

Section Five - The Restored Heart

We have discussed our need to be healed of all our wounds, be washed clean in our hearts and be freed from demonic snares. Prayers will now be presented that will help you to receive these things in your life.

Repent

To follow the Lord and respond to His gospel we need to fully repent of all our sinful attitudes and behaviour. The first thing that Jesus taught that we should do is repent:

Jesus began to preach, and to say, **Repent: for the kingdom of heaven is at hand.**
[Matt 4:17]

When Peter preached the first New Testament gospel message he finished with:

Repent, and be baptized every one of you in the name of Jesus Christ for the remission (pardon/forgiveness) of sins, and ye shall receive the gift of the Holy Ghost (Spirit). [Acts 2:38]

Paul told people not to just stop sinning but to fully repent of all their old sins so that they could be washed and set free from their negative character traits.

For I fear, lest, when I come, I shall not find you such as I would, and *that* I shall be found unto you such as ye would not: lest *there be debates (arguments), envyings (jealousy), wraths (anger), strifes, backbitings, whisperings (slander), swellings (pride), tumults (confusion): And* lest, when I come again, my God will humble me among you, and *that* I shall bewail many which have sinned already (in the past), and have not repented of the uncleanness (impure desires) and fornication (sexual immorality) and lasciviousness (shameless lust) which they have committed.
[2 Co 12:20-21]

Confess to God

A slightly simplistic definition of repentance is to call it turning away from sin. But repentance is more than just stopping doing sinful things as shown in the last scripture above. As well as turning away from our sin we need to admit or confess to God our specific sinful actions and attitudes and then ask Him for forgiveness, cleansing, healing and deliverance. For example someone who may have stolen regularly needs to not only to stop stealing but they also need to fully confess the sin to God and ask forgiveness for it and to be cleansed and healed of all the underlying faults that encouraged them to steal in the first place.

The translators of the Old Testament used the word iniquity to refer to the moral twist or perverseness in our nature that addicted us to sin. King David in the following psalm confessed all his sin and faults so that his iniquity (bent nature) could be dealt with.

I acknowledge my (acts of) sin to You, and my (inner state of) iniquity I did not hide, I said, I will confess my transgressions to the Lord [continually unfolding the past till all is told], then You [instantly] forgave me the guilt *and* iniquity of my sin.
[Psa 32:5 Amplified Bible]

This Psalm also illustrates that a simple cover all prayer is insufficient when repenting of sin. When we ask the Lord Jesus Christ to forgive us for all our sins He will do so but to be cleansed of all the consequences of all our sins will need to confess our specific sins separately to Him.

**And many that believed came, and confessed, and showed (declared) their deeds.
[Acts 19:18]**

It is incredibly important to ask God to forgive all our sins but it does not fully reconcile us to God. Asking for forgiveness without wholehearted repentance could almost be considered a truce but real peace with God comes by repenting of our sins so that we are changed.

We need to confess our sinful behaviour as specifically as possible (E.g. I admit I have stolen a pair of trousers. I confess I have displayed a bad temper towards my wife). If we have a bad attitude to someone in particular it would be good to confess this specifically, especially if it is a person close to you who God is using to expose your inner pain. Having confessed our sins we can then ask God not only to forgive them but to also wash our nature clean in the blood of the Lamb.

If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness. [1 John 1:9]

Unto him that loved us, and washed us from our sins in his own blood, [Rev 1:5]

The Process of Change

Repentance and surrendering ourselves to God is how we tap into the power source of sanctification as it digs out the rubbish blocking the spring of living water that God has implanted into us when we received the Holy Spirit.

Jesus stood and cried, saying, *If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly (heart) shall flow rivers of living water.* But this spake he of the Spirit, which they that believe on him should receive: [John 7:37-39]

The deeper we go into God the more humble and honest we have to be. Concerning some issues it may not be possible for us to remove all the rubbish at one time and sometimes we need to revisit a certain issue again at a deeper level of honesty.

There is a manufacturing process called turning where a bar of material is rotated while a cutting tool is pushed into it. Material is removed in this way until the required shape has been formed. This seems a good picture of how God turns our lives around. When everything seems like a whirlwind God is at work removing those things that stop us becoming everything He has planned for us to be.

It may be that to break free of all the negative things that are affecting you it may be helpful to go through the prayers suggested within this work several times. For some the help of an experienced counsellor may be needed. What ever you do, do not give up there is freedom in Jesus Christ for all. The most powerful force ever is the power made available through the resurrection of Jesus Christ. There is no problem the creator of the universe cannot solve. If we seek to walk in His ways He will bring us through.

To someone who has not really opened their heart to God in wholehearted confession of their sins and sinfulness it can be intimidating and tearful. There is no harm in this.

**For godly sorrow worketh repentance to salvation not to be repented of:
[2 Cor 7:10]**

Once we have realised our sinfulness in a certain area and have repented, our godly sorrow however should only last for a short time. Afterwards we should feel the relief, release and joy that comes from knowing we are forgiven and cleansed. If this should

not happen for you it would be best to seek advice from an experienced counsellor who understands these things.

It is possible for our sorrow over our sin to be superficial in that we are really only sorry that our sin has been exposed and not that we have actually done something offensive to God. It is possible to play the victim to the extent that you do not accept your sin is your responsibility. True repentance is when we really regret what we have done and we are determined to never do it again. It has been suggested that ideally we should repent of our sins with the same level of enthusiasm and determination with which we committed them but in reality that is just not possible.

Just before we get into the suggested prayers there is a phrase that is used frequently that it would be good that everyone understood clearly. The phrase is "I confess (I admit), renounce (declare repulsive), and repent (choose to turn away from). In the prayer suggestions sometimes the ungodly thing being repented of needs your personal activities in this area to be mentioned. While suggesting prayers it is impossible to put in your personal sins that you specifically need to confess so whenever the phrase 'I confess, renounce and repent of ...' is used it would be good to pause and consider whether there is any personal ungodly behaviour to be confessed in that area being prayed about. This point is very important.

Prayer

You can pray to God just using your thoughts and most of our prayer life is carried out this way, but it is important that all the prayers suggested here need to be said out loud. Just reading the prayers silently to yourself will have little effect. Only by saying them out loud in faith are the rights removed of the darkness that is working against you.

When ye pray, say, Our Father which art in heaven [Luke 11:2]

Our faith is demonstrated by what we **SAY**.

And they overcame him (Satan) by the blood of the Lamb and by the word (message) of their testimony (spoken evidence) [Rev 12:11]

We defeat evil by the words that come out of our mouths just like Jesus did when resisting temptation in the wilderness. [Matt 4 & Luke 4] In this world covenants are made in writing but in the spiritual realm covenants are made and broken verbally. This is discussed in greater detail below under Self Cursing.

Read the prayers given here through first to check that you are able to mean them wholeheartedly. It is of limited value to pray to God half-heartedly. He will see we are just acting it out and hiding behind a mask. To do so is to insult and mock Him. Talk to Him about any prayer you have reservations about and if necessary wait before praying it until you can do so wholeheartedly.

To live a sanctified life we have to be set free from and overcome all the dark influences that once affected us. Many people will become free by just using a few of the prayers suggested here others may have issues not fully covered here and should seek help from an experienced counsellor. If you become uncomfortably agitated when saying any of these prayers then stop and ask God to show you how to proceed. I would expect Him to lead you to an experienced counsellor in these matters.

Dedication

Let us start by confirming our dedication to Jesus Christ. If when working through all the prayers given below you find you get interrupted for a while you may find it profitable to repeat the following prayer again before carrying on from where you left off.

Father God thank You that Your nature is perfect love and that You have reached out and revealed Yourself to me. Thank You that through Jesus You have opened the way for me to know and love You and be rescued from all the darkness that influences me.

I desire with my whole heart to be a disciple of the Lord Jesus Christ. I choose to no longer serve my own self-interests but I come to covenant with You to be a wholehearted follower of the Lord Jesus Christ.

As the original teachings of Jesus Christ are recorded in the Bible I ask that as I study the Bible that You will open my eyes to understand it.

I choose to seek first the kingdom of heaven and its righteous life style. I ask that I would be able to understand and receive all that You have done for me. I ask You to enable me to overcome all my selfish fears and surrender my whole life and nature to You.

I confess, renounce and repent of being on the throne of my life and I wish to serve You Father in every thing that I do. I confess, renounce and repent of all self-idolatry and all self centred, carnal, fleshly attitudes and behaviour. I declare that I desire all self-centredness to be broken in me. I desire that my life be full of love towards God and towards others and I ask You to show me how to be free of everything that hinders this.

I ask that any ingrained defence mechanisms that cause me to act selfishly or dull my conscience to the Holy Spirit moving in me would be exposed and broken. I ask for my hardened conscience to be made soft and fully sensitive to You. It is my desire that in every area of my life I should be pleasing to You oh God.

Father God in the past I have served myself and forces I could not control. I now wish to serve only You. I desire to establish You as Lord and Master over my whole life, over my nature and all my reactions, over all my decisions and all my behaviour. I confess, renounce and repent of all disobedience and rebellion in me. I give myself and my life to You completely.

Lord Jesus I pray for the grace to be able to fulfil all that You would have me do with my life. I come to you to submit everything I am to You, my future, my job, my spare time, my relationships, my sexuality, my friends, my home, my possessions and my wealth. Oh Lord please enable me to be aware of You guiding me in all that I plan and do.

I renounce Satan and all His works and ways. I renounce and break all ungodly covenants I may have made deliberately or unintentionally with self-centredness, sin, death, Satan and myself. Amen.

General Repentance

The following prayers here have been split into two main categories of attitudes and specific sins. We deal with our attitudes first then our specific sinful behaviour.

The issues covered here have been presented in a logical sequence that is convenient for a written format but it may be that to break free from a specific problem that it would be better for you to deal with issues in a different order. This is because it is possible for one problem to be reinforced by another problem so that despite praying correctly you do not break free of one problem until another problem is dealt with. Therefore it could be very beneficial to work through the suggested prayers several times but if you feel led to move about, do so. However I would suggest that you go through all the issues in the order presented at least once. I would recommend that you do not rush through the suggested prayers in case they are only said with a superficial edge and not wholeheartedly.

To work through a particular issue that is important for you it may be of benefit to you to repeat the prayers on that issue daily for say a week or every few days for a month, until you are assured that the issue has been worked through and established in your life. Some issues will take a little while to work out fully and some faith filled persistence will be required. When repeating a prayer do not consider it to be unbelief that it was not effective the first time but that you are confirming your faith in your original amen until the issue is fully resolved in practice. It is not the right approach to keep repeating these prayers hoping that they will somehow start to work.

Attitudes

Let us review and turn from what God considers sinful attitudes. However some people will need to deal with issues covered in Part Two - Specific Repentance later in this section before they will be completely free of some of the ungodly attitudes mentioned here.

Underlying all sinful behaviour there are fearful and selfish attitudes, that are there due to the darkness in our hearts. We are often unaware that we have these ingrained attitudes that cause us to treat others offensively. When James and John demonstrated some misplaced zeal Jesus rebuked them for a wrong attitude of heart.

Lord, wilt thou that we command fire to come down from heaven, and consume them, even as Elias did? But he turned, and rebuked them, and said, *Ye know not what manner of spirit ye are of.* [Luke 9:54-55]

Sinful attitudes can be the bearing of a grudge and not truly forgiving others: They can be being so proud that you are unable to be humble and honest about yourself before God and others: They can be hiding in strife and using it to make others do as you want: They can be being miserable and complaining all the time so that you make those around you miserable too: They can be self-centeredness and all manner of self-indulgence: They are lust, envy, pride, hypocrisy, arrogance, hatred, contentiousness and unrighteous anger. They are being critical, contrary, uncooperative, manipulative, controlling, independent, bitter, unforgiving and rebellious.

Love vs Fear

We saw earlier that God's love sets us free to love. Paul even said:

"... though I have ... all ... but have not love I am nothing." [1 Cor 13:2]

It has been said that in love there has to be give and take. The most outstanding attribute of love is that it gives; and gives; and gives: love definitely gives.

For God so loved the world, that he gave ... [John 3:16]

But taking is quite contrary to love, for there is no selfishness in true love. True love only wants to receive that which is freely given. To demand or take something that is not being offered is stealing and it is offensive to be stolen from. There is no control or domination in love. It does not make someone do something they do not want to do. The root of most of our society's problems is that someone reckons they have the right to take or demand something that is not being offered to them.

The desire to receive something may be very strong and may be legitimate, but to demand it let alone to take it would be contrary to love. This can be applied globally to international war right the way down to a simple hug. Jesus wants us to be set free to give love and this also means that we need to be set free to receive love. Love is not give and take but give and receive. If love did not give and receive then we could never have mutually fulfilling and satisfying relationships.

So God wants us all to love one another but sadly we all fail and have said and done things that have needlessly hurt and offended others. Ungodly fear is love's enemy.

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. [1 John 4:18]

Love feels secure while its enemy fear would make us demanding, insecure and never satisfied. You cannot overcome a fear by trying to satisfy its demands. In doing so you are overcome by the fear and you become its servant.

It seems to me that death's fear is the source of all vice. It cannot give or receive, it demands and rejects. Fears deceive us as they hide behind our selfish masks. Inferiority grows out of self-rejection, which is basically fear of ourselves. No one is better or worse than anyone else before God. We have all sinned and yet we are all His favourites. If God finds us acceptable we should see ourselves as acceptable because if others reject us it is them that have the problem. To be acceptable to God all we need to do is to repent of our sin and surrender ourselves to love and obey Him.

The most famous chapter about love in the Bible is in Paul's first letter to the Corinthians chapter thirteen where many of its features are described. These features are compared in the chart below with the opposite features that fear displays.

