Spiritual First Aid Kit
THE PRAYER OF CONFESSION FOR DELIVERANCE

I believe that Jesus is the Son of God. He has come in the flesh, born of a virgin, and lived a sinless life. I confess that He died for me on Calvary, was buried and three days later arose, victorious over death, hell and the grave. He proved Himself alive by many infallible proofs, ascended into heaven, was crowned and seated at the right hand of God the Father. He sent His Holy Spirit into the world. I have trusted Him as my Savior and do now confess Him to be both Savior and Lord. My body is the dwelling place of the Holy Spirit. The devil has no right to a place in me and no power over me. I am a new creation in Christ Jesus, made righteous with the righteousness of Jesus. I am standing before the throne of God in the righteousness of Jesus.

I now take a stand against every lie the devil has ever told me. I refuse every lie he would now tell me. I take back every piece of ground I have ever given him, break every contact I have made with him, close every door I have ever opened to him, knowingly or unknowingly, intentionally or unintentionally. I come against every stronghold that he has constructed in my life, believing that the weapons in my hands are not carnal, but mighty through God to pull down strongholds, cast down imaginations and every high thing that exalts itself against the knowledge of God, and to bring into captivity every thought to the obedience of Christ. I believe that the Bible gives me the will of God. I believe that it is the will of God for my life, and do now claim it in the name of Jesus. I now claim my freedom and receive it in Jesus’ name. I do now thank God for my freedom.

DELIVERANCE PRAYER

Dear Lord, with honesty of heart, humility of soul and conviction of spirit, do I make this following confession: I have sinned against You and have disobeyed Your Word whether it be through willfulness, ignorance or curiosity, and I now repent of these sins and ask You to forgive me through the blood of Jesus Christ. But, by an act of my will and in the name of Jesus, I close all those doors which I have opened to Satan and I now ask You, dear Lord, to help me renounce all these things and cleanse me in body, soul and spirit, in Jesus’ name.

(see listing on the following page for things to renounce)
Acupuncture
Amulets
Apparitions
Astral Projection
Astrology
Auras
Automatic Writing
Bermuda Triangle
Black Arts
Black Magic
Black Mass
Body Lifting
Cemeteries
Chain Letters
Charms
Christian Science Healing
Clairaudience
Clairvoyance
Communicating with Dead
 Conjuring
Crux Ansata (ankh)
Crystal Balls
Curses
Demonic Skills
Divining Rod
Dowsing of any kind
Dreams not from God
Dungeons & Dragons
Earth Worship
Enchantments
 ESP
 EST
Familiar Spirits
Fetishes
Fortune Telling
Freddie Krueger
 Ghosts
Good Luck Items
Haunted Houses
Horoscopes
Humanistic Psychology
Hypnosis
I-Ching
Incantations
Karate
Ku Klux Klan
Legal & Illegal Drugs
Levitation
Magic Healing
Making Sons & Daughters
Pass through the Fire
Mascots
Materialization or Apports
Medals
Mediums
Mental Science
Mesmerism
Metaphysical Healing
Mind Control
Mind Reading
Necromancy
Neutral Magic
New Age
Non-Christian Exorcism
 Numerology
Obeah (West Indian)
Observing of Times
Occult Games
Ouija Boards
Palm Reading
Parapsychology
Pendulum Diagnosis
Poltergeists
Potions
Powwow
Prognosticators
Psychic Phenomena
Psychodrama
Psychokinesis
Psychometry
Reincarnation
Remote Influence of
Subconscious Mind of
Others
Runes
Santeria
Seances
Second Sight
Self-Hypnosis
Self-Realization
Signs of Zodiac
Soothsaying
Sorcery
Spells
Spirit Guides
Spiritual Prostitution
Spiritualism
Stephen King Material
Superstition
Table Tipping
Talismands
Tarot & Card Laying
Tea-Leaf Reading
Trance Diagnosis
Trances
Transactional Analysis
Transcendental Meditation
 UFOs
 Visions
Wart or Burn Charming
 Water Witching
White Magic
Whoring
Witchcraft
Wizards
Yin-Yang
 Yoga
UNGODLY ITEMS

I renounce my curiosity and all literature I have ever read in any of these fields, and vow that I will destroy such books in my own possession. I will also destroy any objects, pictures, signs and statues of Jesus, Mary or the saints or anything else in Heaven above or on the earth or in the waters under the earth, jewelry, especially American Indian, Star of David or Solomon, unicorn horn, Masonic emblems and rings, crucifixes, swastikas, dragons, frogs, owls, mushrooms, and satanic children’s games, and charts which are on my person or in my house or owned by me at any other location which have any religious significance or importance to anyone whatsoever. I also renounce rebellion, stubbornness and obstinacy.

