



BREAKING **THE CYCLE** **BY THE ANOINTING**

An Apostolic Pentecostal Guide to
New Birth of Water and Spirit,
Water Baptism in Jesus' Name,
and the *Holy Ghost with Fire* with the
Evidence of Speaking in Tongues

Acts 2:38

Written by **Elder Keith Joel Walker**

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Preface

My booklet is written from an Apostolic Pentecostal perspective: the new birth by water and spirit (Water baptism in Jesus' name for the remission of sins and baptism in the the Holy Ghost with evidence of speaking in tongues) destroys cycles of sin, sickness, disease, debt and poverty. The power is in the name of the Lord Jesus Christ. This is a practical, biblical roadmap for breaking spiritual cycles and entering your God-ordained new beginning.

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10. The Problem: Cycles That Bind

- Many believers and seekers find themselves trapped in repeating spiritual and natural patterns: sin → sickness → disease → debt → poverty.
- These cycles are often reinforced by mindsets, family patterns, religious traditions, and demonic oppression.
- God’s desire is deliverance and transformation: “Forget the former things; do not dwell on the past. See, I am doing a new thing” (Isaiah 43:18–19).

The Solution:

The Anointing and the Name of Jesus

- Jesus has authority over all: “All authority in heaven and on earth has been given to me” (Matthew 28:18).
- The revelation of the name of the Lord Jesus Christ is the believer’s authority and power (Acts 4:12; Philippians/Ephesians teaching on the supremacy of Christ — Eph 1:21).
- The name is not merely a word: it represents the person, power, blood and finished work of Christ (Romans 10:8–9; Acts 16:31; John 1:12–13).
- In Apostolic understanding, Jesus is the name to be used in baptism and in spiritual warfare.

The New Birth: Water and Spirit

- The Apostolic pattern: new birth by water baptism (in the name of Jesus) and baptism of the Holy Ghost with evidence (speaking in tongues).
- “Born of water and of the Spirit” (John 3) — the full New Testament pattern is both repentance and baptism in Jesus’ name and then receiving the Holy Ghost with the evidence of speaking in tongues (Acts 2:4 ; Acts 10:38; Acts 1:4–8).
- The new birth breaks the legal power of the law and redeems from the curse (Galatians 3:13–14).

The Evidence: Speaking in Tongues

It is the evidence of the baptism in the Holy Ghost and fire with the evidence of speaking in tongues

- Scripture and Apostolic experience teach that the initial physical evidence of the Holy Ghost baptism is speaking with other tongues (Acts 2:4; Acts 10:44–46; Acts 19:6).
- Tongues is the sign of the spirit of Christ’s presence indwelling, a prayer language, and a weapon against the enemy (1 Corinthians 14; Romans 8:26).
- The Holy Ghost and fire purifies, empowers, and

brings refreshing (Luke 3:16; Matthew 3:11).

How to Break the Cycles — Practical Steps

- Confess and Repent: Agree with God about sin, generational iniquities and strongholds (1 John 1:9).
- Water Baptism: Be baptized in the name of the Lord Jesus Christ for the remission of sins (Acts 2:38 pattern; see also Acts 8, 10, 19 — Apostolic emphasis on Jesus' name).
- Seek the Holy Ghost: Pray and ask to be filled; expect tongues is the initial evidence (Acts 1:4–8; Acts 2).
- Renounce and Break Covenants: Verbally renounce occult or ungodly covenants, pornography, addictions, or agreements made by ancestors and yourself; command every unclean spirit to leave in Jesus' name (Mark 11:23–24 principle).
- Decree the Word: Use Scripture as declarations — e.g., Isaiah 10:27 (yoke destroyed), Luke 4:18 (liberty to the oppressed), Galatians 3:13 (redeemed from the curse).
- Practical Holiness: Remove occasions of sin, establish holy habits: Bible reading, prayer in tongues, fellowship, fasting, giving, serving.
- Persevere in Faith: Stand on promises (Romans 10:8–9; Philippians/Ephesians truths), refuse to return to old ways (Isaiah 43:18–19).
- Seek pastoral/ministerial help when needed:

deliverance ministry, discipleship, mentoring.

Biblical Examples of “Exodus” and New Beginnings

The Bible gives many examples of people and nations who moved out of bondage, cycles or danger into a new season. Below are representative examples showing God’s pattern of bringing His people out and establishing them in new life.