Love is: (1 Cor 13:4-8)	Fear is:
Long suffering (patient)	Intolerant
Kind	Nasty
Does not envy	Jealous and resentful of others
Vaunts (boasts) not itself	Arrogantly brags about itself
Not puffed up	Self important and superior
Doth not behave itself unseemly (rudely)	Acts disgracefully
Seeks not her own	Demands to be satisfied now
Not easily provoked	Quickly irritated and angered
Thinks no evil	Does not appreciate the good in others
Rejoices not in iniquity (sin)	Revels in parading another's faults
Rejoices in the truth	Delights in being deceitful
Bears all things	Bears a grudge
Believes all things	Unable to trust others
Hopes all things	Always thinks the worst
Endures all things	Gives up easily
Never fails	Easily deviated off course

Father God thank You that You abound in love towards me and want me to put on Your divine nature, love. I come to You now seeking freedom from all my unloving attitudes and behaviour. I confess, renounce and repent of my unloving ways (mention any that concern you). I ask for forgiveness and for my heart to be cleansed and healed.

I declare I want to go through the refiners fire and be purged of all my selfish fears, inner weaknesses and bondages. When You bring onto my conscience those areas of my life that need to be changed I pray for my fears to be silenced and for the honesty and humility to admit those things and to turn to You in full repentance and that I would be able to surrender myself to You to be cleansed and healed of all that bound me to those problems. I choose to be loving and receive Your love into my heart now. I ask for all these things in the name of Jesus Christ. Amen.

Forgiveness vs Bitterness

It is an awesome fact that every time someone commits a sin they open the door for evil to be able to influence them in some way or another. Sometimes somebody else's sin opens doors in our lives without our consent and sometimes without even our knowledge. For example if a family member or a carer mistreated you when you were a young defenceless child their sinful actions will have abused, hurt and wounded you. As a child you will not have been able to defend yourself and you will have lived with the scars ever since. These old probably long forgotten wounds will still need healing so that you can be whole and snare free.

The first step to being healed within is to forgive all those who have ever abused or hurt you. This is such a major issue that God is not able to forgive you unless you do.

And when ye stand praying, forgive if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses. [Mark 11:25]

Often we attempt to deal with being offended by just forgetting about it over time. This is not God's way and we need to forgive others who have offended us and not just forget it. If we do not forgive others who sin against us then our sins remain unforgiven too, which provides a platform for evil to have influence in our lives. Anyone we may have born a grudge against however mildly it may seem to our eyes needs to be forgiven. We also need to repent of having held people in unforgiveness. However horrendously or offensively we have been treated it is essential we release the sin and the person in forgiveness. We are the only one to suffer if we do not.

Sometimes there are offensive things done to us that seem too big for us to forgive, as the hurt is so painful. When our feelings have been provoked like this it can be helpful to forgive the offender by giving the offence to Jesus so that it is no longer ours. The person who abused us has now abused Christ and we leave the matter with Christ to deal with as He chooses. We have forgiven not because we can feel forgiveness but because we gave the offence to Jesus, it is no longer ours to be offended by. This is not just words it can really help you to be set free. The person who behaved offensively towards you has now no longer offended you but has in effect offended Jesus. The matter is now in the hands of the Lord. It is not yours to play with any more. Surely this

is enough to make us pray for those who offend us, as they have to account to Jesus for their unloving behaviour towards us.

Despite how it may feel in reality it is so stupid to have a victim mentality it invites hate and bitterness to breed in our hearts. We can become critical, intolerant, rude and domineering. True forgiveness is merciful and gracious it lets go of offences and quickly puts them out of the mind when reminded of them. Forgiving those who have offended us is a vital step in coming out of depression. A person who is able to forgive usually has seen the need to be forgiven and will be quick to realise when they have offended others and will seek reconciliation.

It is a sin to hurt or offend others through selfish and unloving attitudes and behaviour. In addition to repentance towards God you also need to apologise where possible to those you have offended and ask for their forgiveness too.

Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift. [Matt 5:23-24]

Forgiving Parents

Many of our behaviour patterns are inherited or trained into us by our parents or those who had authority over us in the early years of our lives. Bringing up a child must surely be the biggest challenge of anybody's life. Most parents have not sorted out their own problems by the time they have children and without knowing it they do things that hurt their children. Even when our parents have done all they possibly could for us they have left us with ingrained hurts that affect our behaviour today. In practice virtually all of us have all been hurt in some way by our parents.

There will have been times when we have been angry with them and not respected them as the scriptures say that we should. Therefore we all need to repent of not fully honouring our parents. If either of your parents have made you feel afraid, ashamed, ungodly guilt or emotionally hurt you in any way and you have responded with feelings of anger, frustration and rebellion then you need to forgive them and ask Father God to forgive you for your ungodly reactions. Sometimes a parent may have seriously abused their child but it is a very important spiritual principle that we have to forgive those who wound us however hard it may be for us because it is an essential part of being healed of the damage they caused.

Sometimes we hide from or deliberately forget things that are unpleasant to remember. To overcome this take time to think about what you may need to forgive your parents for before using the following prayer to guide you in forgiving them.

**Thank You Father God for my parents who brought me into the world.
I honour them for all they have done for me and I declare I love them.**

**Father God I come to You to declare that I completely forgive my
parents for anyway in which they caused me to feel any ungodly pain
or shame (mention any specific areas you are aware of). Although I was
defenceless at the time I refuse to be a victim and I take responsibility
for the ungodly way I responded and I ask You to forgive me for every
unloving thought, feeling and desire I have had towards them.**

**I confess, renounce, repent of and ask You to forgive me for all the
times I have felt unforgiveness and bitterness towards them. I**

confess, renounce, repent of and ask You to forgive me for any anger I feel towards them and any desire for them to be punished for these things. I now see these attitudes as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus. I ask You to heal all the wounds that I may have received from my parents. I break off myself all the pain they caused. I choose to have a forgiving heart and receive Your forgiving nature into my heart now. I ask for all these things in the name of Jesus Christ. Amen.

Forgiving Others

Most believers have not seriously gone over their lives and forgiven all those who have ever offended them but it is so incredibly important to do so. I suggest you spend some quality time visiting all areas and times of your life with the help of the prompt list below and write down a list off all those who you need to forgive. When you think about anybody if you get agitated or annoyed in any way then you need to forgive them. Include anyone who encouraged or helped you to get into sin or unloving activities.

We also need to repent of not forgiving these people at the time they offended us and to repent of all the resentment and unforgiveness that has since been in our hearts towards them. Sometimes the offensive things done to us caused us so much pain that this pain needs to be healed for forgiveness to become complete.

If the offence was very abusive then in effect the character of the abuser can be transferred to you and this will need to be cut off from you. This is briefly mentioned in the prayer below but it is dealt with in greater detail under the heading of Ungodly Emotional Bonding. It may be useful if you keep your 'Forgiveness List' for that time. After all these things have been dealt with it would be good to destroy it.

Prompt list of those we may need to forgive

FAMILY	CARERS	CONTACTS
Partners & '... In Laws'	Teachers	Friends & Acquaintances
Grand Parents	Medical Staff	Peer Group
Brothers and Sisters	Social Services	Fellow Students
Children	Government Officials	Work Colleagues
Grand Children	Police	Employers
Aunts and Uncles	Law Courts	Companies / Organisations
Cousins	Service Providers	Thieves
Nephews and Nieces	Banks etc	Attackers
Step Family	Spiritual Leaders	Abusers

Thank You Father God for all the forgiveness in your heart towards me and I ask you to bring to my mind all those who I need to forgive who have caused me to feel pain or shame in my life. Amen

NOW THOUGHTFULLY MAKE YOUR FORGIVENESS LIST

Father God I declare that I wholeheartedly desire to forgive everyone who has ever hurt or offended me including (mention all those in your list). I thank You that I am acceptable to You and I forgive all those who have rejected me. I forgive all those who have ever controlled me and not allowed me to be what You made me to be. I forgive all those who have encouraged me to be rebellious and controlling. Father God I confess, renounce and repent of all my unforgiveness, bitterness,

resentment and contempt towards those who have ever hurt me and I ask to be forgiven and cleansed of all this in the name of Jesus Christ. I confess, renounce, repent of and ask You to forgive me for any anger I feel towards them and any desire for them to be punished for these things.

Father please heal all the wounds that others have caused me. I break any ungodly emotional bonding with anyone who has abused me in the name of Jesus Christ. I ask to be cleansed of any character trait imprinted into me from anyone who has ever abused me. I choose to have the character of God in my heart and as I ask You for it now I believe You will put it in my heart.

I declare now that I do not hold anybody responsible except for myself for my current condition. I declare that others may have influenced the past and present but that they cannot influence my future in Jesus Christ. I declare I am not a victim of my past but I will live a victorious life in Jesus Christ. I believe in Jesus Christ all things are made new.

I now see these ungodly attitudes as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus. I ask You to heal all the wounds that I may have received from anyone who has hurt me. I break off myself all the pain they caused. I choose to have a forgiving heart and receive Your forgiving nature into my heart now. I ask for all these things in the name of Jesus Christ. Amen.

Forgiving Yourself

Some of us are our hardest taskmaster and are needlessly tormented by our failures. Self-hatred and shame are dealt with in more depth later.

Father God I want to thank You that You have accepted me as I am but love me so much You will not leave me as I am. Thank You for forgiving me for all my sins. Therefore I choose to forgive myself too for all those things for which I still feel angry with myself for, or feel ashamed of doing. I ask that You will wash away all the condemnation, guilt and anger I feel towards myself in the name of Jesus Christ. Amen.

Faith vs Unbelief

"... faith working through love." [Gal 5:6]

Life is miserable if you are unable to trust others. The independent spirit praised by some often comes from a fear of trusting others and sadly just leaves a person in a lonely dungeon. A past hurt that was not coped with in a healthy way has become buried and it demonstrates its presence by a person being scarred by mistrust. It looks for reasons to be suspicious and distant. It is quick to despise authority and to be disobedient and rebellious. It is foolish and easily fooled. But someone who has learnt to trust others is usually trustable and wise.

Unbelief can hinder someone that despite being mentally convinced in the truth of the gospel they hold back in fear, doubt and unbelief unable to really believe God actually loves them that much.

Thank You Father God that You are utterly trustworthy and are always true to the promises You have made. I am sorry that my doubts and fears have led me to hold back from surrendering my all to You. I confess, renounce and repent of all my fears, anxiety, doubts, distrust and unbelief.

I am sorry I have hidden myself from You and I ask You Father to forgive me for allowing these things to dominate me. I now see them as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus. I command all evil spirits of fear, anxiety, doubt, distrust and unbelief associated with these wrong mind-sets to leave me now in the name of Jesus Christ. Thank You Father that I can wholeheartedly trust in You. I choose to have a trusting heart and I receive it from You now. Amen.

Indifference

While appreciating the love of God has for us we can feel the whole process so challenging and beyond us that we hide away and become passive.

I confess, renounce and repent of being half-hearted and lukewarm in my love for You, that I have not loved You and others as I want to be loved. Father God I also confess, renounce and repent of my lethargy, indifference, passivity and feeling intimidated by my problems so that I have not sought after You as I should. I confess, renounce and repent of hardening my heart against the conviction of the Holy Spirit moving me to repent of my sin. I ask You Father to forgive me for allowing these things to dominate me. I now see them as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus. I command all evil spirits of lethargy, indifference, passivity and intimidation associated with these wrong mind-sets to leave me now in the name of Jesus Christ. I choose to be quick to respond to You Father God as You work in me and I ask for and receive right now a zealous heart in serving You. Amen.

Humility vs Pride

God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time.

[1 Pet 5:5-6]

To be humble is most definitely not to be weak for it usually makes great demands on our inner strength not to stand our ground and fight for our supposed rights. Proud people cannot see their own faults. They always see the frustration and strife they cause as the other party's fault. Pride assumes itself superior to others and is usually unaware of how hard, arrogant, stubborn and ungrateful they are.

When we feel embarrassment over our condition and we are reluctant to come to God about it that also is a form of pride. To overcome this our pride needs to be dealt with.

When in advanced stages of the disease it produces superficial hypocrites who are wise in their own eyes and are virtually beyond being able to be told anything. To attempt to correct such a person can produce awesome results, ranging from dramatic fireworks to the coolest rejection imaginable. A proud person is often self-sufficient and finds it hard to accept they could ever be in need of help from some one else, even from Jesus Christ.

It is often said that it is not wise to ask God to humble you because of what happened to those in the Bible who God did humble. The scripture quoted above invites us to humble ourselves.

Father God thank You that You humbled Yourself and died on a cross to save me from the Lake of Fire. I want to humble my self before You in acceptance that I actually have only one right and that is to obey You. Where I am blind to pride in me I ask You to open my eyes and grant to me the grace to be able to deal with it.

I confess, renounce and repent of being embarrassed to come before You and the pride behind it. I confess, renounce and repent of all pride including treating others with arrogance and contempt. I want to confess, renounce and repent of insisting on my will above the desires of others for my own selfish reasons. I confess, renounce and repent of all self-righteousness and self-importance.

Please forgive me and cleanse me of all pride and its offspring. I see these attitudes as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus. I command all evil spirits of pride, arrogance, conceit, contempt, stubbornness and aggression associated with a proud mind-set to leave me now in the name of Jesus Christ. I choose to have a humble heart and receive it from You right now. Amen.

Mockery

Some people when being prayed for or in times of worship can feel a compulsion to start laughing. Anything that is compulsive is very unlikely to come from God because the nature of His character is not to control anyone. As God is humble He does things through cooperation not domination. However there is a true phenomenon often called 'laughing in the spirit' but in the normal course of events you will be able to control it just like you can speaking in tongues. The Devil loves to imitate God and make us believe what he is doing comes from God. Through lack of understanding some have mistaken the effects of a spirit of mockery for laughing in the spirit.

