

Here is a prayer to get you started. Pray it out loud from your heart:

Dear heavenly Father, I know that You are here in this room and present in my life. You are the only all-knowing, all-powerful, ever-present God. I desperately need You, because without Jesus I can do nothing. I believe the Bible because it tells me what is really true. I refuse to believe the lies of Satan. I stand in the truth that all authority in heaven and on earth has been

given to the risen Christ. I ask You to protect my thoughts and mind, to fill me with Your Holy Spirit, and to lead me into all truth. I pray for Your complete protection. In Jesus' name I pray. Amen.

If a Christian friend or counselor is with you, he or she may declare the following for you, or declare it for yourself aloud:

In the name and the authority of the Lord Jesus Christ, we command Satan and all evil spirits to let go of (name) in order that (name) can be free to know and choose to do the will of God. As children of God seated with Christ in the heavenlies, we agree that every enemy of the Lord Jesus Christ be bound and gagged to silence in (name). We say to Satan and all of his evil workers that you cannot inflict any pain or in any way stop or hinder God's will from being done today in (name).