

## Prayer for Deliverance and Healing

*Set aside 30 minutes to speak these words to Your heavenly Father. Speak them slowly and contemplatively, making them Your own. Pause as necessary and listen for the Holy Spirit who directs and empowers our prayers.*

Dear Heavenly Father, my Redeemer, my Healer, my Maker. I worship You and ascribe to You all glory due Your name. For You alone are worthy to receive glory and honor and power. I present myself to You because I am needy of receiving Your deliverance, Your healing and Your sanctification. I acknowledge to You, loving Father that I am struggling with all manner of issues (*name the specific issues – behavioral, attitudinal, emotional, and physical*). These things are keeping me in bondage, a prisoner to the enemy of my soul instead of a free bondservant to my Savior, Jesus Christ. (*Stop and consider this: Jesus sets us free for one reason and one reason only, to serve Him. Is this what You want? Is this what You are willing to do? If You answer yes then continue with Your prayer. If You answered “no” speak with Your pastor or counselor about it.*)

Lord, I humble myself before You (*kneel or lie prostrate unless You physically cannot, then simply bow Your head*), acknowledging that apart from You I can do nothing, but with You nothing is impossible because You uphold all things by the power of Your word. You alone are the Sovereign King of the universe and I bow before You and worship You. To You alone I owe all my allegiances and affections. I trust in Your word that tells me that Jesus came to set me free.

I confess that enemy strongholds have been erected in my heart and mind because I have believed the enemy's lie that my worth and value is determined by what others think of me and my performance. Other strongholds have resulted from my refusing to put to death my sinful nature. Still other strongholds may be rooted in assignments that wicked spirits have held over me not only because of my own sin, but also the sins others have perpetrated against me.

Therefore Lord, I renounce the beliefs lodged deep within my mind and heart that the opinions of other fallen human beings somehow give me worth. I confess that I have held the opinions of fallen man above Your word and what You alone have declared about me. I confess that I have looked to people (*acknowledge specific people*) to determine whether I could or could not feel good about myself. I also confess that I have looked to my works and to my performance to determine my worth or lack thereof. (*If the Holy Spirit shows You specifics, confess those out loud.*) Please forgive me Lord because Your word says that all have sinned and fallen short of the glory of God and are made right through faith in Jesus Christ and not by the works of the flesh.

Lord I chose to embrace Your word about me that says that I am of great worth to You because You have placed Your image in me and Jesus Christ has redeemed me with His blood. Thank You Lord for this awesome privilege, to be an image bearer and Ambassador of God most High. Lord, I embrace the reality that You have accepted me through Jesus Christ my Lord and Savior. There is no greater joy than to know that You have made me Your child and adopted me into Your eternal family. Though people may reject me, You have received me and will never leave me nor forsake me. Further Lord I acknowledge that I can never be made right with You through my deeds...whether I have success or failure in the things I do has no bearing on Your love for me. Thank You Lord that Your plan was to make me righteous and in right standing with You through the works and righteousness of Christ alone. Lord there is nothing good in me except my Lord Jesus Christ who lives in me and has redeemed me. You have made me a Child of the King and there is no greater worth I could have.

Sadly, just as Achan and his family were destroyed because he hid devoted things (the things of the world that he lusted for) under his tent, Dear Lord I confess that I too have been like Achan, lusting after the things the world has to offer and deserve Your displeasure and even eternal death. Therefore I repent dearest Father of the ungodly things I have held onto and my rebellion against You by: (*state specific behaviors and beliefs, i.e. selfishness, fits of*

*rage, sarcasm, drunkenness, compulsions, sexual immorality etc.). I have held on to specific attitudes of: (rebellion, hate, lying, death, lust, pride, jealousy, selfishness etc). In so doing I have offended You and invited Satan to establish strongholds in my heart.*

I desire to be set free from all the snares of the enemy. Dear Lord would You grant me the grace and the strength to turn away from my sin and to mortify all the passions of my flesh for Your word says that those who belong to Christ have crucified the sinful nature. Fill me with a hate for my sin and a great love and affection for the things that please You. I know this can only be done by Your Holy Spirit living in me and filling me day by day until rivers of living water flow from my heart. Let me be as Jeremiah and say, "Your word was 'my joy and my heart's delight.'"

Now I ask You Father, to please shine, by Your Holy Spirit, the light of Your divine and holy presence throughout my whole mind, body and spirit, including my conscious and unconscious mind and release me completely from the control of any wicked spirits and their strongholds. Please, Spirit of Truth, deliver me completely for the glory of God by breaking any ungodly bonds or strongholds to thoughts, attitudes and things. Dear Lord, please investigate all that is in me, search throughout all my bodily systems: my nervous system and neurotransmitters, my respiratory system, my cardiovascular system and blood, my musculature, my skeletal system, my sexual organs and reproductive system, my endocrine system and all my hormones, all throughout my skin and my digestive system. Search thoroughly Oh Holy Spirit inside of me and outside of me. Please also search all my sensory organs: touch, taste, smell, sight and hearing. Search all my perceptions, my deeply held beliefs, my personality, my affections, and everything else. I invite You Holy Spirit and give You permission to restore me completely for the glory of God.

*If You believe there has been demonic activity in your life (addictions, sexual immorality, occult activity, obsessive thinking and ritualistic behaviors, mental illnesses, abuse perpetrated against you etc.) then you may want to pray the following...*

"Dearest Lord Jesus, Savior of the world; Who conquered sin, death and Satan through Your death and resurrection, You Who were punished and put to death for my sins; You who carried my griefs, sorrows, shame and sicknesses; I ask You to stand with me now and fulfill Your word through me that says 'I have given you authority to...overcome all the power of the enemy.' So it is in the name of Jesus the Christ, Son of God and Son of Man, that I renounce Satan, your dark angels and minions who have established strongholds in my heart and mind. You are not wanted and you must leave me NOW! You have no rights to me for I was purchased by the precious blood of Jesus Christ, Who declared on that day at Calvary, over 2000 years ago that my debt to God Almighty was paid in full. **I HAVE BEEN SET FREE by the blood of the Lamb!** I now command any and all powers of darkness assigned to afflict me and to hold me hostage to go to the place where Jesus sends you. I want you out of my life; I renounce every one of you in the mighty name of the Lord Jesus Christ. "

Now Dear Lord, please increase my faith and trust in You, the only true and wise God. I invite You Holy Spirit to fill me with Your presence and power, taking control of all my bodily functions, thoughts, attitudes, and affections. Cleanse me from everything that contaminates body and spirit that I might be a holy dwelling place for the Spirit of the living God. Transform me Oh Spirit of Love by renewing my mind with continual washings with the truths and promises of Almighty God. Grant me a never ending hunger and thirst for the living word of God.

Thank You precious Jesus for giving Yourself for my sins to rescue me from this present evil age. Thank You for crushing the head of my enemy and Yours, Satan, and for disarming the powers and authorities over me through Your death on the cross and resurrection on the third day. Thank You for lavishing on me Your love and favor and by dressing me in Your own righteousness. May Your love compel me, more and more, to live for You who died for me. To You alone be the glory forever and ever. Amen.