

Sample Prayers

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Contents & page #:

- Binding Evil (1)
- Breaking Soul Ties (4)
- Double-mindedness and backsliding (6)
- Forgiveness and unforgiveness (8)
- Fresh Filling of the Holy Spirit (11)
- Generational Healing (12)
- Intercessory prayers (praying for another person) (13)
- Inviting God to work in your life (14)
- Memories of sexual sin (15)
- Occult involvement, including breaking curses from sin (16)
- Protection from evil (19)
- Putting on the Whole Armor of God (21)
- Repentance, Deliverance and Cleansing from sin (22)
- Strength (23)
- The Lord's Prayer (24)

Prayers for Binding Evil

Who can bind? If you have put your faith in Jesus Christ, you have his power and authority to bind evil and loose God's plans in any situation.

Why do we bind? Jesus commented on the need for binding evil in [Matthew 12:29](#). Jesus explained that we must first bind the strongman before we can plunder his house. When we are facing an evil stronghold in life, we must first use our inherited authority as children of God to bind the evil forces involved. After that, we can loose, or call forth God's plans for restoration.

What happens when we bind? Jesus said, "I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them" [Matthew 18:18-20 NIV](#)

(see [Matthew 16:19](#) for an additional reference).

The [Amplified Bible](#) clarifies the meaning of binding for us. It states that binding is to "forbid and declare to be improper and unlawful." When we bind something, we declare it unlawful (or evil) based on God's word. Because we stand as co-heirs in Jesus Christ, we have [his authority](#) to execute this judgment on the forces of evil ([Psalm 149:5-9](#)). Our faith in God's word releases the power from heaven that binds (or ties up) the evil we are facing. Similarly, when we loose something on earth, we "permit and declare [it] proper and lawful on earth" based on the scriptures. Everything that we loose or bind must be in accordance with God's word.

Example applications of binding and loosing prayers

Binding the enemy's plans; loosing God's plans

This is based on the Lord's prayer in [Matthew 6:10](#). First we bind the plans of evil in the situation we are facing in the name of Jesus Christ. Then, we call forth God's will to be done on earth as it is in heaven.

"Father in heaven, I stand in faith on the authority I have as a believer in Jesus Christ, and a co-heir to his kingdom. In the name of Jesus Christ, I bind every evil spirit and every evil plan made in this situation. I cancel the enemy's plans and call forth God's plans for this situation. God's word says that God has plans for good and not evil ([Jeremiah 29:11](#)) for us and I claim those plans now. Father, I ask that your will be done in this situation, as it is done in heaven. I give thanks and praise to you. In Jesus' name I pray, Amen."

Simple Binding Prayer:

"Father God, I thank you for sending your Son Jesus to die for me, and resurrecting him to sit at your right hand in Heaven right now. I thank you for bestowing upon Him all power and authority over evil. In the name of Jesus Christ, I speak to any evil spirits, especially spirits of *_____ (fill in the blank), I bind you from attacking me now and throughout this day. Leave me now and go straight to Jesus Christ who will deal with you. I am covered and protected by the blood of Jesus Christ. Amen."

*Note that evil spirits often have specific functions and names. Examples of evil spirits include lust, adultery, pride, despair, strife, discouragement, condemnation, shame, hate, envy, covetousness, idolatry, homosexuality,

suicide, obsession, control and witchcraft. These are just a few of the many possible spirits.

Binding prayer in preparation for Bible Study:

"Lord God, I reaffirm my faith in Jesus Christ, Your Son, who died for me on the cross and was resurrected that I may now have life in Him. Thank you, Father, that I have the authority of Jesus Christ over every evil power. In the name of Jesus Christ, by the power of His cross and blood, I bind the spirits, powers and forces of the earth, the underground, the air, the water, the fire, the netherworld and the satanic forces of nature. I bind all interplay, interaction and communication of evil spirits as they would try to affect me in any way during this time of Bible study. I claim the protection of the shed blood of Jesus Christ over myself, including my eyes, ears, hands and mind as I read the Bible today. Thank you for your protection, Lord. Please prepare my heart and help me to receive your Word with understanding and without distraction from the enemy. Please send your holy angels to fill my home and minister to me especially as I read Your Word. I pray this in the name of Jesus Christ. Amen."

The "Industrial Strength" Binding Prayer:

We pray this daily over ourselves and our families, and highly recommend it, especially if you are involved in ministry. This prayer is used at [Christian Healing Ministries](#). You will notice that we bind spirits associated with the elements, and we bind them from drawing power from other spirits. Also, notice that this prayer addresses curses and other satanic assignments sent against us. Our authority in Christ gives us power over all of these things ([Psalm 91:13](#), [Luke 10:19](#)).

"In the name of Jesus Christ, by the power of His cross and blood, we bind the spirits, powers and forces of the earth, the underground, the air, the water, the fire, the netherworld and the satanic forces of nature.

We rebuke any curses, hexes, or spells sent against us and send them directly to Jesus for Him to deal with as He will. Lord, we ask You to bless our enemies by sending Your Holy Spirit to lead them to repentance.

We bind all interplay, interaction and communication of evil spirits. We claim protection of the shed blood of Jesus Christ over us. Thank you for your protection, Lord. We pray this in the name of Jesus Christ. Amen. "*"

*borrowed from [Christian Healing Ministries](#)

Soul Ties

A soul tie is a spiritual connection between our soul and that of another person. Soul ties are important to address in sex addiction because they can hold us back from achieving complete victory over our addiction.