OATHS

I renounce any oaths that I or my ancestors ever made to any false god, idol, false cult or false religion, such as Christian Science, Jehovah’s Witness, Judaism, Moslem, Mormonism, Hinduism, Moonism and all Eastern religions, Unity, Unitarianism and American Indian religions, Theosophy, Rosicrucianism, and Satanism. I renounce any initiation rite into any club, brotherhood, lodge, fraternity, sorority, freemasonry, shrine, Eastern Star, Demolay, Boy Scouts, Girl Scouts, or any other order which is of demonic or witchcraft origin or any Bible college or seminary which requires the taking of an oath to uphold man-made doctrine.

I break all demonic subjection, demonic soul ties or bondages to my mother, father, grandparents, spouse, ex-spouses or any other human being living or dead who has ever dominated me or controlled me in any way contrary to the will of God. I break all curses of psychic heredity, and any demonic hold upon my family line as a result of the disobedience of any of my ancestors, spouse and ex-spouses. I break any curses of physical or mental illness off my family line. In the name of Jesus Christ I renounce every cult that denies the blood atonement of Jesus Christ, and every philosophy that denies the deity of Jesus Christ.

FORGIVENESS

Lord, I have another confession to make. I have not loved, but have resented certain people. I confess this as a sin. I call upon You, Lord, to help me forgive them. I do now forgive . . . (call to remembrance all people, institutions or things which have disappointed you). Lord, I do now forgive myself, also, in Jesus’ name.
SOUL TIES

In the name of Jesus Christ I choose to put off all of the old, all that is connected with the old creation. I put off any remaining soul ties with persons in the past which would bind or hinder my Christian growth and walk. I come against any such soul ties now and I reject them and put them off in the name of the Lord Jesus Christ. Jesus Christ is my victory, my Sanctifier, separating me unto the Body of Christ into liberty, unto freedom. Praise the name of Jesus. I declare every evil soul tie to be broken. I renounce each one in the name of the Lord Jesus Christ. I declare any such bondage to be over because I am cleaned by the shed blood of Jesus and born again and His resurrection victory over the grave gives me power and authority over all such things.

Satan, I declare myself to be loosed from you and your demons. I declare myself to be bound only unto the liberated Body of Christ: to be knit together in love in the glorious liberty of the Children of God. I praise You, dear Lord, for You are the Lion of the Tribe of Judah. You break every fetter. You let the oppressed go free and open the prison house of the captives — Hallelujah! I break soul ties with the following: (Now name specifically any person, group, organization or thing that comes to mind). In the name of the Lord Jesus Christ of Nazareth, I declare myself free from all cords, bands, ties and tentacles of soul ties. Amen!

STRONG MEN

Or else how can one enter a strong man’s house and plunder his goods, unless he first binds the strong man? And then he will plunder his house. Matt. 12:29

JEALOUSY (Num. 5:14) — murder (Gen. 4:8); anger, revenge (Prov. 6:34); restlessness, never satisfied, competition, suspicion

LYING SPIRIT (2 Chron. 18:22) — adultery, sodomy, profanity, vanity, hypocrisy, religious spirits (fault finding, isolate selves, always accusing/ opposing, show off, always have to win, talk to devil before they talk to God) (Jer. 23:14) [Lying leads to divination - Eze. 12:24]

FAMILIAR SPIRIT (friendly) (1 Sam. 28:7) — astrology, horoscope, fortune-telling, occult, rock music, hypnotism, divination (Acts 16:16)

PERVERSION (Isa. 19:14) — fornication, lying, false doctrines, twisting (Acts 13:10); (people who pervert truth will end up in sexual sin); hate of God (Prov. 14:2), wound spirit (Prov. 15:4), lust (Prov. 23:33), self-lovers (2 Tim. 3:2)

