipulation	Passionless, chronic apathy	Hate, revenge, retaliation, rage, cruelty, mean-spirited	Bitterness, judgmental towards others
Control, possessiveness, domination, bitterness	Consistent quitting, lack of organization	Hard-heartedness, mockery, thinking others are unworthy your respect	Irritability, anger towards men or women, anger towards father or mother
Strife, fighting, arguing, bickering, quarreling	Isolated, withdrawn, satisfied being alone and without	Hyper-competitive, insecurity, self-centered	Anger towards authority, anger towards God

SPIRITUAL BLINDSPOTS CHECKLIST: PART 2

Spend a moment in prayer before going through this checklist and ask the Holy Spirit to reveal any blind spots in your life. Underline anything on this list that the Spirit reveals and pray about what to do next.

ERROR	DIVINATION	ANTI-CHRIST	BONDAGE
Deception, cults, false teachers, false prophets	Witchcraft, mysticism, channeling, fortune tellers	Attacking/denying the deity of Christ, religious spirit	Nicotine, alcohol, food, money, drugs, various pleasures
Racism, prejudice, judgmental spirit	Palm reading, tarot cards, crystal balls, Ouija boards, voodoo, sorcery	Persecution or harassment of Christians, controlling behavior	Sex/Pornography, fantasizing, romance novels
Irresponsibility, immaturity, inappropriate thinking	Astrology, horoscopes, New Age, yoga, the occult	Opposing God's word, Pharisee spirit, Atheism	Social media, cell phone, internet, TV, video games
Confusion, consistently making bad decisions	Dark video games/books Dungeons & Dragons, Magic 8, etc.	Divisive, attempts to replace or devalue Jesus	Soul ties from sexual relations or intimidation
Evil heart of unbelief	Calling on spirits other than God, Satan worship	Worship of a false Jesus	Workaholic, hoarding

DEAF AND MUTE	PERVERSION	LYING
Convulsions, seizures, epilepsy, autism	Sexual perversion, adultery, fornication, etc.	Lies, deception, self-deception, secretiveness
Insanity, OCD, schizophrenia, sleeping disorders	Financial perversion, gambling, cheating, bribes, robbery	Exaggeration, flattery, excessive talking
Mental illness, bipolar, nervous breakdown, mental instability	Religious perversion, idolatry, worshipping idols, ancestral worship	Hiding purchases, activities or relationships
Deafness, chronic ear pain/ringing in ears	Familial perversion, lack of leadership, domination, violation or neglect of God's family order	Religious performance, hypocrisy, manipulation
Disease of the eyes, ears	Perverse speech, curses, vexes, spells, slander	Theft, trickery, betrayal, emotional affairs, adultery

STEP TWO

Release



STEP TWO: RELEASE

Confess, repent, and let go of what's been holding you back.

Recognizing a blindspot is only the beginning. To step into freedom, you must release it. The Bible tells us that when we confess our sins and struggles, God is faithful to forgive and cleanse us (1 John 1:9). Release is about agreeing with God about what He's shown you and surrendering it fully into His hands.

Why Confession Matters

- To God: Confession keeps your heart tender and aligned with Him. It's not about informing God — He already knows. It's about humbly agreeing with Him and receiving His grace.
- To Others: James 5:16 reminds us to “confess your sins to one another and pray for one another, that you may be healed.” Freedom accelerates when we invite trusted people into the process.

HOW TO RELEASE

Pray honestly: Speak plainly to God about what was revealed in Step 1. Thank Him for showing you, then confess and repent.

Example: “Lord, I see that fear has been controlling me. I repent for agreeing with fear more than with Your truth. I release it to You today.”

Tell someone safe: Share with a trusted friend, mentor, or pastor who will respond with prayer and encouragement, not judgment.

Receive grace: Don't linger in shame. Receive God's forgiveness and remind yourself that in Christ, you are free.

REFLECTION

- What has God revealed that I need to release to Him?
- Who is one trusted person I can confess to this week?
- How do I feel after releasing this to God — lighter, hopeful, at peace?

ENCOURAGEMENT

Releasing is an act of courage. It takes humility to admit where we've fallen short, but it also takes faith to believe God will meet us with forgiveness and power. Remember: you are not a victim, and you are not powerless. Through Christ, you are more than a conqueror.

A person is seen from behind, sitting in a meditative pose on a grassy field. They are looking out over a vast, dense forest that covers a hillside. In the background, a mountain peak is partially obscured by a thick layer of mist or low clouds. The overall atmosphere is peaceful and serene, with soft lighting suggesting either dawn or dusk. The person is wearing a dark, long-sleeved shirt. The text "STEP THREE" and "Renew" is overlaid in the center of the image.

STEP THREE
Renew

STEP THREE: RENEW

Practical tools to help you renew your mind and walk in freedom.

You don't have to figure this out on your own. Below you'll find books, videos, and teachings we trust that can help you take your next steps. Don't try to tackle everything at once — start with the area God highlighted most for you in the **Spiritual Blindspots Checklist**.

Forgiveness



Freedom Through Forgiveness
by Nathan Daniel



Forgiveness - Encounter Message
from Andre Hudson

Freedom and Deliverance



Deliverance and Spiritual Warfare
Manual by John Eckhardt



Transforming is Simple
from Dan Mohler



Biblical Foundations of Freedom
by Art Mathias



How to Resist the Devil
from Dan Mohler

Pride



Humility
by Andrew Murray



Humility: The Towel is Mightier
than the Sword by Kris Vallotton

Walking In The Spirit



Surprised by the Power of the
Spirit by Jack Deere



Debunking the Mystery of Speaking
in Tongues by John Bevere

Identity



Living Fearless
by Jamie Winship



Getting Your Identity From God
from Jamie Winship



Living Fearless: Guided
Journal by Jamie Winship



Identity Crash Course
from Dan Mohler

You Don't Have To Stay Stuck

Freedom in Christ is not just an idea — it's a reality that you can live in every day. By recognizing what's been holding you back, releasing it to God, and renewing your mind with His truth, you've already taken your first steps into a Spirit-filled life. But remember: this is just the beginning. Transformation is a journey, and you don't have to walk it alone.

Stay Connected with Windmill Ministry

- Download more free discipleship resources on our site
- Listen to WNDMLL MSC → Worship music to help you encounter God's presence
- Join our community updates → Stay connected to new teachings, music, and resources

We believe God has created you to live free, Spirit-filled, and equipped to fulfill your Kingdom purpose. The same Spirit who raised Jesus from the dead lives in you. As you walk this out, you'll not only see transformation in your own life — you'll become a witness of freedom to others.

We're honored to walk with you.

With love and hope,

Andre & Rachel Hudson

Founders of The Windmill Ministry

Equip the Saints.
Transform Lives.
Advance the Kingdom.

THE WINDMILL MINISTRY