

INNER HEALING PRAYER

*This material is copyrighted. Please do not share or re-use for any other purposes than this class.
Copyright 2018 Spirit of Life Recovery*

A House that Grace Built

We will pray for:

The emotional waiting season and the call for breakthroughs

The growth patterns

The soul ties that have been revealed

The intimacy styles in our relationships

Relationship with Jesus

Relationship with God

Relationship with Holy Spirit

Rooms of our Hearts

Parents, siblings, family extended, boyfriends, abuser, husband, ex, children,

Self

Protection

Deliverance

The two Battlegrounds:

There are always two sides to our internal battle. One comes through the brokenness of our soul. We spent most of this workshop looking at those deeper rooted issues. These are the areas where the enemy has strongholds in us. Once he has strongholds, he gains a legal passage to torment us. Remember, a stronghold is a lie that has become truth. While the enemy doesn't own us entirely, he will "steal" that particular area of our lives. For instant, if we believe the lie that we aren't worthy of a healthy relationship, more than likely we have negative fruit in our relationships already.

So God wants to conquer our inner world in two ways.

He wants to cleanse our inner world. This happens by facing lies, emotionally processing the internal things happening, getting in touch with our roots and trauma, receiving love, and being empowered by grace. You could call this aspect the "garbage ridding process." God wants to purify our internal world by covering us in His grace.

He wants to kick out the enemy.

The second part of our battle is with the demonic realm itself. Where garbage exists, the enemy has a "playground." Think of rats and garbage. Rats go where the garbage exists. In the same manner, the enemy feeds off the brokenness inside us. That's why the internal healing is vital. Even a willingness to heal is enough to take back the enemy's playground.

As we overcome garbage and begin to let God illuminate and dispose of the strongholds, we then are granted authority to rebuke and kick the enemy out. Isn't that marvelous? If you feel that you are ready to claim your right standing as a child of God, this next project will walk you through a deliverance process. Is this the only way to receive prayer? Of course not. This is a guide and tool - you are welcome to explore other options. If you are struggling with facing this, that's okay too. You are welcome to review and pray for God's leading - but keep in mind - the enemy doesn't want you free. He will do whatever he can to sabotage your pathway to freedom. Please

seek assistance if this feels overwhelming or you need someone to walk alongside with you. We will be performing this prayer together in class.

APPLICATION PRAYER

Assessing Spiritual Conflict & Deliverance Prayer Project

Where has the enemy gained access in your life? Every person that ever existed has experienced his opposition. To the extent this opposition appears in your life cannot be compared to someone else. We are on our own journey, and thus need to fix our eyes on Jesus, not on others. We will be covering several different areas that you can assess and pray over. It's completely up to you to interact with this. It is not a fix-all, but intended to be a tool. You can add and take away as you see fit.

One of the amazing truths we can hang onto is the following:

“Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.- Mark 8:10

To bind means to “tie, bind”. Thus, what we bind we fasten ourselves to. Just the same to loose mean untie, release, destroy. Our goal to unbind what has been wrongfully tying us down in our hearts and lives. Thus we will use the word “loose” to undo the spiritual bondage. Just the same we want to bind ourselves to God – we want to strap ourselves to His resources, power, healing and goodness. You have been granted authority by God to do this. Yes, *you*. You can get help if needed. But this is a right, privilege and delegated power you have received as God’s child.

A Prayer to Securing Your Position in Christ

Father,

I profess Jesus Christ as my Lord and Savior. I know that apart from you I can do nothing. I know that without you I am a hopeless sinner doomed for hell. I believe you sent your son Jesus to die for me (an unblemished sacrifice) so I may have eternal life with you. Father - I receive your gift of salvation and look forward to the ongoing process of transformation. I depend on you, Lord. I need to continue to be purged, cleaned and forgiven, marked by Lamb of God who takes away the sin of the world. I need constant direction and insight – for apart from you I live in chaos and confusion. I need guidance on how move through my days, my relationships, my life. I need your ever-present protection not just against the enemy, but against my own flesh and the world.