HEAVINESS (Isa. 61:3) — grief, despair, hopelessness, self-pity, rejection, down, loneliness, gloomy, troubled, sorrow, gluttony
WHOREDOM (Hos. 4:12) — love of world/money, wicked friends; Eze. 16:28 - Assyrian (satan) - wicked friends, unsatiable, unsatisfied, fornication; Eze. 16:30 - emotional weakness, can’t say no; Eze. 16:31 - idolatry - sell bodies, prostitution

INFIRMITY (all diseases) (Luke 13:11)

DEAF & DUMB (Mark 9:17-29) — dumb, insane, seizures, epilepsy, suicide, motionless (pine away); lunatic (Matt. 17:15)

FEAR (2 Tim. 1:7) — torment, terror, danger, nightmares, worry, doubt, timidity, inferiority, inadequate, all phobias (darkness, heights, closed in, etc.)

PRIDE (Prov. 16:18) — haughtiness, mockery, stubbornness, witchcraft, wrath, arrogancy, self-righteous, controlling spirit

BONDAGE (Rom. 8:15) — anguish, bitterness, addictions, spiritual blindness, cannot pray/call on God (say God, not Father)

ANTI-CHRIST (1 John 4:3) — legalism, attack your testimony, disturb services, oppose men/teaching of God, against gifts of spirit, substitute for the blood, persecute saints, blasphemes, controlling spirit

EGYPT (Isa. 19:3) — world, system

UNCLEAN SPIRIT (Zech. 13:2) — false prophecy

DISOBEDIENCE (Eph. 2:2)

SEDUCTION (1 Tim. 4:1-2) — hypocrisy, carnality

ERROR (1 John 4:6) — New Age, atheism, humanism

DEATH (Rev. 20:13-14)

SINS OF THE FATHER PRAYER

Father, in the name of Jesus, I want to be free of all of the past iniquity of my personal life, including that of my forefathers. I know that all of my sins are forgiven by the blood of Jesus and that as far as You are concerned, it’s just as if I had never sinned. But, I also know that there are experiences in the past that have had profound effect upon my emotions, mind and will. The enemy has used these to oppress me and keep me from changing. I want to deal with all of these now, especially those that came in through my perversity, fault or iniquity of my fathers that have come down to me to keep me from realizing complete liberty and freedom in the Lord Jesus Christ. As I am shown each of them, I will confess them as sin unto You. I now confess the sins of my fathers, known and unknown. I accept forgiveness for them according to I John 1:9 which says, “If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from unrighteousness.” Thank You, Father, for forgiveness and cleansing from all unrighteousness. I remit those sins and break and loose myself from all of the
consequences and curses. I break all curses of the sins of the fathers. Satan, I rebuke you. You and all of your demons leave me now. In the name of Jesus Christ of Nazareth, I declare myself free from all bondage that has come in through the sins of my fathers. Thank You, Heavenly Father, in the name of Jesus!

**CURSES**

According to Galatians 3:13 and Colossians 2:14-15, I break all curses, hexes, spells, jinxes, vexes and charms placed on me from an occult source. I break the curse of illegitimacy ten generations back from off my family line.