There are good soul ties and bad soul ties. Good soul ties are commonly created in marriage and healthy friendships ([Malachi 2:15](#); [Genesis 2:24](#), [1 Chronicles 12:17](#), [Colossians 2:2](#)). Bad soul ties are created through sinful relationships and/or activities. Examples of situations that could create bad soul ties:

- **Sex sin:** Sex unites people physically, emotionally and spiritually. If we have sex with people other than our spouse, we create soul ties that cause all kinds of problems (spiritual confusion, emotional confusion, sex addiction, compulsivity, obsession, etc.).
- **Looking at sex images, memories, objects and fetishes:** These activities can establish a soul tie with an evil spirit. An example of this is found in [Hosea 4:17](#) when Ephraim became joined with his idols. A tie may not be established in every instance, but it is certainly possible. Example objects: a favorite porn depiction, a garment worn by a former lover, pictures of former lovers, a cherished sexual memory.
- **Sexual abuse/molestation:** This can result in soul ties between the perpetrator and the victim. If you have been involved in sexual abuse, please seek healing prayer and Christian counsel as you proceed in your journey to freedom. Visit our [counseling](#) page for more info.
- **"Unhealthy" relationships:** Examples include relationships characterized by manipulation, guilt, emotional abuse, co-dependency, unnatural affection, envy and/or lust.

How to know if you have a bad soul tie:

- **Ask the Lord:** Take a moment to ask God in prayer to show you if you have soul ties that need to be severed. If the Lord brings people to mind or you think there is a possibility of a soul tie, proceed to pray to cut the soul tie.
- **Look at the fruit:** A way to determine the nature of a soul tie is to examine its fruit ([Matthew 7:16-18](#)). Good soul ties will bear good fruit; examples being love, blessing, fidelity, loyalty, honor, righteousness, etc. The overall effect of the good soul tie will be to strengthen our emotional wholeness and our walk with God. Bad soul ties will bear bad fruit, examples being hatred, resentment, curses, manipulation, anger, strife, jealousy, control, bitterness, etc. The overall effect of bad soul ties will be

to hold us back from enjoying our relationship with God and to keep us in bondage to whatever we struggle with.

Cutting soul ties: We can cut soul ties by praying in the authority of Jesus Christ. The idea is to identify the source, confess/repent from any sin you committed related to it, cut the ties in Jesus' name, ask God to remove all negative effects and ask for restoration to wholeness. If you are cutting soul ties related to an object, be sure to destroy the object and remove it from your home. Here's a sample prayer:

"Father God, I thank you for saving me from destruction. I praise you for sending Jesus to die for my sins. Please forgive me for my sins against you. Specifically, I confess that I _____(details of the sin & names). I repent of that sin and renounce it now. Lord, please purify my heart from this sin, the memory of it and any associated fantasy I have entertained in my mind regarding it. In the name of Jesus Christ and by the power of his blood shed on the cross, I cut myself free from any soul ties that may have been established with _____ (name (s) or specific objects). I commit him/her/them to the care of Jesus Christ for him to do with as he wills. Satan, I rebuke you in all your works and ways. I rebuke any evil spirits that have a foothold in me. In the name of Jesus, I command you evil spirits to leave me and go directly to Jesus Christ. Father, please heal my soul of any wounds resulting from these soul ties. Please reintegrate any part of me that may have been detained through this/these soul ties and restore me to wholeness. I also ask that you will reintegrate any part of the person(s) I sinned with that has been detained in me, and restore them to wholeness. Thank you, Lord, for your healing power and your perfect love for me. May I glorify you with my life from this point forward. In Jesus' name, Amen."

For those who feel uncomfortable cutting the soul ties themselves, here is a prayer that asks God to cut the ties for us:

"Father God, Thank you for saving me from destruction. I praise you for sending Jesus to die for my sins. Specifically, I confess that I have sinned in the following ways: _____(details of the sin & names). I repent from those sins and renounce them now. Please forgive me and cleanse my conscience with the blood of Jesus. Lord, please cut the unhealthy soul ties between me and _____ (list name (s)). Please restore me to wholeness in spirit, soul and body and reintegrate any part of me that was involved with those soul ties. I also ask for the salvation and restoration of those people that I was involved with. I commit him/her/them to your care. I rebuke any evil spirits that may have gained a foothold in me from that sin. I command you to leave me and go to

Jesus Christ now! Thank you, Lord, for setting me free to live as the new person in Christ you made me to be! I praise you now and forever, Amen!"

Prayers for Double-mindedness and Backsliding

Doublemindedness is something that people in addictions struggle with almost constantly. We need God's help in obtaining healing from this basic human condition created by obsession with sin. This page offers sample prayers that address healing of doublemindedness and backsliding.

Unifying the divided heart & mind:

"Father God, I draw near to you now, confessing that I have been distracted and corrupted in my attempts to set my mind completely on you. I see that doublemindedness as sin, and I repent of it. Lord, please draw near to me now and help me purify those areas of my heart that lead me away from You. Father, please create in me a pure heart that will not sin against You. Please renew a steadfast spirit within me that will be faithful to You. Thank you, Father. I now receive Your strength to walk according to Your righteousness. In Jesus name I pray, Amen." (Based on [James 4:8](#) and [Psalm 51:10](#))

"Lord of heaven and earth, you are great and do marvelous deeds; you alone are God. Teach me your way, O LORD, and I will walk in your truth; give me an undivided heart, that I may fear your name. I will praise you, O Lord my God, with all my heart; I will glorify your name forever. For great is your love toward me; you have delivered me from the depths of the grave. All thanks and praise be to your name, O God, Amen." (Based on Psalm 86:10-13 [NIV](#))

[Psalm 51](#) makes a wonderful prayer for this purpose

This prayer is based on [Colossians 1:9-14](#). It invites God to fill us with the knowledge of His will through all spiritual wisdom and understanding. His truth will shed light on the areas our minds that are rebelling against Him. With His help, we are enabled to live for Him and please Him in everything we do in life. The prayer is best prayed in conjunction with morning quiet time:

"Father God, I surrender myself to your will today. I ask forgiveness for any sin I have committed and plead the Blood of Jesus Christ over my sin. Father, I ask that you will fill me with the knowledge of Your will through all spiritual wisdom and understanding today. Please quicken my mind to Your Word today

as I read it, and reveal the truth that will set me free. I pray that You will empower me to bear fruit in every good work I do, grow in the knowledge of You and be strengthened with all power according to Your glorious might. Father, I pray for great endurance and patience in walking with You. I joyfully give thanks to You for qualifying me through Jesus to share in the inheritance of Your kingdom. I could never have earned it, and you gave it to me as a gift through Jesus. Thank You so very much! In Jesus Name I pray, Amen."