To cast it out requires the root of pride to be renounced and repented of first as in the last prayer given above. Then the spirit of mockery or the scorner can be dealt with.

Proud *and* haughty scorner *is* his name, who dealeth in proud wrath. [Pro 21:24]

Cast out the scorner, and contention shall go out; yea, strife and reproach shall cease. [Pro 22:10]

Father God I confess, renounce and repent of all my pride and for any anger displayed by me that comes from it. I confess, renounce and repent of all the hurt I have caused others through it. I ask to be

forgiven for all this sin and I ask to be washed clean of it all in the name of Jesus Christ.

I confess, renounce and repent of all mockery. I see this attitude as part of my old nature that died in Christ on the cross and I break it off myself in the name of Jesus. I bind the spirit of mockery in me and tell it to leave me now in the name of Jesus Christ. It is my desire to find something to admire in everyone I meet and I receive this attitude of heart from You now. Amen.

Presumption

This can also overcome a weak person who blames all their woes on others and is waiting for a rescuer to ride over the horizon and solve all their problems. They will settle down into self-pity and be full of complaints while they wait. They consider that they have done all they can but they are self-centred and hypocritical. The truth is God has done all He can on the cross to help them and He is waiting for a suitable response from them. King David saw how evil presumption is:

Who can understand his errors? Cleanse me from secret faults. Keep back Your servant also from presumptuous sins. Let them not have dominion over me. Then I shall be blameless and I shall be innocent of great transgression. [Psa 19:12-13]

Father God I have arrogantly taken You and others around me for granted attempting to make them serve my purposes. I confess, renounce and repent of being presumptuous. I ask you to forgive me and cleanse me of all the affects of this.

I see this attitude as part of my old nature that died in Christ on the cross and I break it off myself in the name of Jesus. I command all evil spirits associated with presumption to leave me now in the name of Jesus Christ. I choose to be a modest person and receive this attitude of heart from You now. Amen.

Honesty vs Deceit

The pride of your heart has deceived you ... [Obad 3]

Their tongue *is as* an arrow shot out; it speaketh deceit: *one* speaketh peaceably to his neighbour with his mouth, but in heart he layeth his wait. [Jer 9:8]

A proud person can easily become seriously deceived and because of this they become a deceiver too. They do not see their deceitful manipulations as sin and that they have serious consequences. They consider themselves to be wiser and more prudent than those who do not agree with them and that their plans alone are all that is necessary to ensure what is right is achieved.

Deceitful people are inevitably deceived themselves. They will be unable to even listen to the truth about themselves, which they will call slanderous lies. They become masters of accusing others of their own faults. Unlike an honest person they are not open and often they are unable to react spontaneously in a positive way to others. They long to be trusted but can often let those who trust them down. A personal and probably hidden agenda will be more important than any commitment.

Remember

Then said Jesus ... If ye continue in my word (message), then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.

[John 8:31-32]

If you hide from the truth about yourself you will not find freedom. Put the other way around if you are not free you are probably lacking either a full understanding of the gospel or the truth about yourself. The battle for freedom is a truth battle not a power battle. We need to understand what Jesus has done for us and repent of all those things that have cut us off from the blessings of God.

If someone corrects you or points out a fault are you sincerely grateful or do you get offended, become aggressive and defensive, possibly even replying by making an accusation against them. If so wake up to what is really happening within you.

Father God thank You that You are Truth and have given to us the Spirit of Truth. You desire that we worship You in spirit and in truth. You hate deceitfulness and it is my desire that all my thoughts be honest and true and not driven by deceiving fears.

Please search my heart Lord and if there be any of this wickedness in me please awaken me to it. Where I have hardened my conscience against admitting anything that I do is sinful please cleanse my conscience and restore its sensitivity to the Holy Spirit.

I confess, renounce and repent of hiding from the truth and not being completely honest and transparent in all I do. Please forgive me for my wrong attitudes. Please cleanse my heart of all that would make me be inclined to be dishonest.

I see that hiding my true thoughts from others as being part of my old nature that died in Christ on the cross and I break it off myself in the name of Jesus. I command all deceiving spirits associated with this wrong mind-set to leave me now in the name of Jesus Christ. I choose to be honest in all my ways and ask Father that You would teach me how to let You be my strength as I seek to do this. Amen.

Deception

To be free to follow Jesus Christ wholeheartedly we need to understand the core truth of the gospel and we also need to apply it correctly to ourselves otherwise we can be left struggling with ungodly behaviour and attitudes.

This means there are two ways we can be deceived. We need to understand correctly what the scriptures teach us about all that Jesus has actually done for us and to apply this we also need to be truly humble and completely honest so that we unreservedly admit all our sins and faults.

Be not deceived: neither fornicators (sexually immoral), nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, Nor thieves, nor covetous, nor drunkards, nor revilers (verbal abusers), nor extortioners, shall inherit the kingdom of God. [1 Cor 6:9-10]

Be not deceived: evil communications corrupt good manners. [1 Cor 15:33]

But evil men and seducers shall wax worse and worse, deceiving, and being deceived. [2 Tim 3:13]

A greater problem than straightforward deception is self-deception where we choose to believe things to please our self-centeredness and calm our fears. The scriptures give several causes of this

Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise. For the wisdom of this world is foolishness with God. [1 Cor 3:18-19]

For if a man think himself to be something, when he is nothing, he deceiveth himself. [Gal 6:3]

If we say that we have no sin, we deceive ourselves, and the truth is not in us. [1 John 1:8]

But be ye doers of the word, and not hearers only, deceiving your own selves. [Jam 1:22]

If any man among you seem to be religious, and bridled not his tongue, but deceiveth his own heart, this man's religion *is* vain. [Jam 1:26]

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh (self-centredness) shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. [Gal 6:7-8]

To break out of any deception influencing us we can pray like this.

Heavenly Father I want to be a wholehearted disciple of Jesus Christ. If I am deceived in any way please open my eyes to see it and set me free from its influence. If I have any ingrained defence mechanisms functioning in me that I am unaware of that inhibit me from being humble and honest I confess, renounce and repent of them and ask to be forgiven and for my heart to be healed of them and I invite You to teach me how to leave them behind. Please help me open my heart to be humble and honest about myself and in all I say or do.

I see deception and self-deception as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus. I command every deceiving spirit and all associated spirits influencing me now to leave me in the name of Jesus Christ. I desire that I would not be in denial about anything and I ask for and receive now an honest heart. Amen

Peace vs Strife

"It is honourable for a man to stop striving, since any fool can start a quarrel." [Pro 20:3]

It is horrendous to be close to someone you cannot do anything right for. This person has a heart full of strife and contention. If you are full of complaints and criticism you require the strength of character to see that it is most likely you who needs to change more than those that you criticise. Someone who cannot stand silence and has to have

the television or some other media on constantly is most likely not to be at peace and is using the noise to hide from the strife nagging away within them.

By His Spirit God wants to make us strong so that we do not bow down to the pain caused by fears that are trying to make us behave selfishly. We need to take responsibility for our own inability to love and the pain behind it and stop blaming others for it. We need to be able to rise up above hardship without becoming hard. It is commonly accepted that if you do not look after yourself then no one else will but the more you give of yourself to God the more He can move on your behalf. Having a relationship with God should give us the strength to face any circumstance without worrying about ourselves. If this type of worry is indulged in we can land up full of envy, greed and strife where we land up justifying all manner of self-indulgence to ourselves. Are you thankful for what you have or is your main topic of conversation to complain about what is happening to you?

Father God thank You that You have made available to me the incredible peace of God that is so fantastic that it is beyond me to really understand it. I confess, renounce and repent of striving against You and those around me needlessly due to the unresolved wounds and pain in my own heart.

I confess, renounce and repent of striving, arguing, complaining, being contentious and critical of others and I ask for forgiveness. I pray for my heart to be cleansed and healed of all these things.

I see these attitudes as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus. I command all evil spirits of strife, argument, complaining, contention and criticism to leave me now in the name of Jesus Christ. I choose to be at peace in all my ways and receive Your peace now into my heart. Amen.

Anger

Anger erupting as verbal abuse and violence are the ultimate weapons of strife. It is a carnal defence mechanism to stop feeling pain. Many people especially controlling types get angry when you tell them the truth. Jesus made it clear that anger is as sinful as murder to God.

Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: [Matt 5:21-22]

Most of our anger is likely to be ungodly. Anger can tongue-tie someone but often it causes all manner of hostile verbal abuse to be released. Sometimes it can clearly be seen to be demonic because of how skilfully the truth is twisted and because the eloquence and speed at which it can all be delivered is beyond normal human ability.

Father God thank You that You have turned away Your anger from me and That You have accepted my request for You to forgive all my sins.

I confess, renounce and repent of all my hostile and violent behaviour and all the underlying anger and bitterness. I confess, renounce and

repent of all murder, spite, hatred and resentment. I confess, renounce and repent of all unforgiveness, temper and retaliation.

Please forgive me for these things and I ask that my heart be cleansed and healed of all these things. I see these attitudes as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus.

I command all evil spirits of anger, bitterness, murder, hostility and violence to leave me now. I command all evil spirits of spite, hatred, resentment and unforgiveness to leave me now in the name of Jesus Christ. Amen.

Anger Towards God

Sometimes a person who has suffered greatly in some way can fall into the trap of blaming God for their pain and be angry with Him for not having stopped the situation from happening. Inside we can be crying, "If God loves me so much why did He let this happen to me?" Feeling God has failed them how can they trust Him? God is holy and cannot dominate people. When people choose to do evil and it hurts others it is not God who has caused the suffering. And if men take risks and an accident happens it is not God's will for any of the suffering caused. Any anger and bitterness that has grown towards God needs to be repented of.

Father God thank You for opening my eyes to see that You are nothing other than perfect love and Your heart's desire is to shower me with blessing as I obey Your will for my life.

Father God I confess, renounce and repent of blaming You for things that have hurt me that You were not responsible for. I am sorry that I have held back from You due to these wrong accusations. I ask You Father to forgive me for allowing such feelings to dominate me.

I now see these feelings as part of my old nature that died in Christ on the cross and I break free of them in the name of Jesus. I command all evil spirits associated with this wrong mind-set to leave me now in the name of Jesus Christ. Amen.

Joy vs Grief

"... but the sorrow of the world produces death." [2 Cor 7:10]

We all experience inner pain but the life God gives will enable us to recover from it without any permanent scars. To be locked up in continual grief is to be held prisoner by our past with no hope in the future. Grief can be so imprinted into us that we are no longer aware of its influence over us. This is often due to long forgotten situations that we did not deal with or resolve it in a godly way.

Our future is not limited by our past when we are living in God. By forgiving those who have hurt us and then leaving those things behind we can go forward free. Forever looking back and blaming the past is a sinister trap to keep you miserable.

When we consider that our circumstances are unbearable the 'D's' start to grow disillusionment, discouragement, depression, despair etc. Trusting in God does not take the pressures away but gives us a very effective way of dealing with them. It is easy to collapse inwards and give in and wallow in self pity, but God will fill our hearts with hope and joy despite our circumstances if we will learn how to fight off those painful self-pitying fears with the help of His Spirit within us.

A powerful way to release grief is to express it verbally. If you are grieved over anything mention it to God.

Father God thank You that You have made available to us the joy of the Holy Spirit whom You have poured out upon us. Thank You that You have given to us the promise of seeing You in heaven. I am sorry that I have let grief overwhelm me (mention anything troubling you) and I ask for Your joy to spring up in me and overcome all my fears.

I confess, renounce and repent of my unforgiveness and bitterness towards those who I associate with my grief. I confess, renounce and repent of complaining about people and my circumstances. I pray for my heart to be cleansed and healed of all the effects grief has had on me. I see all these effects and all my pain dead on the cross and break them off my life in the name of Jesus.

I ask You Father to heal all the wounds to my inner man caused by this grief. I command all evil spirits of grief and their minions to leave me now in the name of Jesus Christ. I choose to walk in and receive now from You father a thankful and joyful heart. Amen.

Sin

Having examined our attitudes let us examine our current and past behaviour.

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy. [Pro 28:13]

We need to make sure that we have repented of every area of sin that we have indulged in because every time we sinned we gave Satan a right of access into an area of our lives and our specific repentance removes those rights.

Jesus summarised sin as not loving God wholeheartedly and not treating others like you want them to treat you. If we love God we will obey His commandments and not indulge in: the worship of false gods, occult activities and sexual immorality. Sin is also the use of drugs including smoking and the use of alcohol as a comforter. Sin is profane language, swearing and being disrespectful to authorities especially your parents. To sin is to murder (including abortion), abuse, bully, control, lie, deceive, spitefully tease, steal, etc. If possible where we have offended others we should apologise. Items we may have stolen should be returned or if that is not possible then destroyed.

So let us take stock of our lives and check that we have actually fully and truly confessed and repented of all our sins. It is unpleasant to dwell on our faults it makes us feel bad about ourselves but there are times when we all ought to do it.

**For godly sorrow worketh repentance to salvation not to be repented of:
[2 Cor 7:10]**

Do not be frightened and try and hide anything from God or yourself, open up and face the facts. God knows anyway, you will only be fooling yourself if you hide from the truth. It is folly to try and hide your faults. He needs you to admit your sins and your problems so that as you give them to Him so He can rescue you from them. If you really want to know where you have problems you could ask your close family members or close friends they will certainly be able to tell you.

Some people rely on their problems to justify demanding attention and then not pay attention to the needs of others close to them. To stop having any problems is actually frightening for them for they will lose their way of putting their desires before everyone else's. To truly repent we need to go to the very edge of our ability to be honest and humble about ourselves. It is a scary place but the longer we avoid going there the longer we stay at a distance from God. Not to surrender our problems to God in this way is equivalent to worshipping the problem before God and it is offensive to Him.