Major Exoduses and Deliverances (Old Testament)

- Moses and the Israelites — the Exodus from Egypt into deliverance and covenant (Exodus 1–15).
- Crossing the Jordan — entrance into the Promised Land under Joshua (Joshua 3–4), a corporate “new beginning.”
- Jonah — brought out of disobedience, delivered in the belly of the fish and used to bring a city to repentance (Jonah 1–4).
- Abraham — called out of Ur to a new identity and covenant (Genesis 12:1ff).
- Joseph — from pit and prison to palace, a divine reversal (Genesis 37, 39–41).
- Daniel and his companions — from exile to exaltation and influence; Daniel’s faithfulness in Babylon (Daniel 1–6).
- Ruth — from widowhood and loss to redemption

and place in the lineage of Christ (Ruth 1–4).

- Esther — from orphaned exile to queen and deliverer of her people (Esther).
- Nehemiah — return from exile and rebuilding of Jerusalem (Nehemiah).
- Job — restored and given a new beginning after intense suffering (Job 42).

Prophets and Rescues / Resurrections

- Elijah — raised the widow’s son (1 Kings 17:17–24) and demonstrated God’s miraculous provision and victory.
- Elisha — raised the Shunammite woman’s son (2 Kings 4:32–37); later a dead man revived on touching Elisha’s bones (2 Kings 13:20–21). These show God’s power to reverse death and bring renewal.
- Many prophets experienced deliverance, direction, and transformative calls (Isaiah, Jeremiah, Ezekiel — called out of sinful nations to prophetic new tasks).
- Jonah (again) — an example of a prophet experiencing a “new exodus” from rebellion to mission.

New Creation in Christ
(New Testament pattern)

- Paul — persecutor transformed into apostle; dramatic conversion and new course (Acts 9; Acts 22).
- Mary Magdalene, Zacchaeus, the woman at the well — life-transformation testimonies after encountering Jesus.
- The early church — from fear to boldness at Pentecost (Acts 2) and deliverance into power.

These examples show God’s pattern: He brings people out of an old system into a new covenant life where His power works — sometimes by rescue, sometimes by transformation, often by death to self and rebirth in God.

Key Scriptures (listed and brief notes)

(You provided many of these; they are listed here with a short note.)

- Isaiah 43:18–19 — God is doing a new thing; don’t dwell on the past.
- Luke 4:18 — Christ came to preach liberty to the captives.
- Isaiah 10:27 — The anointing destroys the yoke.
- Acts 10:38 — Jesus anointed by God: healing and deliverance from the power of the enemy.
- 1 John 2:27 — Anointing teaches you; abide in

Christ's teaching.

- 1 John 4:4 — Greater is He that is in you than he that is in the world.
- 1 John 3:8 — For this purpose the Son of God was manifested: to destroy the works of the devil.
- Acts 1:4–8 — Promise of the Holy Ghost; power to be witnesses.
- Luke 10:19 — Jesus gave us authority over all the power of the enemy.
- Matthew 28:18 — All authority given to Jesus.
- Ephesians 1:21 — Jesus' name and authority exalted above all.
- Romans 10:8–9 — Confess and believe: salvation.
- Acts 16:31 — Believe on the Lord Jesus Christ and be saved.
- John 1:12–13 — Those who receive Christ are born of God.
- Acts 4:12 — Salvation in no other name but Jesus.
- John 5:43 — Jesus came in His Father's name.
- Matthew 1:21–23; Isaiah 9:6 — Names and person of Jesus: Savior, Emmanuel.
- Galatians 3:13–14 — Christ redeemed us from the curse of the law.
- Acts 2; Acts 19 — Apostolic Pentecostal baptism in the Holy Ghost, tongues is evidence of receiving the Lord Jesus Christ who is the Holy Ghost in you, Jesus christ in you is the Holy Ghost the hope of glory Romans 8.9 .
- 1 Corinthians 14; Romans 8:26 — The function and

value of tongues/prayer in the Spirit.

Prayers and Declarations

(Use these aloud; declare in faith. Use the name of Jesus where indicated.)

- Prayer Example: We don't believe in repeating prayers. Repentance of sin and confession of faith in the Lord Jesus Christ and New Birth of water and spirit: "Lord Jesus Christ, I repent and turn from my sin. I believe You are Lord. I confess You and ask for forgiveness. In Jesus' name, thank You for washing me in Your blood."
- Baptism Prayer (for those preparing): "I believe in Jesus. I desire to be baptized in the name of The Lord Jesus Christ for the remission of sins. I submit to baptism and a new life in Christ."
- Prayer for the Holy Ghost: "Lord Jesus, fill me with the Holy Ghost and fire with the evidence of speaking in tongues me the evidence of speaking with other tongues. Empower me to break every chain."
- Break the Cycle Declaration: "By the authority of The Lord Jesus Christ, I break every generational curse, addiction, sickness, debt, and poverty over my life and family. Yokes are destroyed (Isaiah 10:27). I receive a new beginning (Isaiah 43:18-19)."
- Warfare Command: "Every spirit of infirmity,

poverty, debt, delay, and oppression — come out now in Jesus’ name! Be released from every ungodly bond — in the name of Jesus, I command you to go.”