Prayer for committing to serve God wholeheartedly:

"My body is a temple for the Holy Spirit, redeemed, cleansed, and sanctified by the Blood of Jesus. My members, the parts of my body, are instruments of righteousness, yielded to God for His service and for His glory. The devil has no place in me, no power over me, no unsettled claims against me. All has been settled by the Blood of Jesus. I overcome Satan by the Blood of the Lamb and by the word of my testimony, and I love not my life unto the death. My body is for the Lord and the Lord is for my body. Amen" *(from Derek Prince Ministries Intl.)*

Backslider's Prayer: This prayer is designed to ask for God's help in restoring responsiveness to the heart. God is pleased when we respond to His truth and move forward in true repentance. Backsliding results from incomplete repentance. God will help us move to true repentance:

"Lord Jesus, I confess that my heart is not responsive as it needs to be to follow You. I am tired of backsliding into sin. Lord, please cleanse me from my sin of thought and deed. Please allow Your cleansing blood to flow through my hardened, crusty heart. Please give me new life in my heart and revive it according to Your righteousness. Please restore my sensitivity to sin and help me to see sin as You see it. Jesus, please give me the strength and commitment to move forward confidently and walk with You in obedience. I offer my entire being, body, soul and spirit, to do Your will from this point on. Thank you for helping me. I pray this in the name of Jesus Christ. Amen."

Forgiveness and Unforgiveness

Unforgiveness is something that can really hold us back from escaping the corruption of sin and living for God. Unforgiveness comes in many forms, such as bitterness, hatred, malice, holding grudges and resentment. It can actually block God's forgiveness of our sin and provides a foothold for the devil to influence our lives. Additionally, unforgiveness can plant a "root of bitterness" in us that leads to various damaging results (ex. ruins the fruit of the Holy Spirit, stunts spiritual growth, contributes to physical illness). Like acid can destroy the vessel that holds it, so can unforgiveness destroy us when we harbor it.

Here are some key scriptures addressing our need to forgive:

- ³Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. ⁴And if he sins against you seven times in a day, and seven times in a day returns to you, saying, "I repent," you shall forgive him." Luke 17:3-4 [NKJV](#)
- ¹⁴"For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14-15 [NKJV](#)
- "Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions." Mark 11:25 [NASB](#)
- "Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you." Ephesians 4:32 [NASB](#)

Forgiving others

God expects us to forgive others just as he has forgiven us. God, who is perfect, sacrificed his Son Jesus so that our sin penalty (death) would be paid. Because of our faith in Christ (and his sacrifice), God forgives us from our sin. If we then refuse to forgive another person for an offense, we are dishonoring the forgiveness that God gave us. God will hold us accountable for this as Jesus illustrated in the sobering parable of the unforgiving servant ([Matthew 18:21-35](#)).

Another important aspect of unforgiveness is that it is a form of pride. When we've been wronged by someone, we have a natural desire to see justice done. When we withhold forgiveness, we're basically passing judgment on the person. God instructs us to trust in him for the execution of justice. The scripture says, "Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, 'Vengeance is Mine, I will repay,' says the Lord" (Romans 12:19 [NKJV](#)).

As God's followers, we must submit our desire for justice to him and trust it in his hand.

This can be very hard to do, especially if someone has spitefully mistreated us or someone we love. Forgiving someone is not condoning what they have done, but rather, it is laying the case before God's throne and asking him to deal with it according to his will. We have to remember that God saw the evil that was done. He knows how deeply we've been hurt. If we can come to the place where we're willing to forgive the person through Christ's love, we will be able to move forward and leave the burden of justice in his capable hands.

Are you ready to forgive? Not everyone reading this page will be ready to forgive the person(s) who wronged them. It may take time to get that place of being willing to forgive. If this is your situation, I encourage you to ask God to give you the desire and ability to forgive "from the heart" as Jesus mentioned in Matthew 18:35 [NIV](#). Here is an example prayer: "Lord God, I recognize my sin of unforgiveness. Please help me get to the point of being willing to forgive those who have wronged me. Please give me the desire and ability to forgive. Thank you, Lord. In Jesus' name I pray, Amen."

Prayer to forgive others: Don't pray this prayer until you are ready to truly forgive the people who wronged you. God commands us to forgive "from the heart."

"Heavenly Father, you are holy and righteous. You are perfect in justice. I confess that I have not forgiven as you have commanded me to. Through Jesus Christ, I now forgive these people: _____ (list names and what they did to you). I confess my pride and judgment of those people. Please forgive me Lord and cleanse me from my sin. Please help me to thoroughly entrust these people and the wrongs they caused me into your hands. I pray that your will be done in my life and in their lives. Please help me to no longer think on those wrongs, but instead to focus my thoughts on you. I invite you, Lord, into any painful memories I have concerning what was done. Please heal any wounds I received and help me to have your perspective on what happened. *(Take time now to pray silently and receive from the Lord)* Thank you, Father! In the name of Jesus Christ I pray, Amen."

Forgiving God

When bad things happen to us, especially when we're young and vulnerable, we might be tempted to blame God for not protecting us from the evil that was done. The devil loves to taunt the victims with thoughts like "How could a loving God allow this to happen to you?" Unfortunately, many people agree with the devil on that point and turn away from God. It can be difficult to provide a satisfying explanation to victims of why the evil was "allowed" to occur.

When considering such difficult situations, we can look to the cross for confirmation that God is truly a loving God. When we consider the magnitude of suffering that Jesus endured on our behalf, we need not doubt his love for us. Even so, we may also need the Lord to give us a deeper understanding of his love, especially relating to the situations where we suffered. Though we may not understand why the bad things happened, the first step in recovery is to release any unforgiveness we have toward God.