To help you fully repent you may find it helpful to take some time to write a list. It may be helpful to use two headings one for your sinful behaviour and one for any further sinful attitudes that come to mind to those dealt with above. These two headings are just to help you to focus do not be concerned about where to put an item (e.g. anger) that could be in either list. Use the descriptions of sin given above to prompt your memory about everything God would have you deal with at this time. The lists you make should to be destroyed after they have been prayed through which in itself is a very symbolic act.

Father God thank You for loving me and opening the way for me to love You. If I have any behaviour patterns or attitudes that are sinful that I have not been able to face up to I ask you to help me to fully open the eyes of my heart to see them. If I am trapped in self-deception and denial I ask You to break through and soften my hardened heart.

I accept Lord that there are no circumstances that can justify sin. I want to turn from all my sinful attitudes and behaviour and I ask You to fully awaken and heal my conscience so that I can see them all.

I ask that my spirit be calmed and that all my fears would be subdued so that I can thoroughly examine my life as honestly and humbly as I ought. Please give me the strength and courage to let everything about me that is dark and hidden come to the surface so that I can give it all to You to be dealt with.

I echo the words of King David: Search me, O God, and know my heart: try me, and know my thoughts. And see if there be any wicked way in me, and lead me in the way everlasting. (Psa 139:23-24) Amen.

When from past experience we know that we have not been able to give something up that is wrong it is intimidating to repent of it due to our fear of stumbling again. Many issues are covered below that will show you how to break free of many things that can bind us so do not hesitate to offer ALL your shortcomings to God right here and now.

NOW THOUGHTFULLY MAKE YOUR LIST

No person, organisation or book can get you right with God. Only you can do this in a personal one to one with Him. Like all the prayers in this book the following prayer is just a suggestion to help you. Feel free to use your own words wherever you want to. Let us come before God and present ourselves to Him.

Father God thank You that You love me so much that You opened up the way for my sins to be forgiven and for my nature to be renewed so that I can put off all my ungodly attitudes and behaviour.

Father God I want to thank You for what Jesus accomplished for me on the cross and in His resurrection. I wholeheartedly desire to confess, renounce and repent of all the selfish unloving acts that I have ever carried out and all rebellion towards You.

Please forgive me and cleanse me for all my sinful behaviour that I can remember at this time (mention everything in your sinful behaviour list) and in your grace and mercy please also forgive me and cleanse me of those things that I have forgotten. I declare my intention to confess, renounce and repent of any sin that I remember later.

I come to You to confess, renounce and repent of all the selfish unloving attitudes within me (mention everything in your sinful attitudes list). I declare that I desire all self-centeredness to be destroyed in my life. I ask you to forgive me for all my sinful attitudes and to cleanse and heal my heart of them through washing me in the healing blood of Jesus Christ.

Please forgive me for every fear in my heart that has kept me from seeking after You wholeheartedly and loving You and others as I should. Please release me from these fears. I will trust in You and believe in all the love You have for me.

I choose this day to be a wholehearted disciple of the Lord Jesus Christ and I confess, renounce and repent of the times when I have not been so. I choose to humble myself before Your Word in the Bible and live in harmony with it concerning my attitudes and behaviour. I ask these things in the name of Jesus Christ. Amen.

In the rest of this section we will now go through a number of issues with a fine tooth comb to ensure there is nothing in our lives that we have forgotten to deal with that could be giving the Devil a foothold to stop us possessing all that God wants to give to us.

Sorcery

This is a general term whose meaning substantially overlaps that of the more modern word occult and it is used to describe activities that either knowingly or unknowingly put yourself under the influence of evil spirits. One scripture lists many of these things:

There shall not be found among you *any one* that maketh his son or his daughter to pass through the fire, *or* that useth divination, *or* an observer of times, or an enchanter, or a witch, Or a charmer, or a consulter with familiar spirits, or a

wizard, or a necromancer. For all that do these things are an abomination unto the LORD: [Deut 18:10-12]

Passing through the fire

The sacrifice through being burnt of a baby to an idol.

Abortion is a sacrifice to the idol of self where the unborn child is killed and then incinerated

Divination

To foretell the future or reveal hidden knowledge supernaturally.

Tea leaves left in the cup, palm reading, use of omens etc.

Also called soothsaying elsewhere in the Bible

Can open door to spirit of Apollo Pythius (Python)

Observer of Times

Astrology, Horoscopes.

The use of the stars to make predictions.

Enchanter

Repetitively chant to go into an altered state of consciousness,

Often done while using drugs so as to evoke an ungodly spiritual experience.

Witch

A person who uses magic and who knowingly or unknowingly serves evil spirits.

Whether so called 'good' white magic spells or black magic spells they are all evil

Traditionally a female.

Charmer

A person who evokes luck (Lucifer's blessing) by attaching curses to charms.

Consulter

A person who contacts evil spirits through:

Spiritualism, Séances, Ouija Board, Channelling, Spirit Guides etc

Wizard

Traditionally a male witch.

Necromancer

A person who contacts evil spirits believing they are contacting the dead.

Also called mediums, spiritists, spiritualists etc

Sorcery also includes some things that may not be obviously occult such as the martial arts and also some alternative medicines such as Homoeopathy. False religions and sects that call themselves Christian also fall into this category.

Have you had contact with the teachings of any of these people or false religions?

Aikido	I AM Movement	Santeria
Aleister Crowley	I Ching	Satanism
Anthroposophy	Islam	Scientology
Anton LeVey	Jacob Lorber	Scouts
Armstrongism	Jehovah's Witnesses	Secret Societies
Astrology	Johann Greber	Silva Mind Control
Bahai	Jonothan Livingstone Seagull	Sing Sings
Brownies	Judo	Spiritism
Buddhism	Kabala	Spiritualism
Catholicism	Karate	Tae Kwondo
Children of God	Kung fu	Tai Chi
Christian Science	Liberal Catholic Church	Tantra
Church Universal & Triumphant	Liberal Theology	Tara Centre
Church of Satan	Lodges	Temple of Set
Corroborees	Macumba	Theosophical Society
Dennis Wheatley	Mannatech	Transcendental Meditation
Eckankar	Martial Arts	Uri Geller
Edgar Cayce	Matthew Manning	Umbanda
Eastern Star	Mormonism	Unification Church / Moonies
Elizabeth Clare	Palo Mayombe	Unitarian
Erhard Seminar Training	Parapsychology	Universalism
Eckhart	People's Temple	Visualisation Therapies
Findhorn	Process Church	Voodoo
Freemasonry	Psychoanalysis	Waldorf Schools - Steiner
Golden Dawn	Powwow Magic	Way International
Guides	Rainbow Gathering	Worldwide Church of God
Hari Krishna	Rastafarianism	Wicca
Hinduism	Roman Catholicism	Witchcraft
	Rosicrucian	Yoga

There are a couple of ways you can inadvertently land up worshipping false gods. When visiting a temple or shrine in eastern cultures when you remove your shoes you are in fact honouring a false god. In Japan when people bow to one another they are bowing to the god in each other, which again is honouring a false god. So if either of these things has been done they need to be repented of.

Most people will be surprised to find out that Lord Baden Powell who started the Scouts which led to the formation of the Guides and the Brownies was a high level freemason. Many of the practices in these organisations are based on occult ideas and some people who have got involved in these organisations may have unknowingly opened themselves to curses. Many will have attended these organisations as children and not be under any evil influence but it does no harm to renounce the dark side of these organisations.

Freemasonry is a particularly wicked organisation that is of major significance in the United Kingdom. If you or your ancestors have been involved you could have easily inherited evil influences over your life from this. Appendix Four gives more details.

Have you had contact with or experience of any of these activities?

Abstract / Drug art	Hearing voices	Planchette
Acupuncture	Heavy metal music	Pokemon
Amulets / Charms / Talismans	Hepatoscopy	Precognition
Apparitions	Holistic healing	Psychic healing
Astral travel	Homeopathy	Psychic sight
Augury	Horoscopes	Psychography
Automatic writing	Hydromancy	Psychometry
Black arts	Hypnosis	Psychorientology
Black magic	Idol worship	Punk rock music
Black mass	Incantations	Pyramidology
Blood covenants	Iridology	Rebirthing
Cartomancy	Levitation	Reincarnation
Chain letters	Lucky charms	Rhodomancy
Channelling	Magic pictures	Rune Stone Casting
Clairaudience	Magic: The Gathering	Séances
Clairsentience	Mascots	Self-hypnosis
Clairvoyance	Mediums	Sharks teeth
Colour therapy	Meditation therapies	Significant pagan days
Concept therapy	Men's earrings	Signs of the zodiac
Conjuration	Mental suggestion	Soothsaying
Contact with corpses	Mental telepathy	Sorcery
Crystal ball gazing	Mental therapy	Soul travel
Crystals	Mesmerism	Spells
Death magic	Metaphysics	Spirit knockings
Deja Vu experiences	Mind control	Spiritism
Demon worship	Mind dynamics	Star signs
Disembodied spirits	Mind mediumship	Stichomancy
Divining	Mind reading	Stigmata
Dowsing or witching for water	Moonmancy	Superstitions
Dream catchers	Motorskopua	Table tipping
Dream interpretation	Mysticism	Tarot cards
Dungeons and Dragons	Necromancy	Tea Leaf reading
Eastern meditation	Numerical symbolism	Telepathy
Enchanting	Numerology	Thought transference
Extra Sensory Perception	Occult games	Tigers claw
Fire walking	Occult letters of protection	Telekinesis
Floating trumpets	Omens	Transcendental Meditation
Fortune telling	Ouija boards	Trances
Goddess Worship	Pagan fetishes	Transmigration
Gothic rock music	Pagan rituals	UFO fixation
Gurus	Palm reading	Vampirism
Gypsy curses	Parakineses	Wind chimes
Handwriting analysis	Pendulum diagnosis	White or Black Magic
Hard rock music	Phrenology	Zodiac charms

Father God I confess, renounce and repent of my involvement in sorcery and occult sin (name all those you have ever dabbled in). I confess, renounce and repent of all forms of worship of other gods or Satan. Please forgive me for all those sins remembered and unremembered and also anything I have done unknowingly.

I break all ties with these systems and individuals in the name of Jesus Christ. Please cleanse me and break off my life anything received through these practices in the name of Jesus Christ. Amen

Vain Religion

If any man among you seem to be religious, and bridled not his tongue, but deceiveth his own heart, this man's religion is vain. Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world. [Jam 1:26-27]

Vain religion in its broadest sense is to worship false gods but even Christian activities can become vain when they become just an outward ritual. Vain religion is to go through the motions and not really be a wholehearted disciple of Jesus Christ. It talks the talk but does not walk the walk.

Father God thank You that You have opened up the way for me to have a personal relationship with You. Thank You that to be right with God does not depend on me following lots of rituals. I confess, renounce and repent of just going through the motions without touching the reality of Your life in me. I confess, renounce and repent of all vain religion and ask You to forgive me. I bind up and command all religious spirits to leave me now in the name of Jesus Christ. Amen.

Drugs

There are two Greek words in the New Testament that we translate as sorcerer. One is magos related to the English word magic. The other is pharmakeia, which means to enchant by using drugs. Basically this means that to take hallucinogenic (mind altering) drugs brings you under the influence of spirits of sorcery and pharmakeia. This even applies to such common drugs as codeine that many people cannot take due the hallucinatory affect it has on them. Before praying the following prayer all hallucinogenic drugs not prescribed by a Doctor specifically for you should be destroyed. This prayer often enables someone to give up drugs without withdrawal symptoms and is applicable to cigarette smoking where the spirit of nicotine needs to be despatched as well.

Drug abuse most frequently starts in the teens and often causes the emotional growth of the person to be frozen. Prayers to heal this are given.

Father God I confess, renounce and repent of using drugs for non-medicinal purposes including drinking alcohol and the smoking of cigarettes. I ask You to forgive me for doing this and to cleanse me of all the effects this has caused. I command all evil spirits associated with these drugs including the spirit of alcohol, nicotine, sorcery and pharmakeia to leave me now in the name of Jesus.

I break sorcery and pharmakeia off my life in particular off my whole nervous system. In the name of Jesus I command my body to be healed and repaired of everything that the use of drugs destroyed in the name of Jesus Christ. I break the ungodly emotional bonding with all those that have assisted me in these activities.

Where my emotional development has been retarded through drug abuse I see this disfigurement as part of my old nature that died in Christ on the cross and I break this immaturity off myself in the name

of Jesus. I receive from You now my inheritance of a sound mind in the name of Jesus Christ. Amen.

Cursed Objects

An evil trap many fall into is to unknowingly own things that are cursed. Ultimately nobody owns anything as everything belongs to God. However some objects have been crafted by man to serve the purposes of Satan and to God they are an abomination. Despite who owns them in this world's eyes these objects are serving Satan's purposes and are cursed. God has given us some very serious and clear instructions concerning things He hates. We are not to bring them into our homes and we are to destroy them if possible by fire.

The graven images of their gods shall ye burn with fire. Thou shalt not desire the silver or gold *that is* on them, nor take *it* unto thee, lest thou be snared therein. For *it is* an abomination (something disgusting) to the LORD thy God. Neither shalt thou bring an abomination into thine house, lest thou be a cursed thing like it: but thou shalt utterly detest it, and thou shalt utterly abhor (loathe) it; for *it is* a cursed thing. [Deut 7:25-26]

Neither shalt thou set thee up *any* image; which the LORD thy God hateth. [Deut 16:22]

We are to have no other gods before Him. Nor should we own any images of them either.