Next Steps:
Growing in the New Wine Skin

Holiness within and holiness without and separation from the World

- Get baptized in the name of The Lord Jesus Christ; that’s the only way to be baptized, in Jesus Name only if you haven’t (seek an Apostolic Pentecostal church or minister who follows the New Testament pattern Acts 2:38, Acts 8:12-17, Acts 10:6-48, Acts 19:1-6, Acts 22:16, Acts 16:31-32, Romans 6:1-6;23).
- Seek the Holy Ghost with prayer and fasting; be ready to speak in tongues when filled.
- Join a local body for discipleship, be accountable, study the Scriptures daily.
- Practice praying in tongues, personal worship, declaring Scripture over your life.
- Serve others: your new life is confirmed by fruit — love, holiness, generosity, witness.

Recommended Short Reading and Resources
(Apostolic Pentecostal emphasis)

- Bible (read with prayer; begin with the Gospels, Acts, and Romans).
- Accounts of Acts 2, 10, 19; Romans 8; 1 Corinthians 12–14 for understanding the Spirit and tongues.
- Galatians 3 for understanding redemption from the curse.

Fables, Tales and Stories — Turning Points into Testimony

The Potter's Wheel

Story: A lump of clay insisted it was already good: it kept its rough edges and resisted the potter's hands. Each time the potter tried to shape it the clay hardened and cracked. Finally the clay yielded, surrendered to the potter, and allowed the wheel to turn. Under the potter's hands the clay was reshaped into a beautiful vessel that held life-giving water for a thirsty village.

Scripture tie-in: Isaiah 64:8; Jeremiah 18; Romans 9:21–23

Application: Yield to God's reshaping by repentance, baptism in Jesus' name and filling with the Holy Ghost. The anointing softens, fire refines, and produces usefulness.

Declaration/ Prayer: "Lord, I yield — do with me

what you will in Jesus' name.”

Reflection: Where are you resisting God's shaping?

What step of surrender will you take this week?

The Sleeper in Chains

Story: A man woke each morning to the same chains that made his bed a prison: addictions, debt notices and fear. He prayed but felt no change. One night a stranger came and whispered a Name. When the stranger commanded, the chains fell. The man rose and spoke a new language that filled his heart with power to walk out and rebuild his life.

Scripture tie-in: Luke 4:18; Acts 1:8; Acts 2

Application: Expect intervention by the anointing and the power of the Name. Receive baptism in Jesus' name and the Holy Ghost with tongues; authority will come.

Declaration/ Prayer: “By the name of Jesus, every chain — break now!”

Reflection: What “chains” can you name? Will you ask for the Holy Ghost with expectant faith?

The Merchant and the Scales

Story: A merchant carried a scale that always tipped toward loss. He tried bargaining, new partners, and quick fixes, but the balance never favored him. A traveling preacher taught him about the Blood

and a Name; the merchant obeyed repentance, gave sacrificially, and the next weighing the scale balanced. His heart changed, his stewardship changed, and blessing followed.

Scripture tie-in: Malachi 3:10; Galatians 3:13–14; Acts 4:12

Application: Spiritual cycles of poverty are often tied to heart and covenant. Walk in obedience, give, and stand on the name of Jesus for provision.

Declaration/ Prayer: “I renounce every poverty covenant; I receive abundance in Jesus’ name.”

Reflection: What practical obedience does God require of you now?

The Well of Refreshing

Story: In a dry town a woman kept drawing water from the same cracked well and thirsting again. One day a stranger offered to fill her jar with water that never ran dry. She took a sip; her thirst ended. She went back and told the town; many drank and visions grew where drought had been.

Scripture tie-in: John 4; Isaiah 43:18–19; Acts 10:38

Application: The Holy Ghost is living water. Be baptized, receive the Spirit, and you’ll walk in new strength and witness.

Declaration/ Prayer: “Holy Spirit, fill me now and make me a well of living water in Jesus’ name.”

Reflection: Have you tasted the living water personally? What prevents you from receiving more of the Spirit?

Jonah’s Second Sea

Story (retold): Jonah fled and was swallowed by a storm and a fish. In the belly he repented, then was spat onto a new shore and entrusted with a second chance — a mission to a city. His rescue became a platform for city revival.