Here is an example prayer: "Heavenly Father, I recognize my sin of unforgiveness toward you regarding _____ (list the situation). I know that you are perfectly just and holy, although I may not understand why things happened as they did. I forgive you, Father for any offense that I concluded came from you. Please heal my wounds and deepen my understanding of your love. I invite you to give me your perspective concerning what happened. (take time now in silent prayer to wait on the Lord) I receive your healing and forgiveness, Lord. Thank you! In Jesus' name I pray, Amen."

Forgiving ourselves

When we've made bad mistakes in life, it can be tempting to unmercifully hold ourselves responsible. This too is a way of trying to act like God as judge, inflicting the punishment of condemnation on ourselves. Granted, we may have been responsible for what happened, but that doesn't mean we have to condemn ourselves for the rest of our lives. Just as God has forgiven us for our sin, we need to forgive ourselves for our sin as well. When we release ourselves from this self-judgment, we will free ourselves to become the new person that God intends us to be.

Here is an example prayer: "Heavenly Father, I confess that I have unmercifully held myself in judgment concerning _____ (list the situation). I forgive myself for my role in that situation. Please cleanse me of all self-condemnation by the blood of Jesus and restore in me a healthy self-esteem.

Thank you, Lord for forgiving me and empowering me to live for you as a new creation. In Jesus' name I pray, Amen."

Having forgiven others, God and ourselves, we must now walk forward and resist the temptations to revisit the unforgiveness. This will likely require us to exercise authority over thoughts and persistently make them obedient to Jesus. (see [Control Thoughts](#))

Fresh Filling with the Holy Spirit

Scripture refs: [Ephesians 5:17-20 NIV](#) , [Luke 3:16 NIV](#)

"Lord Jesus, I ask for your forgiveness from my sin. I turn from my sin now and thank you for the forgiveness I have through your shed blood on the cross. I thank you that you have sent your Holy Spirit to live in me, to empower me to live a life pleasing to you. Lord, I pray that you will baptize me afresh with your Holy Spirit. Holy Spirit, I welcome you now into my life and invite your fullness to fall on me. Please sharpen my ears to your voice and train my eyes and heart to the truth in the scriptures. Guide me in all my ways and convict me of the sin in my life. Please equip and prepare me to carry out God's work through my life. Please fill me with God's love for people and reclaim all areas of my life for Jesus Christ. I give you praise, now and forever, hallowed Father, Son and Holy Spirit, Amen."

This prayer is based on Ephesians 3:16-19, where Paul prays for the Ephesians for strengthening of their "inner man." The Holy Spirit is the one that accomplishes that strengthening:

"Father God, I confess that I am a sinner, and that I am weak in the face of temptation. Please forgive me for my sins in name of Jesus Christ. Lord, I put my trust and strength in You. I ask that you will strengthen me with Your might through your Spirit in my inner man today. I pray that Jesus would dwell in my heart and I believe that He will by faith. I ask for your wisdom and understanding concerning Jesus' love for me. I thank you for what Jesus did for me on the cross, and I desire to walk resurrected with Him in obedience, joy and love today. Please fill me with your fullness through Your Holy Spirit today. To You be all the glory, honor and praise. Amen."

Generational Healing Prayers

Generational healing prayer can be very effective in helping us heal from past wounds, break family curses and throw off cords of oppression that have hindered our relationship with God. Before praying for generational healing, we recommend that you visit our pages [Generational Sin](#) and [Preparing a Family Tree](#). These pages will help you identify the specific sins in your family that need to be confessed and renounced. It may be necessary to pray through these again in the future if the Lord continues to reveal things to you concerning your family history.

Prayer to cut generational predispositions

"Dear Lord, if there is any predisposition to _____(alcoholism, lust, etc.) that has come down to me through my parents, my father, my grandparents, etc., I ask You through Your power to set me free. Send Your Holy Spirit, and by the power of Your Holy Spirit, and by the Sword of the Spirit, cut me free from any predisposition to _____. Lord Jesus, in place of this weakness, fill me with the power of Your Holy Spirit, and fill me with your spirit of (self-control, confidence, courage, fortitude, or whatever fruit of the Spirit counteracts this weakness that I have). Thank You, Lord, for healing my descendants and me. In Your precious name I pray. Amen."*

Prayer to cut generational bondage

"Heavenly Father, I come before you, in the blessed name of Jesus and in the power of the Holy Spirit. I thank you for sending Jesus by whose holy blood and precious sacrifice I and my loved ones can be set free from the brokenness, sinful attitudes and negative patterns of my (our) ancestry. I thank You, Father, that you have called me to be free from all bondage in the name of Jesus, and I praise you that, in Christ, I shall be set free.

And now, Lord Jesus, gently reveal to me in the power of the Holy Spirit those ways in which I may be living out inherited sin patterns. All of these sin patterns, known and unknown to me, in my life and in the lives of my ancestors (in my spouse's life, in his/her ancestors, and in our offspring) - I acknowledge them all before you, Father. I confess to you the evil inclinations, compulsions and bad habits that have influenced us. I ask you to forgive me and all of my ancestors (my spouse and his/her ancestors and our offspring) for all these sins. In the name of Jesus and by his holy blood, set us free in you forever, Holy Father. Empty our souls of sin, and fill them with the holiness of Jesus.