Thou shalt have no other gods before me. Thou shalt not make unto thee any graven (carved) image, or any likeness *of any thing* that *is* in heaven above, or that *is* in the earth beneath, or that *is* in the water under the earth. Thou shalt not bow down thyself to them, nor serve them, for I the LORD thy God *am* a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth *generation* of them that hate me. [Exo 20:3-5]

Some people find certain cursed objects attractive and feel they can own them without any negative effects. They may be culturally acceptable and artistically attractive but they serve Satan's purposes. It is meaningful to consider what the object was originally used for. A classic example is wind chimes whose original use was for attracting spirits to a location. You may find the sound they make attractive but get over it God considers the object detestable if you love Him you will detest it too and obey His command to destroy it. Evil spirits are mocking God through you if you own such items.

Nowhere in the scriptures are we given the authority to break the power or cleanse a cursed object. God tells us to destroy them. If for some reason you have something in your care that you do not have the authority to destroy, it may be sufficient to anoint it with oil and break its power but there is no scripture to back this up. Just find a way to get rid of it somehow. Delayed obedience is actually disobedience.

Check through the following list to see if you have any of these things

General

Any occult paraphernalia
Animal fascination objects
Dolphins, Dinosaurs
Domestic pets
Books or Videos about:
False Religion
Fantasy Art
Fantasy Novels
Horror
Kids occult (Disney!)
Occult
Philosophy etc
Pornography
Heavy Rock or Punk Music
Occult Medical Treatments
Homeopathy
Secret Society Regalia
Freemasonry
Sex Toys
Recreational Drugs
Stolen Goods
Return if possible

Pagan Art Objects

Babushka / Russian Doll
Buddha Statues
Carpets with pagan images
Death Masks
Egyptian Symbols
Hawaiian Lei Necklace
Icons of Eastern gods
Japanese Death Dolls
Native Carvings
Oriental Sculptures
Paisley /Eye of Shiva
Willow Pattern Crockery

Occult Icons

Angels
Ankh (cross with looped top)
Baphomet Goat
Birthstones / Gemstones
Catholic Icons
Celtic knots
Charms / Amulets / Talismans
Christmas Tree [Jer 10:1-6]
Cornucopia (Horn of Plenty)
Cross / Crucifix
Crystals / Gemstones
Dragons
Dream Catchers
Egyptian symbology
Eye of Horus / All Seeing Eye
Father Time (Death & scythe)
Fetishes
Fleur-de-Lys (Lily of Death)
Gargoyles
Greek and Roman gods
Greek Key Decoration ISISIS
Greek Pillars and architecture
Ghosts
Health Bracelets
Magnetic, Copper etc
Hexagram / Star of David
Horse Brasses and Shoes
Idols
Italian Horn/ Leprechauns Staff
Jewellery with occult icons
Lucky Charms
Mandala / Magic circles
Mermaids
Mythological creatures
Minotaur Phoenix Pegasus
Sphinx Unicorn
Nature Spirits:
Brownie / Dwarf / Elf / Fairy
Genie / Gnome / Goblin
Leprechaun / Nymph / Ogre
Pixie / Sprite / Troll etc

Obelisks & Maypoles

Pan
Peace Symbol
(Inverted broken cross)
Pentagrams
Pyramids
Rabbits Paw
Rainbows (6 colour)
Rosaries
Runes (magic symbols)
Skull & Crossbones
Snakes
Sharks Tooth
Suns, Moons and Stars
Swastika
Tai Chi (Yin & Yang)
Tarot Cards
Temples
Willow Pattern Crockery
Triangles
Tribal gods and face masks
Werewolves
Tigers Claw
Totem Poles
Unicorns
Wind Chimes
Winged symbols
Zodiac / Star Signs / Astrology

Occult Games

Cabbage Patch Dolls
Care Bears
Dungeons and Dragons
Halloween Toys
Masters of the Universe
Ouija Board
Planchette
Pokemon
Smurfs
Standard Playing Cards
Some Video Games
Teenage Mutant Ninja Turtles

Father God I confess, renounce and repent of owning cursed objects and false gods (name those things you have or have had). Please bring to my mind anything I own that You loathe. I will destroy them as soon as I can. I break off my life in the name of Jesus Christ any effect these objects may have been having on my life and I command any associated spirits to leave me now in the name of Jesus Christ. I break any ungodly emotional bonding with anyone who gave me any of these items in the name of Jesus. Concerning pornography I break any ungodly emotional bonding with any of the people in the pictures in the name of Jesus Christ. Amen.

It would not do any harm to repeat this prayer after the items have been destroyed.

Generational Curses

These are curses inherited due to sins committed by our ancestors. These curses open us to inherit certain character flaws and bring evil circumstances coming upon us. They are referred to by different names in different parts of the Bible. The Old Testament sometimes refers to them as iniquity.

The LORD is long-suffering, and of great mercy, forgiving iniquity and transgression, and by no means clearing *the guilty*, visiting the iniquity of the fathers upon the children unto the third and fourth generation. [Num 14:18]

When Nehemiah led Israel back to the Lord they confessed the nations current sins and the sins of their fathers.

Let thine ear now be attentive, and thine eyes open, that thou mayest hear the prayer of thy servant, which I pray before thee now, day and night, for the children of Israel thy servants, and confess the sins of the children of Israel, which we have sinned against thee: both I and my father's house have sinned. [Neh 1:6]

Father God I want to thank You that the Lord Jesus took on Himself every curse that could ever come upon me. So I renounce and break every curse influencing my life in the name of the Lord Jesus Christ. By faith I now receive my release and I thank You Father for it.

I confess that all manner of sin flowing out of rejection, rebellion and control have operated in my family line and marriage. I confess fear, bitterness, unbelief, pride, deceit, strife, grief and all their combinations and offspring.

I confess there has been hatred of women and despising of men. I confess all manner of unsound mind and addictions. I confess all manner of sexual sin and divorce. I confess all manner of sorcery and vain religion.

I ask You Lord to forgive all these sins and where I have been wounded from the operation of these curses I ask for my heart to be healed and all my nature to be made as You intend in the name of the Lord Jesus Christ. Amen.

Ancestral Dedications

If you know of family members or ancestors who dabbled in the occult it would be good to pray this prayer.

Father God I confess, renounce and ask You to forgive the act of being dedicated to Satan or to any other demon by my ancestors. I ask to be cleansed from this sin and all its consequences. I command all demons influencing me due to this dedication to leave me now in the name of the Lord Jesus Christ.

I break all curses of destruction that have come upon me due to breaking this dedication and command all demons associated with these curses to leave me now in the name of the Lord Jesus Christ.

Ungodly Emotional Bonding

For many reasons we can become emotionally bonded to others. In many of our relationships these ties can be godly and positive. However it is possible for a relationship to have an ungodly or negative element that can bring us into bondage.

Family Bonds

Most parents bring up their children the best they know how but as discussed in Section One by not following God's pattern they mistreat and in effect abuse their children. When anyone abuses someone else they are actually enforcing their character onto the abused instead of letting the person be themselves. This means that in addition to the godly element in our relationship with our close family members we can have an ungodly element that needs to be broken.

Sometimes when ungodly manipulation has occurred by close family members who have since died the evil spirits who were once at work in them may have been able to transfer themselves to the abused by using previously gained but unexploited rights through the ungodly bonding.

Father God I am sorry that I have coped with pressures that I could not understand by creating masks and acting in the way expected of me instead of being the person You made me to be. I ask for all these masks to be broken off my life and for the real me to arise and be set free.

In the name of Jesus Christ I break all the ungodly emotional bonding I have with members of my family (name every family member who has hurt or manipulated you) and all those who have ever pressured me to behave like them instead of being myself. I confess, renounce and repent of the idolatry of bowing down to their control. I break the imprint and overshadowing of their character off me in the name of Jesus Christ. I ask to be forgiven for and cleansed of these ungodly ties. I break their power off my life in the name of the Lord Jesus Christ.

I bind and tell any spirit that was able to transfer to me from family members (name family member) to leave me now in the name of Jesus. I declare you (name family member) and any necromancy spirits are not wanted here and I command you leave me in the name of Jesus Christ. Amen.

Sexual Bonds

Within marriage intercourse is a holy and wholesome thing. When outside of marriage it is sin and it opens huge doors that make demonic influence possible. All ungodly sexual perversions to be repented of. Having sex during a woman's menstrual cycle even if done accidentally needs to be repented of because it is forbidden in the Bible [Lev 15:19-33]. It can lead to medical problems in the groin area.

Also a woman who leaves her husband for a reason other than to protect herself from abuse sadly opens herself up to promiscuous forces.

And his concubine played the whore against him, and went away from him unto her father's house to Bethlehemjudah, and was there four whole months. [Jud 19:2]

Although this woman had not committed an act of adultery the act of leaving her husband opened the door to this spirit. This principle can be compared to anger in the spiritual domain being equivalent to murder or lust full thoughts being equivalent to

adultery. If you have behaved in this way it would be good to include this in the following prayer.

Father God I confess, renounce and repent of all sexual sin (mention every ungodly sexual act undertaken and who you did it with). Please forgive me and wash me clean of all these sins and their consequences. I command any associated spirits of harlotry and lust to leave me now in the name of Jesus. Amen

Because sexual unity makes you one flesh with the person you engaged in the act with this very close bond needs breaking. Anything from a previous ungodly partner transferred to you needs breaking off you and anything of yourself given to them needs to be cleansed and returned to you. Someone who has been abused or raped needs to have all the pain and shame healed too along with the imprint of the abuser being broken off.

In the name of Jesus Christ I break all ungodly emotional bonding and one flesh ties created with all those who I have indulged in ungodly sexual activity with (mention each partner by name where possible). Father God please cleanse me of all the effects of these ties and make me whole again. I ask you Father God to return to those partners anything of themselves transferred to me and I ask anything of myself imparted to them to be cleansed and returned to me.

I bind and command to leave me now all demons that used these sinful acts to attach themselves to me. I break all curse created by my activities. In particular I break all curses that could affect any of my descendants in the name of the Lord Jesus Christ. Amen.

Blood Bonds

Ye shall not offer unto the LORD that which is bruised, or crushed, or broken, or cut. [Lev 22:24]

Ye *are* the children of the LORD your God: ye shall not cut yourselves, [Deut 14:1]

In Old Testament times covenants were made by both parties making a cut so that blood was shed and then mixed together. This indicated that you had become one and are now bonded (covenanted) to each other. When a stranger causes any sort of cut on your body that draws blood in the extreme case they could be making all sorts of dedications over you and transferring ungodly influences you know nothing about.

Ye shall not round the corners of your heads, neither shalt thou mar the corners of thy beard. Ye shall not make any cuttings in your flesh for the dead, nor print any marks upon you: I *am* the LORD. [Lev 19:27-28]

Even bonds formed when two kids pricked their fingers in play and rubbed the blood together to become blood brothers should be broken. Body piercing including ear piercing and tattoos need to be repented of and the ungodly emotional bonding to the person who did it for you ought to be broken. Body ornaments that pierce the body need to be removed for the ties to be broken. Many feel free to carry on using earrings that pierce the ear but it would be wise to ask the Lord whether He would like you to wear such ornaments or not. Tribal incisions, acupuncture and acupressure need dealing with in the same way. It has been suggested due to the verse above that some

male hair styles especially if done out of rebellion or extreme vanity ought to be repented of.

If you have received a blood transfusion any bond with the donor should be broken and any influence of the donor broken off you.

Father God I confess, renounce and repent of deliberately cutting myself contrary to your will and creating a blood tie to those involved with this act. Please forgive me Father and cleanse me of all the consequences of this sin. I break the ungodly tie to those involved in this in the name of the Lord Jesus Christ. I bind and command to leave me now all demons that used these sinful acts to attach themselves to me. Amen.

Bible believers accept that the elements of the 'breaking of bread' ceremony are just symbols used to remember Jesus Christ's sacrifice for us. In the Catholic Mass the elements are claimed to become the physical body and blood of Christ. In the ritual this does not physically happen but in the spirit realm it is as though it did and the result is the participant has worshipped a false God. As the wafer does not become the flesh of Jesus you have received a false Christ. We need to repent of participating in an idolatrous false sacrifice and the eating of human flesh and break its effect off our lives.

Father God I confess, renounce and repent of participating in an idolatrous ritual by participating in the blood sacrifice to a false god. I confess, renounce and repent of drinking human (ritual) blood and eating (ritual) human flesh and entering an idolatrous covenant through this. Please forgive me Father and cleanse me of all the consequences of this sin. I renounce and revoke the covenant I entered into by doing this and I break its effect off my life and I break the ungodly ties to those I was involved with in doing this in the name of Jesus Christ. I command all religious spirits to leave me now in the name of Jesus Christ. Amen.

Other Bonds

An ungodly emotional bond to anyone you committed sin with may need to be broken.

Homoeopathy

This is in effect sorcery and the use of its remedies need to be repented of and the ungodly tie to Hahnemann the designer of the potions and the person who prescribed them for you needs breaking. Hahnemann got the remedies from evil spirits in séances. These remedies contain no active ingredients and they get their power from incantations said over them by occultists during their preparation.

Yoga

Yoga positions are positions of worship to demonic deities. Probably the most famous is the "Lotus" position. Many of these positions are used in aerobic and pre-natal classes. Using these positions can open the door for a Kundalini (coiled) spirit to attach itself to the base of your spine. Through continued use of Yoga exercises and practices the snake spirit uncoils up the spine seeking to eventually open the occultic third eye in the middle of the forehead enabling sight into the demonic realm to be opened up. The Yoga mantra and program used needs to be repented of and renounced and broken off along with breaking the emotional bonding with the Yoga teacher.

Therapeutic massage

Therapeutic massage or manipulation can have many beneficial effects but it may need the tie to the therapist breaking depending on what else the therapist was doing in the spirit realm when they laid hands on you.

Hypnotism

This opens many psychic doors for demons to enter through. Repentance is required and the tie with the hypnotist broken. The hypnotists program will need to be broken off the mind and body and all psychic doors closed in particular the third eye. Ask the Lord to cleanse you thoroughly of all the evil that entered.