I acknowledge that Jesus is the Son of the Almighty God. He is a part of the Trinity. He is You in the flesh and He is God! I believe that He came before everything that existed, and He created all things that exist and He is above everyone and everything– all Kingdom, all situations, all circumstances, all spiritual powers are subject to the name of Jesus Christ. He is all powerful and all knowing. He is the Christ that was, that is, and is to be. Eternally and forever He reigns.

I renounce. I take back any rights I’ve given up to the evil one. I renounce any and all spirits other than Your Spirit, the Holy Spirit. I renounce any and all connections made by my family members from past generations (consciously or unconsciously) with any other spirit other than Your Spirit. – (Exodus 20:5) I renounce any and all connections I personally made (consciously or unconsciously) with any other spirit other than Your Spirit through sexual immorality any other ungodly behavior. I renounce and take back (any and all) permission or rights I have or may have given any spirits (other than The Holy Spirit) consciously or unconsciously to dwell near or reside in or around my home or anywhere near me nor to influence me in any way. Expose the enemy’s schemes. Loose me from

his agenda and reveal any entry points he has gained in my life.

In Jesus name - Amen

FACING SATANIC AND OCCULT INFLUENCE

Most Christians, over 75% report dabbling with a level of occult activities, usually believing they are innocent. What's not understood is that when we are subjected to these activities, we open doorways of influence and create the potential for various levels of oppression. In order to begin to work through and declare the enemy defeated in our life, we need to be willing to admit and see those activities that may have opened doors. By doing this, we can confess, renounce, report and take back permission (loose the enemy) that was granted. Check the activities that apply.

- ☐ Occult Activities (these are activities that are directly attached to the demonic world)
- ☐ Out-of-body experience.
- ☐ Ouija board
- ☐ Bloody Mary
- ☐ Occult games
- ☐ Magic Eight Ball
- ☐ Spells or curses
- ☐ Mental telepathy / control
- ☐ Automatic writing
- ☐ Trances
- ☐ Spirit guides
- ☐ Fortune-telling / divination
- ☐ Tarot cards
- ☐ Levitation
- ☐ Witchcraft / Wicca / sorcery
- ☐ Satanism
- ☐ Palm reading
- ☐ Astrology / horoscopes
- ☐ Hypnosis
- ☐ Astral projection
- ☐ Séances / mediums / channlers
- ☐ Black or white magic
- ☐ Blood pacts
- ☐ Fetishism / crystals / charms
- ☐ Sexual spirits
- ☐ Martial arts / mysticism)
- ☐ Superstitions

Father God,

I confess that I was influenced, interacted or voluntarily participated in the activity _____. In my ignorance, I did not realize that extent to what I was doing, or that I may have given the enemy permission in my life. Thus, I confess, repent and renounce any demonic or satanic ties I may have created; or any entry points that may have allowed him to affect or influence me in my thinking, feeling and decisions. I pray the blood of Jesus cover my mind and heart and break each and tie that I established. In the name and authority of Jesus Christ, I thereby declare myself free from any activity stated above.

In Jesus name – Amen

Covenants and Strongholds with Satan

While perhaps not as common, there are some of us that may have had direct ties with Satan. This is namely for those exposed to the occult. We may have no recollection of such activities, but by praying over this, we can assure that no traps were made knowingly or unknowingly.

- ☐ I confess and repent of any occult activities that I participated in or that were spoken over me:
- ☐ Having my name signed to Satan
- ☐ Being wed to Satan
- ☐ Entering into Covenant with Satan
- ☐ Satanic Assignments
- ☐ Cutting/Blood pacts with Satan
- ☐ Baptism identifying with Satan
- ☐ Satanic Guardians
- ☐ Sacrifice made

Lord God,

I renounce, reject, and repent of any involvement I have made in the occult; and I pray over any activities done in the occult against my consent. I place my relationship with Jesus Christ as living testimony and tangible authority that the blood of the Lamb has overcome: I am identified, baptized, married, in covenant to, washed with the blood, guarded, protected, assigned, commissioned, and free to live my life serving the Lord Jesus Christ and Him alone.