I claim the Lord Jesus Christ as my true inheritance and I thank you, Father, for the most wonderful gift of your Holy Son. I bless you, Jesus, that you have come to show me my true roots, which are within the very heart of God the Father. I praise you, Holy Trinity. Those whom the Son sets free are free indeed. Alleluia! Amen."*

Prayer of thanks for generational blessings

"Dear Father, I thank You and praise Your Holy Name for the blessings of _____(list them all) that have been passed down to me through my family. I thank You for the faithfulness of those in my ancestry who were godly, and I thank You that in any family, there are not only inherited sins for which we should seek forgiveness, but there always are some inherited blessings for which we can praise You. Thank You, Lord. Amen."*

* Prayers borrowed from [Christian Healing Ministries](#)

Prayers to Pray for Others (Intercession)

"Lord God, I lift up _____(fill in name) to you today. I ask that you will send your Holy Spirit to him/her and work in a mighty way in their life. I bind the forces of evil that are attacking him/her, and specifically, I bind all spirits of _____(fill in the blank - ex. lust, adultery, anger, idolatry, strife, sickness, homosexuality, perversion, etc..) from attacking this person today. I rebuke all hexes, curses and spells that may have been sent against this person or their family and I send them to Jesus Christ now. I bind all interplay, interaction and communication between evil spirits as it would affect _____(name) today. Lord God, I ask that You will send Your love, peace and healing to _____(name) today. I praise You and thank you, Father. In Jesus Christ, Amen."

"Heavenly Father, I ask that you will heal _____(name) of all sickness of the body, soul and spirit. I pray that you will lift all deception from his/her eyes and reveal afresh Your truth and light into their life today. Please station Your holy angels around them to minister to them and help them return to You. Father, if they don't know you personally, or have not received Jesus into their heart, I pray that You will draw them to Jesus for salvation. Lord, please touch their life today in a way that is undeniable. Please soften their heart. Thank you, Father. In Jesus name I pray, Amen."

"Father God, I pray for _____(name). I ask that the deception of lust and idolatry would be lifted from his/her mind and eyes, and that You would convict

him/her of their sin, of righteousness and of judgment. Lord, please draw him/her to Yourself for healing and restoration. Please soften his/her hardened heart and weaken any pride they may have. Lord, please help him/her to see the enemy's lies that they are feeding on. Help him/her to know Your truth that will set them free from captivity. I bind any evil spirits that are oppressing him/her, especially spirits of lust, masturbation, idolatry and perversion, in the name of Jesus Christ. I loose the spirit of salvation and peace to _____(name) right now. Thank you for hearing my prayer, Father! I give you all glory, praise and honor. Amen."

Prayers to Invite God to Work in Your Life

"Heavenly Father, I invite you now to come into my life afresh. I give back all the areas of my life that I have dedicated to sin since receiving Jesus as my Lord. I ask you to take them and purify them, renewing them for your purposes. Lord please remove any pride or lust that may be rooted in my heart. Please wash my heart with your living, purifying water. Father, I pray that you will fill me anew with your Holy Spirit and set me apart to do your work in the world. Harken my ears to your Spirit's voice and draw my eyes to your Word in the scripture each day. I pray this in the mighty name of Jesus Christ, Amen."

"Heavenly Father, I come to you in the name of Your Son, Jesus Christ. Lord, I have sinned in so many ways. I ask for your forgiveness, cleansing, guidance, strength, protection and healing for every step along this journey. Father, please create in me a clean heart, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. I commit myself to serving you from this point on in my life, and ask that you will accomplish Your will in my life and not my own. You are my King and I am Your servant. O Lord, open my lips, and my mouth shall show forth Your praise. Teach me Your ways, that I may walk in them for the rest of my life. Thank You, Father. In the name of Jesus Christ, Amen."

This prayer is based on [Colossians 1:9-14](#). It is best prayed in conjunction with morning quiet time: "Father God, I surrender myself to your will today. I ask forgiveness for any sin I have committed and plead the Blood of Jesus Christ over my sin. Father, I ask that you will fill me with the knowledge of Your will through all spiritual wisdom and understanding today. Please quicken my mind to Your Word today as I read it, and reveal the truth that will set me free. I pray that You will empower me to bear fruit in every good work I do, grow in the knowledge of You and be strengthened with all power according to Your glorious might. Father, I pray for great endurance and patience in walking with

You. I joyfully give thanks to You for qualifying me through Jesus to share in the inheritance of Your kingdom. I could never have earned it, and you gave it to me as a gift through Jesus. Thank You so very much! In Jesus Name I pray, Amen."

Reckoning your life with Jesus Christ (Romans 6:11-12):

"Lord Jesus, I believe that you died for my sins and were resurrected so I may be alive to You and live in obedience. Lord I reckon my old sinful life dead now and buried with you in baptism. I reckon myself alive to You in resurrection by the power of the Holy Spirit. Lord, please help me know and feel this as reality in my heart with all understanding. Please lead me and train me in making choices to follow You from this point forward. In Jesus' name I pray, Amen."

Prayers for Healing Memories

Memories of sex sin can be hard to remove from our minds. It can be especially difficult if we cherished the sin that we committed. If we want to gain complete victory, we will have to stop lusting over the memories of past. The main reason for this is that cherishing memories of sin can block our prayers, healing and deliverance ([Psalm 66:18](#)). With the Holy Spirit's help, we can put the old memories to death, shut off the porn input and focus our minds on God ([Romans 8:11,13](#)).

The first step toward healing is to ask God to remove our pleasure from the sin memories and to help us want to surrender them. We also want to ask God to help us to see our sin the way he does. Next, we need to confess and renounce the sin in the memories. Finally, we must start training our minds to think pure thoughts. (see our page [Control Thoughts](#))

Sample Prayers:

"Dear Lord, I pray that you will not remember the sins of my youth. Please think of me according to Your mercy and for Your goodness' sake, O LORD. Lord I turn from all of those sins that I committed. Please wash my memory of my sin and help me remove the sin from my mind completely. Help me not to return to those memories for lust any longer. Please restore me to faithfully obey Your Word. Please fill me with Your Holy Spirit anew, so that I may keep Your commands all the days of my life." (Based on Psalm 25:7)