Take time out to create a Bond Breaking List. Your Forgiveness List will be helpful here as there may be people on your Forgiveness List who need to be included. Add anyone or any organisation that you have been bonded to through ungodly activities as listed above. Initiation ceremonies into an organisation can create a negative spiritual bond to the organisation or its leaders that will need to be broken.

Thank You Father God for all the forgiveness in your heart towards me and I ask you to bring to my mind all those who I need to break any Ungodly Emotional Bonding to. Amen

NOW THOUGHTFULLY MAKE YOUR LIST

Father God I declare that I desire for all my relationships to be godly. I confess, renounce and repent of all ungodly activity that has bound me to others. I confirm my forgiveness to those who have treated me in an ungodly way or have involved me in ungodly activities. I break the Ungodly Emotional Bonding and the point of contact with all those on my Bond Breaking List (read out your list). I bind any spirits affecting me through these ties and tell them to leave me now in the name of Jesus Christ. If any of these people abused me I break their imprint off me in the name of Jesus Christ.

I confess, renounce and repent of and ask to be forgiven for sitting under the influence of an occult practitioner (therapist) and I break all ungodly ties to them in the name of Jesus Christ. I confess, renounce and repent of all sorcery, using a yoga mantra and getting into yoga positions of idol worship. In the name of Jesus Christ I break off my mind any program placed there by any kind of occult practitioner.

I confess, renounce and repent of seeking spiritual perception through occult means and I shut the occult third eye in the name of Jesus. I confess, renounce and repent of inviting by whatever means a Kundalini spirit into my body and I bind it and tell it to leave me now in the name of Jesus Christ. (It is likely that you will need help dealing with this one)

I declare that the blood of Jesus Christ sets me free from all this evil. Amen.

Control Bonds

There are legitimate situations where someone has the right to insist on their will over someone else's will, for example an employer or a parent of a young child. We will now deal with illegitimate control where someone is forcing their will on someone they have no right to.

If you are passive and do nothing to resist being manipulated you will become frustrated, confused and depressed. The only way to deal with the abuse is by confrontation. Jesus even demands it

Notwithstanding I have a few things against thee, because thou sufferest that woman Jezebel, [Rev 2:20]

A manipulative person is often referred to as having a Jezebelic spirit likewise the passive person under their influence is often referred to as having an Ahab spirit. Ahab was a king of Israel who was married to Queen Jezebel.

No one should willingly submit to being controlled or manipulated. We only do so because we feel we have no other option. You cannot be controlled by someone you do not have an emotional tie to because control works through obligation. We feel caught in a trap and unable to confront the controlling person about their manipulative behaviour. This deception leads to passivity and depression while longing to escape the controlling circumstances. A controller will be expert at bringing confusion through false accusations sometimes cunningly obtained through others.

If the pain caused by the control has become unbearable and you confront the controller out of this pain it will usually inflame the situation. However it is always wrong to be controlled just as much as it is wrong to control. To submit to and not confront control is in effect to worship the controller instead of the living God. The only way to deal with control is to confront it but to do this yourself you will have to have dealt with the pain it has caused you first by forgiving the controller and asking God to heal the wounds they have caused you.

When confronted privately if the controller does not repent then the situation is likely to escalate and may need exposing to counsellors or those in spiritual authority over you. If the controller is manipulating a group of people the controller will need to be confronted by representatives of the group with examples of the controlling behaviour well researched and ideally with documented evidence ready at hand. This evidence should eventually be destroyed.

A person only submits to control because they are intimidated by the thought of confrontation and they become passive. Ironically some people even cover this passivity over with anger but it will not be directed at the root of the problem but at its fruit, which are the unjust demands of the controller. The solution is to repent for all the false masks we wear and see them dead on the cross and for the real us to be cleansed, healed and set free.

The prayers suggested here assume that there has been ungodly parental control in the past too. Separate prayers for men and women are sometimes suggested which presume the man is passive and the woman controlling. These assumptions may not suit your situation so feel free to pray along the lines of any of the prayers as seems appropriate to you in your circumstances. To get free of being controlling is dealt with later.

Thank You Father God that you love me and have made available to me through the power of the death and resurrection of the Lord Jesus Christ the way for my inner man to be healed and made whole again. Thank You that You have opened my eyes and heart to believe in You and Your power to cleanse and heal me of all the darkness that influences me.

I forgive my parents for any ungodly aspect of how they brought me up and for any way in which they may have wounded me. I honour them for bringing me into the world and I thank You for them Father. I confess, renounce and repent of seeking to feel complete in other ways other than through a relationship with You Father.

(Men) I confess, renounce and repent of the worship I have given to those who have dominated me through passively obeying them so as not to provoke them. I confess, renounce and repent of worshipping at the throne of Jezebel and ask to be forgiven. I break all the evil consequences of this off my life in the name of Jesus Christ.

(Women) I confess, renounce and repent of all forms of control that I have used to influence others.

I confess, renounce and repent for all the masks and false personalities I have put on. I confess, renounce and repent of allowing myself to be imprinted with the character of those who have controlled me. I confess, renounce and repent of all the ungodly behaviour and attitudes these masks have caused me to walk in. I believe all these sins and masks have been crucified in Jesus Christ and I ask for this to be made effective in me more each day as You heal me. Please remove from me now all the masks I have worn and heal all the underlying wounds. I break all mental confusion off myself in the name of Jesus Christ.

Where my emotional development has been retarded and my character reverts to a little boy or girl I see this disfigurement in my character as part of my old nature that died in Christ on the cross and I break this immaturity off myself in the name of Jesus. Please Lord enable me to be the person You created me to be.

I break in the name of Jesus Christ all ungodly emotional bonding that links me to either of my parents, grand parents or carers in the name of Jesus. I break their imprint off me and any overshadowing from them off my life in the name of Jesus Christ. I tell any spirits that came from any of my dead relatives that you are not wanted here and I command you (it may be helpful to name the relative) to leave me now in the name of Jesus Christ. I break the ungodly emotional bonding with anyone else who has controlled me (partner, family, friend or colleague)

I confess, renounce and repent of all (men) 'hatred of women' (women) 'despising of men' and break it off my life now and tell all hatred to leave me now in the name of Jesus.

(Fathers) I confess, renounce and repent of submitting to control and becoming passive and that I have not loved and nurtured my children as I should have done. Please heal my children of the wounds this has caused them.

(Mothers) I confess, renounce and repent of taking control of the relationships in the home and that I have not loved and nurtured my children as I should have done. Please heal my children of the wounds this has caused them.

Father please forgive me for all these wrong attitudes and behaviours. I pray for my heart to be cleansed and healed of all the effects of being controlled. I see all the frustration, confusion and depression caused dead on the cross and I break them off my life in the name of the Lord Jesus Christ. Amen.

Materialism

We can become bonded to our possessions or even to activities that we rely on to comfort our inner pains. We can in a very powerful way be addicted to these things just as powerfully as a smoker is to their cigarettes and it can take considerable resolve to break free.

Father God thank You that You are all I need. Where I have developed an ungodly attachment to my belongings I want to confess, renounce and repent of this. I break these ties in the name of the Lord Jesus Christ. Amen.

Vain Imaginations

Being creative and using your imagination can be extremely rewarding and fun but it is possible for every good thing to be put to bad purposes. In Romans 1:21 it talks about vain imaginations and we need to leave these behind. If we start to use our imagination to create dream or fantasy worlds to escape our ungodly emotional pain then those fantasies can start to get established and start taking over your mind. Before long mental health problems can start to develop.

There is a scripture that makes it clear what activity we ought to allow in our minds

Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, (moral goodness) and if *there be* any praise, think on these things. [Phil 4:8]

Many of the things we do especially for entertainment go against this exhortation.

For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds; Casting down (vain) imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ. [2 Cor 10:4-5]

This scripture shows us that we need to pull down vain imaginations and knowledge that does not come from God. So we need to pull down unprofitable thoughts and lies and make sure our thoughts are the thoughts Jesus would be thinking in a given situation.

Let this mind be in you, which was also in Christ Jesus: [Phil 2:5]

Although not strongly in the original Greek I like to include arguments and complaining in the list of vain imaginations I have to pull down. Most of us find ourselves in situations where we suddenly have an argument or a complaint going over in our heads. We never chose to start it we suddenly find it there. Whatever the subject matter as soon as we realise we have an argument going on in our heads or we are mulling over a complaint we need to stop it.

Father God thank You that You are Truth. Where I have allowed my mind to dwell on unprofitable things I want to confess, renounce and repent of this. I ask You Father to forgive me for allowing these things to dominate my thinking. Where these thought patterns have established themselves in me I pray that You will wash and restructure my mind so I am able to put on the mind of Christ.

I now see these old thought patterns of vain imagination, arguments and complaints as part of my old nature that died in Christ on the cross and I break them off myself in the name of Jesus. I command all evil spirits of vain imagination, fantasy, contention, complaining and all their minions associated with these wrong mind-sets to leave me now in the name of Jesus Christ. Amen.

Self Cursing

In this world major contracts are written, signed and become effective when exchanged. In the spirit realm contracts are made verbally, for example in a prayer of salvation. You can also make ungodly contracts with yourself that can bring curse upon you and they will need to be broken.

When out of bitterness and rebellion we promise to ourselves that we are going to behave in an ungodly way especially towards those in authority over us, we can open ourselves to being influenced by evil. It is also extremely unwise to make such declarations in jest. Self-curses are also known as ungodly inner vows. Some examples:

I am never going to forgive them as long as I live.
I will always hate them
I am going to get even with them if it's the last thing I ever do.
Over my dead body.
I am never going to do what they tell me.
I am my own master I will only do what I want to do.
I am never going to do anything to please anybody else ever again.
I am going to live for myself and nobody else.
I'm never going to give myself to anyone ever again.
I don't care what the truth is I'm never going to admit blame ever again.
Nobody is ever going to love me.
I give up, I cannot be bothered and I am not going to try any more.
I can't do this. I am a failure. I am hopeless
Just wait till I am old enough and big enough to get you back
I hate myself and I wish I were dead. (Also see Self Hatred and Suicide)

When a vow like this includes a judgement that you have made about someone it is sometimes called a Bitter Root Judgement. For example:

I am never going to be a drunkard like my father
I am never going to be as domineering as my mother
I am never going to treat my children like I have been treated
All men/women are xxxx's I will never trust one again as long as I live

Such curses can also be spoken over you by others especially when made by someone who has authority over you. For example

Carry on like that and you'll be an idiot for the rest of your life.

It is easy without taking time for some serious thought to quickly assume nothing of this nature is affecting you. It is recommended that following the first prayer below that you take a few minutes to quietly review your life to see if you can remember any such curses that you have made or that have been made over you. If this should bring to light anyone who you need to forgive that you have not forgiven before it is suggested you pray the previously given 'Forgiving Others' prayers concerning them. It would also be good to repent of speaking any curses like this over others.

Father God thank You that through Jesus Christ You overcame every type of evil on the cross and I ask You to bring to my remembrance now any curses spoken by me or over me. Amen.

NOW THOUGHTFULLY MAKE YOUR LIST

Father God I forgive all those who have ever spoken a curse over me especially anyone who has been in authority over me. (Mention anyone by name that you have remembered) I break all ungodly emotional bonding between us and I break free of the power of those words in the name of the Lord Jesus Christ. Amen.

Father God I confess, renounce and repent of all the bitter, rebellious and judgemental attitudes that I have had towards others. I confess, renounce and repent of any word curses that I have said over anyone and I break the power of those words in the name of Jesus. (Mention anyone or any curse that you have remembered) I ask you to forgive me for all these sins and wash me clean of their effects in the name of Jesus. I break all ungodly emotional bonding between us in the name of Jesus.

Father God I confess, renounce, repent of and break every curse I have spoken out over myself and every ungodly covenant I have made with myself. (Confess renounce, repent of and break each curse on your list) I break the power of those words over my life in the name of the Lord Jesus Christ. I ask for my tongue to be cleansed of all the evil it has indulged in.

If I should say something negative over myself and circumstances please enable me to take the time to pray about it immediately. If circumstances make this difficult I ask you to accept the two word proclamation of "CROP FAILURE" as a prayer of confession, renunciation, repentance and of breaking the power of the words said. Amen.

Boasting

This is a very powerful form of word curse.

whatsoever ye do, do all to the glory of God. [1 Cor 10:31]

He that glorieth (boasts), let him glory (boast) in the Lord. [1 Cor 1:31]

We should live our lives to bring glory to God. When we back off from giving God the glory over something and just talk as though natural forces were at work we can open ourselves to attack of the evil one.

Father God I confess, renounce and repent of responding to the fear of man and not always giving You the glory. I confess, renounce and repent of using the words 'lucky' and 'fortunate' when I really should have used the word 'blessed'. Please forgive me. I break any curse received through this and command all associated demons to leave me now in the name of the Lord Jesus Christ. Amen

Jealousy

It is possible to be jealousy over so much, other people's possessions, relationships, jobs, etc. Jealousy of power and control can be particularly destructive. As with most of these types of attitudes it can be buried within our character without us having seen it is at work so a prayer to see any denial broken is included.

Father God please open my eyes to see any jealousy at work in me...

I confess, renounce and repent of all forms of jealousy and any resentment of those who have what I am envious of. I ask You Farther to forgive me for all these sins and wash my heart clean of all these things. I now see all these ungodly feelings as part of my old nature that died in Christ on the cross and I break free of them in the name of Jesus. Father God please heal any wounds that caused jealousy to grow. I ask all these things in the name of Jesus Christ. Amen

Self Hatred

We can come to a place of hating our circumstances and ourselves so much we long to die. This may surface as self-harm, eating disorders or attempting suicide.