False Religion/Cults

Practices get followed that can be deceitfully wrapped up as truth. The following belief systems contain false demonic infiltration because they distort the authentic gospel of grace and either add or take away from its truth. We understand these practices to be counterfeits – imposters to the Biblical truth of God's Word.

Find those false religions that apply and the pray over it below.

- ☐ Mormonism (Latter-day Saints)
- ☐ Jehovah's Witness
- ☐ Islam
- ☐ New Age (teachings, medicine)
- ☐ Mason
- ☐ Christian Science / Mind Science
- ☐ Unification Church (Moonies)
- ☐ The Forum (EST)
- ☐ Church of Scientology
- ☐ Unitarianism / Universalism

Lord God,

I confess, renounce, repent and break off any connection that was made in the spiritual realm as a result of my participation in _____. I ask that every lie and stronghold that was gained through my interaction would be loosed and permanently removed. I break any spirit off me other than the Holy Spirit ask only for the guidance and freedom of the Holy Spirit to fill me to overflowing. I there denounce the practices of

_____ as a demonic influence, but I do not denounce people. I pray for those people that continue to be deceived by these practices, and pray that you release them fully. Bind me fully and completely to the Holy Spirit and empower me from within to overcome. In Jesus Name - Amen

Demonic Influence

Because of the behavior, emotions or repetitive nature of our issues, we can sometimes trace certain areas of our lives that may be linked to a demonic spirit. This isn't a spirit possessing us, it's a spirit that has somehow gained influence and thus it affects how we think, feel and make choices. Understanding that not all can be prayed off – our soul needs transformation. However, we first want to be sure that there is no spirit able to torment or bind us up internally. You don't need to know for sure – you can simply pray over any area. If you don't know what to pray, just pray through the emotions or behavioral struggles you have any spirit attached to that.

- ☐ Jezebel (spirit of control taking authority over people to secure an agenda)
- ☐ Religion (legalism, rule-following, and judgment)
- ☐ Codependence
- ☐ Fear
- ☐ Money / power / influence (Mammon)
- ☐ Greed
- ☐ Sloth
- ☐ Pride
- ☐ Lying spirits
- ☐ Anger / Resentment
- ☐ Sexual
- ☐ Pharmakia (chemical use)
- ☐ Abandonment / rejection

Lord God,

I ask in the name of Jesus that you expose and reveal any spirit that has gained a stronghold in my life in thought, word or emotions. I break off / cut loose and permanently ask that you remove each and every sin and stronghold. I claim the rightful blood of Jesus to overcome these spiritual conditions. Where these spirits existed, I ask that you cover and fill me with the Holy Spirit and produce in me the fruits of Your Spirit.

In Jesus name - Amen

Declaration:

Spirit of _____ in Jesus name I command you to leave. Holy Spirit come fill me with your peace, power and protection. I just sit under your authority and in that authority, I declare the enemy defeated.

GENERATIONAL SINS:

The bible refers repeatedly to generational sins. These are sins that are inherited from our family lines, and can be extremely powerful. This is often what modern medicine calls genetics, but we believe that it can also be through spiritual access. By becoming children of God, we have the authority to break all other ties and claim power as a

member of God’s family.

Father God,
I break any generational strongholds that were given to me via my inheritance into my bloodline. I ask that any demonic stronghold that has terrified my family line would be called out and revealed in Jesus name, specifically _____. I therefore declare and decree that I am a member of the family of God. I am a join heir of the Lord Jesus Christ, adopted and given full access to His inheritance. I am married to the King and Kings and have been washed by the righteous blood of Jesus. I thereby decree and declare that I am covered and that any generational soul tie no longer has effect. I cut it, remove it, loose it and declare it ineffective in the name and power of the Lord Jesus Christ. Your Word says what I loose on earth will be loosed in heaven. I declare this truth in Jesus name! Thus I believe it is done!
In Jesus name - Amen

IDENTIFY SOUL TIES:

Soul ties refer to the spiritual highway that is formed when we build a connection with another human being. Not all soul ties are wrongful. We have a soul tie to the Lord Jesus Christ where both our soul a spirit and his spirit are bound his. However, when we are in relationship with people that involve unhealthy dynamics we can house soul ties that are toxic. Our souls can be bound together where we lose ourselves in a person and are dominated by whatever spiritual influence they house. Soul ties are to people, thus when we refer to them, we need to name specific relationships

Name Soul Ties

Father God,
I confess to you that I have been in unhealthy relationship that have overcome my mind, soul, heart and spirit. I confess that I have brought wrongful behaviors and dependencies in these relationships that opened doors of connection and soul ties that locked me into chains. I controlled or was controlled in these relationship to the point that I lost sight of free will. The merging of my soul with _____ is wrong. I declare that the only soul tie I want to experience with _____ is one that is empowered by the Holy Spirit. If I merged with any other spirit other

than Holy Spirit, I break it in the name and power of Jesus Christ.
In Jesus name – Amen

COMPULSIVE BEHAVIORS (ADDICTION)

These are areas of extreme struggle or bondage including sins of chemical inducement, prescription abuse, alcohol, sexual addiction, pornography, workaholism, codependence and any other wrongfully compulsive behavior that becomes an idol in our heart.

Name any areas of idolatry or compulsive behaviors

Father God,

I confess that I have participated (voluntarily and involuntarily) in compulsive and unhealthy behaviors, emotions and idols of the heart. I humbly ask you to cut me loose (set me free) and erase from my mind any & all of the existing strongholds (areas of influence) in my life. Father – I receive forgiveness for what I have done to (You – myself – others). I choose to forgive others for what they have done to me. Please take my desire and walk me through to freedom.

In Jesus name - Amen

ABUSE BY OTHERS

The sins of others can do incredible damage. They hurt us emotionally and imprint messages on our heart. While we have been given a way to overcome the damage, we must remember that the enemy was the one working through the person that violated us. Thus, while we are called to forgive the person, we can hate and renounce the enemy who instigated it in the first place. Check those that apply:

- ☐ Physical abuse
- ☐ Verbal abuse
- ☐ Mental abuse
- ☐ Sexual abuse

- ☐ Spiritual abuse
- ☐ Satanic Ritual Abuse - SRA
- ☐ Murder or Death of a loved one
- ☐ An emotionally unavailable parent, spouse, or friend

Messages Received:

Identify the messages we have believed as truth:

- ☐ I'm not worth anything
 - ☐ I will never amount to anything
 - ☐ I can't do anything right
 - ☐ You don't love me
 - ☐ You don't care about me
 - ☐ I'm a bad person
 - ☐ Why would You care about me
 - ☐ Nobody loves me
 - ☐ Nobody will ever want me
 - ☐ Nobody cares about me
 - ☐ Its all my fault
 - ☐ I will never measure up
-

Emotions Felt:

- ☐ Abandonment
- ☐ Rejection
- ☐ Shame
- ☐ Guilt
- ☐ Depression
- ☐ Oppression
- ☐ Fear

Behaviors/Coping

- ☐ Addiction
- ☐ Codependence
- ☐ Depression
- ☐ Being without emotion
- ☐ Detachment
- ☐ Overly attached to people
- ☐ Feeling Bitter
- ☐ Worthless
- ☐ Lonely
- ☐ Feeling unaccepted
- ☐ Selfish
- ☐ Self-centered

- ☐ Filled with fear of man
- ☐ Always being Defensive
- ☐ Having a Victim Mentality
- ☐ Never being satisfied
- ☐ Being Argumentative
- ☐ Combative
- ☐ Prideful
- ☐ Feeling Rejected
- ☐ Rejecting others
- ☐ False Coping
- ☐ Drug use
- ☐ Work holism
- ☐ Isolation
- ☐ Excessive control of my environment
- ☐ Sexual promiscuity
- ☐ Sexually abusing others for “power & control”
- ☐ Taking over authority figures
- ☐ Gossip/Slander
- ☐ Any other form of abuse done consciously or unconsciously against another or self