"Lord God, how can I understand my errors? Cleanse me from secret faults and my cherished sins. Keep me back from blatant habitual sin. Lord, do not let sin rule over me. Cleanse me, forgive me and heal me. Then I will be blameless and

innocent from my many sins. Let the words of my mouth and the meditation of my heart be acceptable to you. Lord, you are my strength and my redeemer. I pray this in the name of Jesus Christ, Amen." (based on Psalm 19:12-14 NKJV)

"Father God, please forgive me for cherishing sinful images in my mind. Lord, I commit my thoughts to You. I surrender the burden of holiness to You, and ask that You will strengthen me now to direct my thoughts in righteousness. Father, help me to not dwell on any image or memory that will cause me to sin. Please wash my mind with the blood of Jesus Christ. Please remove every depiction of sin from my memory and teach me how to walk in obedience and faithfulness to You. Please give me the strength and endurance to walk to victory, no matter how long it takes. I invite Your Holy Spirit to fill me afresh now and restart the renewal process of my body, mind and spirit in Jesus Christ. Thank You, Father and may I glorify You in everything that I do from this point forward. In Jesus name, Amen."

A good scripture passage addressing memory healing and thought training is [Philippians 3:7- 4:9](#).

Prayers for confession and renouncing occult activity

Most of us have been touched by the occult and need to be cleansed and set free. For a detailed inventory of what may be considered "occult," please visit our [Occult Inventory](#) page.

We encourage you to proceed through these prayers if you have marked any items on the Occult Inventory. You can pray these prayers with another person or by yourself. If you have a trusted Christian friend, pastor or counselor that will pray this with you, it will be most beneficial for you. The scriptures emphasize that there is an additional element of healing when we confess our sins to each other ([James 5:16](#)). If you are not able to find someone to pray with you, simply pray both parts yourself:

You: "Lord, I confess that I have sinned by _____ (fill in with each activity you noted above). I see this now as sins and I ask Your forgiveness by the blood of Your cross."

Your friend: "In the name of Jesus, this is forgiven as if it had never been."

You: "Thank you, Lord, for this forgiveness. I renounce you, Satan, and everything you have had in me. I command you in Jesus' name to depart from me and trouble me no more."

Your friend: I take the Sword of the Spirit, the Word of God, and cut you free from every bondage to the occult world. I close the door between you and that world and seal it with the blood of Jesus and bar it with His cross. Walk carefully in your healing, asking the Lord's protection, staying close to His Word and His people.

Renunciation of Occult Involvement

Renouncing is an important step that puts the finishing touch on our repentance. We are turning from Satan's power completely and shutting the door to him. We seal the door with the blood of Jesus Christ and bar it with the cross.

"Satan, I say to you in the Name of Jesus, release me and my family from any hold you have had. I take back any territory I may have given you in the name of Jesus Christ. I cancel any curse against me or any member of my family. I claim the protection of the blood of Jesus over my mind, body and spirit. I close the door on you, Satan - never to be opened again!"

Prayers to break any curse on your life

Occult involvement often causes curses which affect the perpetrator and his/her family for several generations. If you are not sure if there are curses that are affecting you or your family, it is a good idea to pray these prayers just in case:

"Lord Jesus Christ, I believe that you are the Son of God and the only way to God, and that You died on the cross for my sins and rose again from the dead. I give up all my rebellion and all my sin, and I submit myself to You as my Lord. I confess all my sins before You and ask for Your forgiveness - especially for any sins that exposed me to a curse. Release me also from the consequences of my ancestor's sins.

By a decision of my will, I forgive all who have harmed or wronged me- just as I want God to forgive me. In particular I forgive.....

I renounce all contact with anything occult or satanic- if I have any "contact objects", I commit myself to destroy them. I cancel all Satan's claims against me. Lord Jesus, I believe that on the cross You took on yourself every curse that could ever come upon me. So I ask you now to release me from every curse on my life- in Your Name, Lord Jesus Christ! By faith, I now receive my release and thank You for it."

(prayer is borrowed from *Blessing Or Curse- You Can Choose* by Derek Prince)

If you suspect that curses have been sent to you by another person, you can pray to break the curses using the authority of Jesus Christ. Before doing so, however, be sure to examine your own heart and deal with any sin (i.e. confess & repent) that you might have committed related to the originator. The Bible says, "**Like a fluttering sparrow or a darting swallow, an undeserved curse does not come to rest**" (Proverbs 26:2 [NIV](#)). By repenting from any sin that you may have committed, you are removing any possible foothold a curse might have to "come to rest" on you. Additionally, if the person who allegedly sent the curse used a personal belonging of yours to direct the curse (AKA a "contact object"), you'll want to renounce ownership of the belonging and ask the Lord to sever any ties you might have with it. Here is a sample prayer to address the above issues:

"Heavenly Father, I come to you regarding the evil that I believe has been sent against me by _____ (state name if you know it). I confess any sin that I have committed related to this person, specifically that I _____ (list any sins involved). I forgive this person and anyone else who may tried to harm me in any way, and I ask you, Lord, to carry out justice in this matter. I repent from any fear that I have allowed to influence me related to this evil. I turn from my sin and ask to be cleansed from it by faith in Jesus Christ and his shed blood in every level of my body, soul and spirit.

In the name of Jesus Christ, I cancel every hex, curse, spell, ungodly prayers , vortexes and Satanic assignments that have been made against me and my family. I break any curses associated with black magic, witchcraft, Voodoo, Santeria or any other form of evil. Heavenly Father, I ask that you would reverse any damage that has been caused in my life or my family's life as a result of the evil that was sent to me. I pray for your healing and restoration in our lives.

If any personal belongings or contact objects have been used in directing this evil against me, I ask that they be returned to me. If this is not possible, then I renounce my ownership to such things and ask you, Father, to sever all ties between me and those things. I plead the blood of Jesus Christ over myself and my family, and ask for a thick hedge of protection to be established around us from any further attacks of evil. Thank you, Father! I pray this in the name of Jesus Christ, Amen."