When we have a deep self-hatred buried within when we look at those around us we do so while looking through this self-hatred. Through a mental process often called projection or transference we can bury or deny this self-hatred within us while projecting it onto others so that we feel they hate us. One way of understanding how this works is to compare our self-hatred to the wearing of a pair of spectacles that have self-hatred lenses. We can become so used to wearing them we think we are not looking through lenses at all and that we are seeing things as they really are. This means when we look at others who are acting normally we see hatred in them, which is actually in us.

Another twist is that our self-hatred can develop into hating others and this can include God. We need to see through this and see that God not only likes us He actually loves us incredibly deeply.

But without faith *it is impossible to please him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

[Heb 11:6]

Although we may accept mentally that through Jesus Christ we are acceptable to God we can feel so bad about ourselves that our emotions cause us to hold back from trusting God wholeheartedly. Feelings such as embarrassment, shame, unworthiness and inferiority can dominate us so that we are inhibited about coming to God.

If someone has never experienced or seen at close hand a father interacting really lovingly with his children they can find it hard to grasp how loving Father God is and that he will forgive without punishing them. Jesus died and paid the price that we should have paid for our sins so that we can be forgiven and be received by God without the punishment we deserve.

It has been said that God has no favourites and that we are all simply sinners needing a Saviour. I like to develop this and say that God is so big He loves us all so much that we are all His favourites and by trusting in the sacrifice Jesus made for us anybody is made acceptable to Him. Even the most outwardly respectable and stable person is a sinner underneath who needs to repent. You may be ashamed with yourself about certain things you have done but if you repent of these things God will lovingly accept you.

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. [John 3:16]

For whosoever shall call upon the name of the Lord shall be saved. [Rom 10:13]

... wherein he hath made us accepted in the beloved. [Eph 1:6]

Loving parents know the joy of when a young child who has become distant by deliberately behaving badly comes and apologises and there is closeness again. The parent does not rejoice in the humility of the repentant child but that they are close to them again.

You will not be the worst sinner God has been delighted to forgive. We may be extremely embarrassed by our sin and be fearful of it being exposed but not to confess it to Him so that it can be forgiven and that you can feel the love of God for yourself is just ... daft.

Here is a prayer to break our self-hatred so that we can approach God wholeheartedly. As with all the prayers presented here it would be good to repeat it perhaps even daily for a period of time until you feel you have 'broken through' in this area. Read the prayer through and understand it first then pray it out loud.

Thank You Father God for Your wonderful love for me. I am sorry that I have held back from You due to feeling that I am too horrible to be really wanted by You.

I confess, renounce and repent of all feelings of rejection, self-rejection, fear of rejection, insecurity, inferiority and self-hatred. I confess, renounce and repent of all my wrong reactions to being hurt in the past. I ask You Father to forgive me for allowing such feelings to dominate me.

I now see these feelings as part of my old nature that died in Christ on the cross and I break free of them in the name of Jesus. Father God please heal all the wounds that caused this self-hatred to grow.

I command all evil spirits of rejection, self-rejection, fear of rejection, insecurity, inferiority and self-hatred to leave me now in the name of Jesus Christ. Thank You Father that I am acceptable to You through Jesus Christ. Amen.

Shame

Shame is often the reaction of someone who has been abused and then told not to tell anyone because it was really their fault and no one will believe them anyway. This causes a mixture of false and real feelings of guilt and condemnation to wash over the top of the shame felt. Anger resentment and outrage from being used grows into bitterness. Rebellion can grow out of this that refuses to be given the blame for anything, including things we are completely responsible for.

We must never cause someone to cross their personal boundaries because it brings shame. Guilt says I feel bad. Shame says I am bad. Shame stops a person being honest. When someone is forced to do something against their conscience the character of the abuser is formed in the abused. If abused by parents then any guilt, shame, fear, stress, suicide can be handed down by them to their children.

The shame felt by an abused person causes the person to become broken hearted. Anyone who has been abused will have a distorted image of God who will be seen as very hard. It may be necessary to even renounce this as it is in effect worshipping a false god. An abused person needs great help to come to faith in Christ because as they no longer feel able to trust parents or close friends, how can they trust God. An abused person takes on the character of the abuser.

An abused woman when touched by her husband may not remember previous abuse but can still feel the emotions of that time. Shame and guilt can become idols in our heart. Shame concerning a parent can be broken by saying we love them.

Thank You Father God that You are not ashamed to call me Yours. I am sorry that feelings of shame have stopped me realising how much You love me.

I forgive all those who have ever caused me to feel ashamed of myself without a godly reason (it would be good to name them). I confess, renounce and repent of all wrong attitudes (such as bitterness, resentment, hatred and anger) towards these people who have humiliated me. I surrender all desire for retribution and their punishment to You Father.

I break all ungodly emotional bonding with those that have abused me in this way and any overshadowing of my spirit by theirs. I break off myself the character of my abusers in the name of Jesus Christ.

I confess, renounce and repent of all attitudes and behaviour that come from death, hell and murder. I release myself and break myself free from all these things in the name of Jesus Christ.

I confess, renounce and repent of all fear, pain, humiliation, guilt and shame. I release myself and break myself free from all these things in the name of Jesus Christ.

I renounce the spirit of being a vagabond and the spirit of isolation. I release myself and break myself free from all these things in the name of Jesus Christ.

I ask You Father to come and comfort all the trauma caused by being abused and I rejoice that my name is written in the Lamb's Book of Life.

This process should be repeated until there is no pain when visiting these past issues.

Grief

Although prayed about before grief is addressed again here from a slightly different viewpoint due to the surrounding prayers. Tragedies and things that have been ripped out of our lives in an untimely fashion such as the loss of a loved one especially when we were very young if unresolved can leave a splinter like wound within that can be agitated by subsequent grief.

Thank You Father God that despite those things that legitimately cause us sorrow You want me to be filled with Your joy in my everyday life.

I confess, renounce and repent of all the ungodly grief in my life and all the ungodly ways I have reacted to it that has meant it has left wounds and snares within me.

I ask You Father for forgiveness and cleansing from all these things. I ask You to heal all the wounds and pain in my heart.

I renounce and break all grief and sorrow off my life. I command all evil spirits of grief and sorrow and their minions to leave me now in the name of Jesus. Amen.

It may be necessary to break the ungodly emotional bonding to anyone associated with this grief.

Suicide

Many at some time of other have wished they were dead the following prayer is for you.

Father God thank You that You want me to live my life to the full. I confess, renounce and repent of wishing I were dead (and where relevant) declaring this death wish, planning and attempting suicide.

I ask You to forgive me and cleanse my heart of all these sins. I ask You to heal all the wounds and pain in my heart.

I renounce and break all death and hell off my life. I command all evil spirits of death and those associated with death and hell to leave me now in the name of Jesus. Amen.

Abortion

Life begins at conception. Aborting a child is murder whatever the duration of the pregnancy at the time. Thank God that this awesome sin is not unforgivable. The guilt that this usually causes in the mother can also be removed due to the mercy of God shown to us in the sacrifice Jesus made for us.

The contraceptive coil and some contraceptive pills use an abortive process. The 'morning after pill' is definitely an abortive process and for full spiritual cleansing they all need to be repented of. The death of a child in the womb can open the way for a spirit of death to become attached to the womb, which can then abort future pregnancies that will medically be called miscarriages.

Father God thank You for the greatness of the sacrifice Jesus made that enables me to even be forgiven for the murder of a defenceless unborn baby. I confess, renounce and repent of taking the life of my unborn child/children. I confess, renounce and repent of the self-idolatry of this act. I ask You to forgive me for this sin and cleanse my heart of all the results of this. In the name of Jesus Christ I command all spirits of abortion, death and hell to leave my womb. Amen

Lust

If we are completely unable to resist doing things that we really want to stop doing, then we may be bound by a spirit of lust. Lust is an over desire that causes us to lose self control. The basic desire may not be wrong in the right setting, but to over desire it is. We must learn how to be content with what we have.

"Let your conduct be without covetousness and be content with such things as you have. For He Himself has said 'I will never leave you nor forsake you.' " [Heb 13:5]

"But godliness with contentment is great gain." [1 Tim 6:6]

Therefore we should guard our minds against thoughts of discontent. We may be hoping for something good to happen in the future but we should not let inappropriate fantasies hijack our dreams and open our minds to over desire and lust. If we have been overcome by over desire then in addition to repentance the spirit of lust may need to be told to leave us too.

Lust is a form of addiction. If there are things to which we are physically or emotionally dependent, the spirit of the addiction will need to be cast out so we can be free. But there is inevitably a hurt that the thing addicted to was used to try and comfort, for complete freedom the root problem needs solving too.

The following prayer is written for sexual lust but can easily be adapted for other forms of lust.

Father God thank You that You wish to give to me self control. I confess, renounce and repent of all ungodly sexual desire, masturbation, allowing my eyes to lust and allowing my heart to fantasize in ungodly ways (not to be confused with temptation). I ask You to forgive me and cleanse me of these things. In the name of Jesus Christ I command all spirits of lust, masturbation and all their minions to leave me now. Amen.

Strongmen

Having been wounded in our past we responded sinfully leading to strongholds and snares being placed within us. To break free we repent of our selfishness and sin, ask the Lord to heal our wounds and cast out any associated spirits. Often a problem that affects all three of these areas will be called by the same name. So using rejection as an example we need to repent of rejecting others and falsely feeling rejected; ask the Lord to heal all the wounds of rejection that we received and cast out the strongman of rejection and any of his minions he brought in with him. This same principle can be applied to many other problem areas especially rebellion and control.

One way of understanding Satan's strategy to keep us wounded is to consider the three key strongmen that dominate the strongholds of rejection, rebellion and control. Depending how they have been allowed into a life depends on the problems they cause. As a basis for getting free of the most serious problems all these three strongmen need to be dealt with. If a person has been involved in the occult there are several other strongmen that may need to be dealt with too.

The actual name of the strongman who oversees rejection is called Death or more fully Death and Hell (Hades actually). The strongman who oversees rebellion is called Antichrist and the strongman who oversees control is called Jezebel. So they do not work against each other in a person's life they have arrangements or covenants to work along certain lines. These influences are also dealt with in the following prayers.

Even if you should feel a particular issue does not affect you there is absolutely no harm in presenting yourself to God and asking for anything under one of these strongmen to be removed out of your life. At worst you have wasted a few minutes of your time at best you have been mightily set free into the fullness of the life of Jesus Christ.

Rejection

Jesus was rejected so that we can be accepted and healed.

He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were *our* faces from him; he was despised, and we esteemed him not. Surely he hath borne our grief's, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he *was* wounded for our transgressions, *he was* bruised for our iniquities: the chastisement of our peace *was* upon him; and with his stripes we are healed. [Isa 53:3-5]

We need to appreciate that as we are acceptable to God then who is anybody else to reject us, and that includes ourselves. To reject someone for no good reason is very unloving and it is not the heart of God to reject you. If anyone should reject you they have the problem not you. If we are acceptable to God we should start to encourage ourselves and see ourselves as acceptable providing that we are seeking to love God with all our heart. We need to ask God to forgive us for believing a lie and for not seeing ourselves as we should and ask him to wash us clean of the wrong way of thinking and to teach us how to think correctly about ourselves.

Rejection will have several minions underneath him depending on a persons individual circumstances. In the following prayers many of these minions are listed. It is recommended you just work through the list. If they do not apply to you there is no harm done but if they do there will be release. Remember that whenever the word 'confess' is used in these prayers you ought to take time to actually admit and ask forgiveness for any way the issue being prayed about is demonstrated in your life.

Rejection in General

Thank You Father God that I am acceptable to You through Jesus Christ. I confess, renounce and repent of allowing myself to live with a rejection mindset, please forgive me for doing this.

I forgive anyone who has ever wounded me by rejecting me (mention anyone by name that you remember at this time). I confess, renounce, repent of and ask forgiveness for being unforgiving and bitter towards them. I break the ungodly emotional bonding between them and myself. Father I ask you to heal all the wounds in my heart and I break off any remaining pain off myself all in the name of Jesus Christ.

Father I confess, renounce and repent of all attitudes and behaviour that are rooted in all forms of rejection and death. I turn away from these things and fall out of agreement with them. I bind and separate all the demonic influences within me so that they are unable to link together and support one another in the name of Jesus Christ. In the name of Jesus Christ I take authority over and I bind and break within me the power of rejection and all its minions.

I confess, renounce and repent of rejecting others, being frightened of being rejected and rejecting myself. I command all spirits of rejection, fear of rejection, self-rejection and all their minions to leave me now in the name of Jesus Christ.

Dealing With The Minions

I break the power of Death and of the Destroyer over my life. I break miscarriages, sickness, accidents, emotional problems, financial problems, marital problems off my life and off my family in the name of the Lord Jesus Christ.

I confess, renounce and repent of all my insecurity and inferiority. I command all spirits of insecurity, inferiority and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all forms of lust, fantasy lust, seduction, perverseness and harlotry. I command all spirits of lust, fantasy lust, seduction, perverseness, harlotry and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all self-accusation and compulsive confession. I command all spirits of self-accusation, compulsive confession and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all jealousy, envy, taking offence and confrontation demanding honesty at a level I am unable to provide

myself. I command all spirits of all jealousy, envy, taking offence, confrontation, demandingness and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all fear of judgement, self-pity, false compassion, and false responsibility. I command all spirits of fear of judgement, self-pity, false compassion, false responsibility and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all depression, despondency, despair, discouragement hopelessness and misery. I command all spirits of depression, despondency, despair, discouragement, hopelessness, misery and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all false guilt, condemnation, unworthiness, shame and feeling used. I command all spirits of false guilt, condemnation, unworthiness, shame, feeling used and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all perfectionism, intolerance, frustration, impatience and unfairness. I command all spirits of perfectionism, intolerance, frustration, impatience, unfairness and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all withdrawal, pouting, unreality, fantasy, daydreaming, ungodly imagination and self-awareness. I command all spirits of withdrawal, pouting, unreality, fantasy, daydreaming, ungodly imagination, self-awareness and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all timidity, shyness, loneliness, excessive sensitivity, talkativeness and nervousness. I command all spirits of timidity, shyness, loneliness, excessive sensitivity, talkativeness, nervousness and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all depression, tension, stress, fear, paranoia and being miserable. I command all spirits of depression, tension, stress, fear, paranoia, misery and their minions to leave me now in the name of Jesus Christ.