Father,

Help me! I need help to overcome the damage of abuse and sin imposed on me, and all the destruction it imposed. I admit that while someone did this against me, I took on attitudes, mindsets and emotions that oppose you. I sought false comfort. I sinned against myself, you and others. I thereby confess, repent ask that the blood of Jesus cover me completed. I also choose to forgive the people in my life. I recognize that they participated, but that the enemy, Satan, was behind the scenes. I choose to call out the seed, Satan, of what began this to begin with. I defy him, renounce him, curse him and make him a mockery before the spiritual realm for what he has done in my life. I speak utter authority over him and kick him down in Jesus name. I am not a victim, I am a victor. He will not win, he will lose. I am more than a conqueror in Christ Jesus. I am empowered and mighty – I am not weak, I am not subjected to his schemes anymore, nor will I allow him to torment. Get out Satan and any demon in Jesus name. I ask that you bless the people that hurt me, bless them, Father, rescue them from wiles and snares of the enemy. I ask for your blessing in my life - I ask that you see the purity of my hands and my heart not because of what I’ve done, but because of what you have done in me.

In Jesus name - Amen

PRAYER FOR PHYSICAL HEAL

It’s important that we understand that some physical health issues are from neglect or the practical ability to care for our needs. Some are just germ-induced. However, the Bible makes it clear there is a spirit of infirmity that came to physically affect people. We can pray over all sickness and disease (See Psalm 91) and ask Him to deliver us. Does he heal everything and everyone? Not necessarily, and if He doesn’t it’s because of His will. But we should still ask.

Name the areas of physical infirmity, sickness, disease, etc.

Ephesians 1:3-8	I have been chosen by You and adopted as Your child.
Colossians 1:13-14	I have been redeemed and forgiven of all my sins.
Colossians 2:9-10	I am complete in Christ.
Hebrews 4:14-16	I have direct access to the throne of grace through Jesus Christ.
Romans 8:1-2	I am free from condemnation.
Romans 8:28	I am assured that You work for my good in all circumstances.
Romans 8:31-39	I am free from any condemnation brought against me and I cannot be separated from Your love.
2 Corinthians 1:21-22	I have been established, anointed and sealed by You.
Colossians 3:1-4	I am hidden with Christ in You.
Philippians 1:6	I am confident that You will complete the good work You started in me.
Philippians 3:20	I am a citizen of heaven.
2 Timothy 1:7	I have not been given a spirit of fear but of power, love and a sound mind.
1 John 5:18	I am born of You and the evil one cannot touch me.
John 15:5	I am a branch of Jesus Christ, the true vine, and a channel of His life.
John 15:16	I have been chosen and appointed to bear fruit.
1 Corinthians 3:16	I am Your temple.
2 Corinthians 5:17-21	I am a minister of reconciliation for You.
Ephesians 2:6	I am seated with Jesus Christ in the heavenly realm.
Ephesians 2:10	I am Your workmanship.
Ephesians 3:12	I may approach You with freedom and confidence.
Philippians 4:13	I can do all things through Christ, who strengthens me.

Father God,

Take this vessel that is cleansed and baptize me in the Spirit. Holy Spirit fill me and overflow me with your presence. Fill every area of my heart that is missing, invalidated, empty, broken or vacated so that all parts of me are under your authority and I am made whole. Give me Kingdom value. I believe you have me free and will keep me free. Your Word tells me; "John 8:36 if the Son sets you free, you will be free indeed." I understand that I am free and I'm the only one that can put me back in bondage. Lord - I reach out my hand to you and sincerely ask You (in front of a witness) to not only take my hand, but to lock wrists with me so when I am tempted; and go to pull away, that you not to let me go. Lord - I ask you to do what you need to do to stop me. Take me to my knees! Your word says that I can pray for anything, and if I believe, I will receive. I am not praying for big houses, fancy cars or shiny objects. I am praying for things I truly believe you will honor; spiritual maturity and emotional healing. Lord – I thank you for my gift of freedom. Help me to use it to bring glory to you. I want to hear when it is all said and done, and I come face to face with you, well done good and faithful servant. I fully belong to you Lord! Please use me as You choose to bring glory to You!

In Jesus name - Amen