Protection Prayers

"Father God, please send your Holy Angels to stand guard over me today (tonight). I pray that they will minister to me and remind me of your healing power. Lord please keep me safe from the evil one and strengthen me against all temptations that may come my way. Thank You Lord, in the name of Jesus Christ, I pray, Amen." (based on Psalm 91)

"Lord God, please surround me with favor as with a shield today. Lord, please strengthen the your wall of protection around me, keeping me safe from temptation of the flesh, tricks of the Adversary, and all harm. Lord, please fill my thoughts with Your thoughts and let my words be your words. You are my strength, my shield and my defense, O Lord. Thank You, Lord, in Jesus name I pray, Amen." (based on Psalm 5:12 & Psalm 7:10)

We have found that reciting [Psalm 91](#) as a prayer prior to going to bed each night has helped in establishing God's protective hedge over our homes and families.

The Blood of Jesus Christ is a powerful weapon for protection from the enemy's attacks. You can visit our page about the [Blood of Christ](#) for more info about it. The following prayer is a good one to pray before starting the day:

"Lord, I cover myself and everyone around me with the blood of Jesus. I cover all of the members of my family (call them by name) with the blood of Jesus. I cover my home, my land, my car, my finances, my marriage, my ministry, with the blood of Jesus. In the Name of Jesus Christ, by the power of His blood, I break off every power of the kingdom of darkness and cancel every argument in heaven that has established itself against the plans of God in my life and spoil every attack of the enemy. I call forth, in the name of Jesus, all of God's plans and purposes for my life, and my family. As for me and my house, we shall serve the Lord. Satan, the blood of Jesus is against you and you have no authority over my life. NO WEAPON FORMED AGAINST ME (OR MY FAMILY) SHALL PROSPER!" (borrowed from Benny Hinn Ministries)

Asking God to move against Satan and other evil forces: When praying against the activities of evil, take care to pray for the salvation of any people that are being used by the enemy.

"Father God, I ask that You will send Your forces out to drive back the enemies of Christ that are working in this situation. Your Word says that the adversaries of the Lord shall be broken in pieces; from heaven He will thunder against them. Lord, I pray that you would break your enemies in pieces in Your perfect timing,

and bring salvation, restoration and healing to all people who are involved."
(Based on 1 Samuel 2:10)

"To You, O Lord, I lift up my soul. O my God, I trust in You; let me not be ashamed; Let not my enemies triumph over me. Consider my enemies, for they are many; and they hate me with cruel hatred. Keep my soul, and deliver me; let me not be ashamed for I put my trust in You. In Jesus Christ, Amen" (based on Psalm 25:1-2, 19-20 NKJV)

"Plead my cause, O Lord, with those who strive with me; fight against those who fight against me. Take hold of shield and buckler, and stand up for my help. Also draw out the spear and stop those who pursue me. Say to my soul, "I am your salvation." Let those be put to shame and brought to dishonor who seek after my life; let those be turned back and brought to confusion who plot my hurt. Let them be like chaff before the wind, and let the angel of the Lord chase them. Let their way be dark and slippery, and let the angel of the Lord pursue them. In Jesus Christ, Amen" (based on Psalm 35:16 [NKJV](#))

"Lord God, I ask you to move against the forces of evil. I invite You to act in Your mighty power in this situation. Throw the enemy forces into confusion and frustrate their counsel. I pray that they will not prosper in all their schemes of rebellion against You and Your people. I pray that the financial support of these evildoers will erode away as long as they do evil in Your sight. I pray that You will turn their hearts to Yourself and draw them unto Your salvation in Jesus Christ. Thank You Father. In Jesus Christ, Amen"

"Heavenly Father, I ask that you would unmask the enemy's deception over these people who are rebelling against you in doing this evil. Lord God, please stretch out Your mighty hand against their schemes and thwart their every move. Please draw each of them to salvation in Jesus Christ. Thank You Father. In Jesus Christ, Amen"

"Lord God almighty, You are the Lord of hosts, the Commander of the armies of heaven, the Most High God. I pray that you will thunder from heaven against the forces of darkness that are working in this situation. Lord, may you utter Your voice, sending hailstones and coals of fire into the enemy's camp. Lord, send out Your arrows and scatter the foe with lightnings in abundance. Vanquish Your enemies, O God and rebuke them with the blast of Your holy breath. To You alone be all glory, honor and praise forever. In Jesus Christ I pray, Amen." (based on Psalm 18:13-15)

Prayer for putting on the Armor of God

"Heavenly Father, I praise and worship you because you are God. I am honored to be your servant and I take my stand today against the devil and his schemes against me, my family and my ministry. Father, as I take up each piece of the armor, please secure it in place on me.

I take up the [shield of faith](#) and extend it over myself. It extinguishes all the fiery darts of the evil one.

I put on the [helmet of salvation](#), which protects my mind from the enemy's attacks. I have the mind of Christ."

I put on the [breastplate of righteousness](#), which covers my body with the righteousness of God. In Christ, every foothold of evil has been washed away and I am clothed in righteousness!

I gird my loins with the [belt of truth](#). Your word, O God, is truth. Father, sanctify me according to your word and remind me through the Holy Spirit of the truth that destroys the lies of sin.

I [shod my feet](#) with the preparation of the Gospel of peace. I have peace with God through the blood of Jesus. I have favor with God and with man. I walk in my inheritance as an adopted son of God and have authority over evil in Jesus' name.

I will use the [Sword of the Spirit](#) by speaking the Word of God as it applies to whatever situation I may face today. Father, please remind me of your Word via the Holy Spirit.

I will continue throughout the day [praying in the Spirit](#), and I believe that the Holy Spirit is interceding on my behalf according to my prayers.

Thank you, Father, for the whole armor of God. Please surround me with your hedge of protection as I move forward on the spiritual battlefield today. I praise and worship you now and forever, Amen."