I ask You Farther to forgive me for all these sins and wash my heart clean of all these things. I now see all these ungodly feelings rooted in rejection as part of my old nature that died in Christ on the cross and I break free of them in the name of Jesus. Father God please heal all the wounds that caused this rejection to grow. I break them all off my life in the name of Jesus Christ. Amen.

Bitterness

To be freed from a rebellious spirit we need to deal with the unforgiveness and bitterness that fuels it.

Father I come to You to confess, renounce and repent for all the attitudes and behaviour that stem from bitterness. I turn away from these things and fall out of agreement with them. I bind and separate all the demonic influences within me so that they are unable to link together and support one another in the name of Jesus Christ.

I ... confess, renounce and repent of all my unforgiveness, resentment, hatred, anger, temper, rage, retaliation, spite, malice, violence and murder. I command all spirits of unforgiveness, resentment, hatred, anger, temper, rage, retaliation, spite, malice, violence, murder and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all ungodly memory recall, strife, contention, criticism and competitiveness. I command all spirits of ungodly memory recall, strife, contention, criticism, competitiveness and all their minions to leave me now in the name of Jesus Christ.

Father God I ask You to forgive me for all these sins and wash me clean of all these things and heal my heart of all its wounds. I see all these attitude as part of my old nature that died in Christ on the cross and I break them off my nature in the name of Jesus. Amen.

Rebellion

Rebellion in General

Father I confess, renounce and repent of all attitudes and behaviour that are rooted in rebellion and antichrist. I turn away from these things and fall out of agreement with them. I ask You Father God to forgive me for holding all the attitudes renounced below and letting them affect my behaviour. I bind and separate all the demonic influences within me so that they are unable to link together and support one another in the name of Jesus Christ.

I break the power of Antichrist off my life. I break being abusive, cruel and violent. I break the power to provoke to anger and be provoked to anger. I break false accusations and betrayal made by me and made against me. I break any tendency to make false confessions of repentance off my life and off my family in the name of the Lord Jesus Christ.

I confess, renounce and repent of being, rebellious, disobedient, unsubmitive, argumentative, judgemental and contentious. I command all spirits of rebellion, disobedience, unsubmitiveness, argumentativeness, judgement, contention and all their minions to leave me now in the name of Jesus Christ.

Dealing With The Minions

I confess, renounce and repent of being stubborn, proud, unteachable, independent, self willed and selfish. I command all spirits of stubbornness, pride, unteachableness, independence, self-willed, selfishness and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of being, self-deceived, self-deluded and self seduced. I command all spirits of self-deception, self-delusion, self-seduction and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of being distrusting, suspicious, withdrawn and having a persecution complex. I command all spirits of distrust, suspicion, withdrawal, paranoia and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of being divisive, argumentative, contentious, judgemental, aggressive and confrontational. I command all spirits of division, argumentativeness and contention judgement, aggression, confrontation and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of rebelling against Your Word by not seeking out Your will in my life by not studying and following the teachings of the Holy Bible. I confess, renounce and repent of being fearful and that I have persecuted others and made false accusations against them because I have seen them through my problems and have projected my faults onto them. I command all the spirits behind these attitudes to leave me now in the name of Jesus Christ.

I ask You Farther to forgive me for all these sins and wash my heart clean of all these things. I now see all these ungodly feelings rooted in rebellion as part of my old nature that died in Christ on the cross and I break free of them in the name of Jesus. Father God please heal all the wounds that caused this rebellion to grow. I break and speak them all off my life in the name of Jesus Christ. Amen

Control

Jezebel has many offspring and minions working in the hearts of man. They are skilled in the art of covert operations, fulfilling their assignments without detection.

They are often sown into the human heart at a time when pain could not be shown. The only alternatives at the time seemed to be either to appear pathetic and let everyone down or to grin and bear it. Because the pain was not worked out it got buried. Where it was buried the person's feelings died too. An insidious mix of pride and denial numb the person's feelings and conscience.

When Jezebel is fully grown a person is often completely unaware of the true condition of their heart. All the problems they encounter are somebody else's fault. They cannot stand being contradicted and despise those who even attempt to. Totally convinced in the rightness of their every opinion there is hardly any point trying to discuss anything

with them. In fact they cannot discuss they can only proclaim their opinion, which is rarely up for being shaped even by the most compelling facts. If you do not agree with this person you will be coldly rejected or attacked with a volley of verbal abuse. If you try to pacify the rejection and control you become dominated.

It is possible, if someone will reason with you, to show a person their problems but with Jezebel even reason rarely works. They are locked away in their ivory tower beyond reproach. The grace of God is needed to open such a persons eyes. Following repentance and deliverance the freedom to love and be loved will return.

Sons who have to get their mothers approval before doing anything major after they are over twenty years old need to break free. Husbands who have given up (become passive) due to the explosion of hostility they get if they try to establish an equal relationship need to break free. It is hardly an insult really to be passive like this even King Ahab; Jezebels husband who was a powerful military leader when he got near his wife became putty in her hands. It is our most intimate relationship that tells us the most about the real inner person.

In church life controlling types when praying will outrageously command God to do things. This is incredibly arrogant and well out of order. They will also use prayer as an opportunity to preach apparently telling God what the truth is. A controller will often use rejection as a way of getting your submission.

They zealously affect (desire) you, *but* not well; yea, they would exclude you, that ye might affect (desire) them. [Gal 4:17]

Control in General

Father I confess, renounce and repent of all attitudes and behaviour that are rooted in control and Jezebel. I turn away from these things and fall out of agreement with them. I bind and separate all the demonic influences within me so that they are unable to link together and support one another in the name of Jesus Christ.

I confess the control of my forebears and I break all ungodly generational and emotional bonding to control off myself in the name of Jesus Christ.

I break the power of Jezebel off my life. I break vain/false religion and spiritual mixture. I break all grief and loneliness. I break all ungodly feelings of vulnerability and self protection off my life and off my family in the name of the Lord Jesus Christ.

I confess, renounce and repent of all witchcraft, domination, manipulation, control and possessiveness. I command all spirits of witchcraft, domination, manipulation, control, possessiveness and all their minions to leave me now in the name of Jesus Christ.

Dealing With The Minions

I confess, renounce and repent of all pride, haughtiness, superiority, contempt, hypocrisy, false accusation, mockery and indignance. I command all spirits of pride, haughtiness, superiority, contempt,

hypocrisy, false accusation, mockery and indignance and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all confusion lying, deception, self-deception, seduction, uncleanness, harlotry and divorce. I command all spirits of confusion lying, deception, self-deception, seduction, uncleanness, harlotry and divorce and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all independence, withdrawal, passivity, apathy, indifference and compromise. I command all spirits of independence, withdrawal, passivity, apathy, indifference and compromise and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of all panic, stress, strife, argumentativeness, contention, theatrics, pouting and being contrary. I command all spirits of panic, stress, strife, argumentativeness, contention, theatrics, pouting and contrariness and all their minions to leave me now in the name of Jesus Christ.

I confess, renounce and repent of the pleasure from being jezebelic and worshipping at the throne of jezebel. I confess, renounce and repent of all the self-idolatry and demanding that others worship me, using them for my own purposes and their submission to comfort myself. I command all spirits of jezebel and self-idolatry and their minions to leave me now in the name of Jesus Christ.

I ask You Farther to forgive me for all these sins and wash my heart clean of all these things. I now see all these ungodly feelings rooted in control as part of my old nature that died in Christ on the cross and I break free of them in the name of Jesus. Father God please heal all the wounds that caused this control to grow. I break and speak them all off my life in the name of Jesus Christ. Amen

Depression

Forgiving those who offended us is a vital step in coming out of depression. Serious long-term depression is often associated with buried anger or frozen rage. Working through all the prayer strategies given above should bring significant release if not carry on the prayer strategy for schizophrenia. If that does not help get help from an understanding counsellor.

Manic Behaviour

In its fully developed form manic behaviour is displayed through mental and physical hyperactivity, disorganised behaviour and mood elevation. Sadly many of us play on the lower slopes of this mountain. Typically we put on a warm radiant smile but deep inside we are screaming for something to change and the pain to go. To break out of this use the same prayer strategy as given for schizophrenia.

Self Harm

Including eating disorders use the same prayer strategy as given for schizophrenia to break free.

Schizophrenia

The overall strategy to overcome this stronghold is to break apart the two main elements of rejection and rebellion. Rebellion has a major element of bitterness and also control they all need separating and overcoming. The fears beneath the paranoia will also need addressing. Each of the separated elements and their minions need to be dealt with. An example prayer strategy is given below that will probably need to be repeated several times to remove and all the layers and elements of the schizophrenic stronghold. This prayer strategy does not stand alone many of the previous prayers given will be found to be essential for full release.

It may be too demanding at first to complete the whole strategy in one go. The strategy below is just a general guide that you will probably need to deviate from. Each time it is repeated further breakthrough will be made. Various elements covered in the prayer strategy may not become issues until the strategy has been gone through several times. The real person has been so suppressed by the stronghold it takes time for the sufferer to become whole, mature and strong. The prayer strategy for schizophrenia does not stand alone all the previous prayers in this book are significant especially those about playing the victim and breaking off deception.

If you become disturbed when praying about a particular character fault in one of the lists repent of any specific incidences of it that come to mind then keep renouncing it and breaking it off your life until breakthrough comes. If disturbed uncontrollably then bind it from manifesting and seek help. In the following example prayers occasionally after "I" or "me" there are three dots to give the opportunity to say your name, which can be meaningful when breaking free from false personalities. Some of the items may have an inherited component that will need to be broken and possibly inherited spirits and ungodly emotional bonding may need to be dealt with too.

False Personalities and Masks

I ... confess, renounce and repent of all the ungodly false personalities and masks that I have put on. I ask You to forgive me for putting on these wrong mindsets. I turn away from them and fall out of agreement with them. I declare that they died when Jesus was crucified and I ask You Father to help me to see them dead on the cross of Jesus. I declare that Jesus has set me free from these old nature patterns and that I will walk in the newness of life in Jesus Christ. In the name of Jesus Christ I break and speak off my life all the pain, trauma and stress they have caused me. In the name of Jesus I claim that my spirit arise and be strong in the Lord enabling me to take charge over my life again. Amen.

Schizophrenia in General

I have come to loathe the operation of ungodly schizophrenic false personalities. I ... turn away from them and fall out of agreement with them. I desire to leave these ungodly ways behind and I confess, renounce and repent of all these sinful attitudes and behaviour patterns. Father God please forgive me for all these sinful ways. I confess, renounce, repent of and break them off my life in the name of

Jesus Christ. I declare that I do not want these strongmen and strongholds to have any influence in my life any more and that through Your grace and mercy the ungodly way in which I think and feel will be changed.

Breaking Up Strongholds

I ... confess, renounce and repent of all the attitudes and behaviour rooted in schizophrenia, rejection, rebellion, bitterness, control and paranoia. I turn away from these things and fall out of agreement with them in the name of Jesus Christ. In the name of Jesus I bind and break within me the power of schizophrenia, rejection, rebellion, bitterness, control and paranoia and all their minions. I declare that you are not welcome here any more and I give you notice that you are to stop influencing me now and to leave me in the name of Jesus Christ. I break all ungodly generational ties to these things in the name of Jesus. I break and speak of my life all these things in the name of Jesus. I bind and separate all the demonic influences within me so that you are unable to link together and support one another in the name of Jesus Christ.

Strongmen

I pull apart all the interweaving of rejection and rebellion and break them off my life in the name of Jesus Christ. In the name of Jesus I break all my ties with and the ties between the strongmen of schizophrenia, rejection, rebellion, bitterness control and paranoia and I break all their influence off my life now and command them and all their associated evil spirits to leave me now in the name of Jesus Christ.

Repeat the prayers under Rejection, Bitterness, Rebellion and Control.

Wholeness

Father I ask for all the wounds of my inner man to be healed and for my heart to grow quickly into maturity and wholeness. I ask for my godly personality that You created me to be to be established in my life. You have saved me from these things so that I can walk in Your ways so I will turn to You through Bible study, prayer, fasting, praise and fellowship so I can achieve Your will in my life.

Healing

Many of the ungodly attitudes of the heart dealt with above bind us to physical health problems. Many illnesses just fade away after the spiritual root problems are dealt with. To fully deal with physical healing is way beyond the scope of this book but having got this far a simple prayer commanding any illnesses in your body to be healed may be all that is needed to be set free.

by whose stripes you were healed. [1 Pet 2:24]

Bless the Lord O my soul and forget not all His benefits. Who forgives all your iniquities. Who heals all your diseases. [Psa 103:2-4]

Thank You Lord that by Your stripes I am healed. I believe You destroyed all evil on the cross including this illness in my body. I tell it to go now, go in the name of Jesus. I declare by faith that the symptoms are now a lie, like everything else the devil says, because all my illness WAS destroyed when Jesus died and rose again. Now the root of the illness has been dealt with I look to see my body recover and become healthy again. I command my body to become healthy in Jesus' name, for every cell and every part to be made whole and for every system to function correctly. Praise God my miracle is in motion. I receive my healing in the name of Jesus Christ. Amen!