Scripture tie-in: Jonah 1–4; Isaiah 43:18–19

Application: God uses rescue to remake you for mission. Your moment of breaking is often the platform for ministry to others.

Declaration/ Prayer: “Lord, use my rescue to reach the many; give me boldness in Jesus’ name.”

Reflection: Where did God rescue you? How can that testimony be used for others’ deliverance?

The Boy with the Whispering Name

Story: A timid boy heard elders whisper a Name that solved disputes and healed a sick lamb. When he first spoke the Name aloud, the village mocked him, but a

widow's fever left that night. The name became a light the boy carried throughout his life.

Scripture tie-in: Acts 4:12; Matthew 28:18; John 5:43

Application: The revelation of the name of Jesus carries authority. Learn to speak it with faith and humility.

Declaration/ Prayer: “Jesus — Name above all names — work through me now.”

Reflection: Do you carry revelation of the name? How will you practice using it in faith?

Elisha's Room and the Breath of Life

Story (based on 2 Kings): A child fell and died. A prophet entered a quiet room, prayed, and covered the child. He stretched, spoke the Name of God, and the child breathed again. The town that had known despair tasted hope again.

Scripture tie-in: 2 Kings 4; 13:20–21; 1 John 4:4

Application: God still reverses death patterns. Pray in faith, call on God's authority, and expect supernatural reversal.

Declaration/ Prayer: “By the God of Elisha, life comes — in Jesus' name, arise!”

Reflection: Where do you need resurrection—relationships, finances, health, or faith—and will you

believe for a miracle?

The Net and the New Wineskin

Story: Fishermen kept mending a net that tore at the same seam. A teacher showed them a new net and a new method. It was harder at first, but when the season changed the new net held the catch and the fishermen tasted abundance in a new way.

Scripture tie-in: Luke 5; Matthew 9:17; Acts 2:1–4

Application: God calls you into new wineskins — new practices (baptism in Jesus’ name, tongues, new obedience). Old religious nets won’t hold the fresh harvest.

Declaration/ Prayer: “I put off the old and receive the new wine of the Spirit, in Jesus’ name.”

Reflection: What old religious habits need replacing for you to receive the new move of God?

Ashes to Harvest (Job-like Restoration)

Story: A family lost crops, children, and hope. They refused to curse God; instead they worshiped and kept faith. In time the fields grew back, children returned, and neighbors asked how such blessing could come after such loss.

Scripture tie-in: Job 42; Joel 2:25; Isaiah 61:3

Application: God restores. Keep faith during seasons of loss; worship and obedience invite restoration.

Declaration/ Prayer: “Restore the years the locusts have eaten; turn my mourning into dancing, in Jesus’ name.”

Reflection: What is one small act of faith you can do today toward restoration?

The Carpenter’s Son (a Paul-like conversion)

Story (Acts-inspired): A zealot persecuted a new sect until a light stopped him and the Name changed his path. He became a messenger of the very Gospel he once fought, carrying the revelation of the Name and the Spirit to far places.

Scripture tie-in: Acts 9; Acts 22; Romans 10:8–9

Application: God transforms persecutors into apostles. No past disqualifies you if you bow to Jesus. Bold witness is your next step after conversion.

Declaration/ Prayer: “Change me, Lord; make my past a platform for Your glory, in Jesus’ name.”

Reflection: Is God calling you to a bold new witness? What is your next step?

Using These Tales in Ministry

- For sermons: Read the story as an illustration then preach the scriptural application.
- For small groups: Read a story, discuss reflection questions, pray declarations together.
- For altar/service: Use a short tale as an invitation, then lead into repentance, baptism invitation and a Holy Ghost prayer time.
- For drama: Each tale can be adapted into a 3–7 minute skit with two or three characters. Add music and a simple altar response.

Short prayers and one-line proclamations to use after any story

- “I receive the new thing God is doing, in Jesus’ name.”
- “Every yoke is broken; I walk free by the Blood and the Name.”
- “Holy Ghost, fill me now with fire and tongues; empower my witness.”

Closing

God is a God of new beginnings. Through the name of Jesus, the anointing of the Holy Ghost and fire, and the evidence of speaking in tongues, you can break

the cycles that have held you. This is not merely emotional optimism — it is the pattern of the New Testament and the testimony of Scripture and the saints. Take the next step in faith: repent, be baptized in Jesus' name, and receive the Holy Ghost. Expect power, expect deliverance, and expect a new life.

Written by Keith Joel Walker