Prayers for Repentance, Deliverance and Cleansing

Dear Lord, I pray that you will not remember the sins of my youth, nor my transgressions. Please think of me according to Your mercy and for Your goodness' sake, O LORD. Lord I turn from all of those sins that I committed and I ask for Your help in washing the memory and thoughts of that sin completely from my mind. Please restore me to faithful obedience to Your Word, and fill me with Your Holy Spirit anew, so that I may keep Your commands all the days of my life." (Based on Psalm 25:7)

"Lord Jesus, I invite you into my heart anew today, and I ask forgiveness for all of my sin. Jesus, thank you for dying for my sins and for forgiving me of them through your shed blood for me on the cross. Please take away all the sinful "old things" in my heart that defile me, especially _____(Fill in the Blank) and replace them with the "good things" that you desire to grow in to my life. Please wash away all the sinful crud and tendencies toward evil and replace them with a hunger and thirst for your righteousness. I need your help, Lord God, in living this new life in Christ. Please send your Holy Spirit afresh into my life to help me, heal me, lead me and transform me. In Jesus Christ I pray, Amen." (Mark 7:21-23 & 2 Corinthians 5:17)

Prayer to Live a Chaste Life by Rev. Frank D.

"Lord God, we live in an age when sexuality is trivialized and when covenants are broken routinely. We are bombarded with cultural insensitivity for the sacredness of life and what was once considered perverted is now common place and accepted. Please help me increase my sensitivity to the Truth of Your commandments and show me where I need to amend my attitudes and my actions. Forgive me my failures in this area and strengthen me to live a chaste life. Free me from the bondage of my passions and make me the master of my inclinations. Heal me of past hurts and the impact of erroneous instruction and guide my relationships in purity, fidelity and love. Amen."

Prayers from Psalms

The Book of Psalms in the Bible contains numerous prayers and praise passages that are very helpful in preparing your heart to both speak to and worship God. Many times during my struggle with porn I recited Psalms to God. I believe that if you pray to God and mean the words you read, He will listen and answer you! David wrote many of the Psalms, and he was certainly one man very familiar with sexual sin and spiritual warfare. For example, [Psalm 51](#) is one of my favorites. Verses 1-13 make an excellent prayer that you can pray on a daily

basis. David wrote it after the Prophet Nathan confronted David with his sin of adultery with Bathsheba and murder of her husband. If God could forgive David of adultery and murder, don't you think he can forgive you of pornography, lust, sexual sin, etc...?

[Psalm 25](#) is especially suited for deliverance and forgiveness. Verses 1-7 compose a helpful prayer to God; 8-15 are praise passages; 16-22 finishes the prayer. In verse 19, David could well be referring to spiritual enemies as well as physical enemies. Satan's forces of evil will oppose you every step of the way out of porn. Pray for strength and God will help you. In Jesus Christ's name you have [authority](#) to command Satan and his forces to flee from you!

"Heavenly Father, I come to you in the name of Your Son, Jesus Christ. Lord, I have sinned through sex addiction in many ways. I ask for your forgiveness, cleansing, guidance, strength, protection and healing for every step along this journey. Father, please create in me a clean heart, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. I commit myself to serving you from this point on in my life, and ask that you will accomplish Your will in my life and not my own. You are my King and I am Your servant. O Lord, open my lips, and my mouth shall show forth Your praise. Teach me Your ways, that I may walk in them for the rest of my life. Thank You, Father. In the name of Jesus Christ, Amen."

Prayers for Strength

This prayer is based on Ephesians 3:16-19, where Paul prays for the Ephesians for strengthening of their "inner man." The Holy Spirit is the one that accomplishes that strengthening:

"Father God, I confess that I am a sinner, and that I am weak in the face of temptation. Please forgive me for my sins in name of Jesus Christ. Lord, I put my trust and strength in You. I ask that you will strengthen me with Your might through your Spirit in my inner man today. I pray that Jesus would dwell in my heart and I believe that He will by faith. I ask for your wisdom and understanding concerning Jesus' love for me. I thank you for what Jesus did for me on the cross, and I desire to walk resurrected with Him in obedience, joy and love today. Please fill me with your fullness through Your Holy Spirit today. To You be all the glory, honor and praise. Amen."

"Lord God, I thank you for your promise of being with me at all times. Thank you that with You, I do not have to fear anything. Lord I thank you that you

will strengthen me now and help me through this struggle; that you will uphold me with your righteous right hand. Please send your Holy Spirit to help me withstand the adversary. In Jesus Name I pray, Amen."

(based on [Isaiah 41:10](#))

"Lord God, I pray that you will now strengthen and purify my heart, so that I will be blameless and holy in your presence. Lord I thank you that even though I have ignored you and lived a life filled with sin, you have promised to strengthen me so that I may counted as righteous in your sight. In Jesus Name I pray, Amen." (based on [1 Thessalonians 3:13](#) & [Isaiah 45:5](#))

"Dear Jesus, I place my hope and trust in you. I pray you will now strengthen me as you have promised, that I may stand against the enemy (Satan) and his forces of evil. Thank you for renewing my strength, enabling me to soar on wings like the eagles, to run and not grow weary, to walk and not be faint. Lord please be my strength today in keeping my thoughts pure and obedient to Jesus Christ, keeping my eyes free from pornography and lust. Thank you, Lord Jesus, Amen." (based on [Isaiah 40:31](#))

The Lord's Prayer: The Lord's Prayer is a powerful and effective prayer that is frequently overlooked. Jesus talk his disciples to pray this prayer. It has elements of praise, worship, invocation of God's will, forgiveness, avoidance of temptation and protection from evil:

"This, then, is how you should pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

"Matthew 6:9-14

Jesus notes a very important action that should accompany prayer just after he tells his disciples this prayer:

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins. Matthew 6:15

[Unforgiveness](#) is a common obstacle for healing and deliverance from all types of sin bondage. Do you have any unforgiveness in your heart?

If these sample prayers have helped you, please consider making a contribution to support our ministry. We offer all of our materials for free and your contribution would help us meet our expenses. Please visit <http://www.porn-free.org/donations.htm>. Thank You!