**Lev. 20:27** - Curse of death-being a wizard, a medium, having a familiar spirit  
**Lev. 20:6** - Curse of being cut off from the atonement from seeking help from the occult  
**Deut. 23:1-3** - Ammonite or Moabite  
**Deut. 27:15** - Curse from idolatry  
**Isa. 65:11,15** - Curse of Gad (fortune) and Meni (destiny)  
**Isa. 66:17** - Curse of Adad - idolatry, false religion  
**Deut. 27:16** - Curse of guilt and death from dishonoring parents  
**Deut. 27:17** - Curse from moving neighbor’s landmark  
**Deut. 27:18** - Curse from misleading the blind  
**Deut. 27:19** - Curse from doing injustice  
**Deut. 27:20, 22-23** - Curses from incest  
**Deut. 27:21** - Curse from having sex with animals  
**Lev. 20:18** - Curse from having sex with menstruating women  
**Lev. 20:21** - Curse of having no children from having sex with a brother’s wife  
**Lev. 20:13** - Curse from homosexuality  
**Lev. 20:10** - Curse from adultery  
**Jer. 5:8** - Curse of a stud and stallion - lust and adultery  
**Deut. 27:24** - Curse from secret murder - hatred  
**Gen. 4:11-12** - Curse of a vagabond, non-productive - from murder  
**Deut. 27:25** - Curse from bribery to murder  
**Deut. 27:26** - Curse from disobedience to the Word of God  
**Lev. 20:2-5** - Curse of Molech - sacrificing children to idols  
**Num. 5:12-28** - Curse of barrenness, swelling, overweight, thigh falling away from jealousy and suspicion  
**Gen. 3:16** - Curse on women: suffering in pregnancy and pain in childbearing  
**Gen. 3:17-19** - Adam’s curse from obeying his wife instead of God; working in toil and sorrow in sweat of brow
Eze. 7:18 - Curse of baldness, horror, dismay and shame
Rom. 11:8-10 - Curse of stupor, spiritual blindness
Deut. 11:28 - Curse of idolatry and disobedience
Jer. 48:10 - Curse from slackness and indifference in doing the work of the Lord
Mal. 3:8-9 - Curse from withholding tithes and not giving to the Lord's work
Mic. 6:10-16 - Curse from false balances, lying wickedness
Zech. 5:3-4 - Curse from thievery, false swearing
Prov. 3:33 - Curse on the house of the wicked
Prov. 28:27 - Curse from not helping the poor
Mal. 2:2 - Curse from not listening to and glorifying God
Mal. 1:14 - Curse from deception, not keeping vows to God
Mic. 2:1-3 - Curse of not walking uprightly from devising iniquities on one's bed, coveting oppression
Mic. 3:1-7 - Curse of no vision, shame, blushing, being confounded from prophesying falsely
II Pet. 2:14 - Curse from spiritual harlotry: insatiable, beguiling, covetousness
Mal. 2:8-9 - Curse from corrupt ministry of the Word, showing favoritism
Mal. 4:6 - Curse of destruction of family priesthood: estranged parents and rebellious children
II Kings 9:22-37 - Curse of Jezebel - fornication, witchcraft, treachery, manipulation (especially by women)
I Kings 21:19-29 - Curse of Ahab from idolatry, selling out to evil (especially when incited by women)
Num. 24:9 - Curse from cursing any of God's people
Jer. 17:5-6 - Curse from trusting in man and the system
Prov. 17:11 - Curse of an evil man
Prov. 23:21 - Curse from self-indulgence, laziness, gluttony
Prov. 28:7 - Curse of bringing shame on parents from associating with gluttons, carousers and extravagant people
Psa. 119:21 - Curse from pride and arrogance
Deut 28:15-68 - Curses from not listening to God's voice
Jer. 50:21 - Curse of Merathaim - double rebellion and bitterness, defiance
I Sam. 25 - Curse from not recognizing God and repaying evil for good
Jud. 3:5-10 - Curse of Chushan-rishaathaim - doubly wicked
Isa. 33:1 - Curse of the destroyer
Gen. 9:25 - Curses of slavery from exposing father's nakedness
TREATIES TO BREAK

These are agreements (inner vows) that have been made to satan.

In Jesus’ Name, I annul all covenants, contracts, treaties, tributaries, marriages, sureties, and bribes that I have participated in with satan. In Jesus’ Name, I declare these broken and with your help and grace, Lord Jesus, I will remain free from any of these entanglements. I break the covenants with:

Willful Contrariness - Spiritual Blindness - Spiritual Deafness
Trafficking with satanic influences
Ungodly agreements and pledges
Identifying with satanic things
Exalting satanic things - Protecting satanic things
Accepting defeat, destruction, or death
Judging by outward appearances
Strife and Contention
Careless ease, laziness
Greed, Spending, Devouring
Self-pampering, self-protection
Allowing self to be hemmed in
“Hunter” Self-seeking
Falsehood, self-deception, lying
Self-indulgence, fat, lust
Self-effort, pride of life, competition
Selfish Ambition
Going along with the crowd, compromise
Self-exaltation, self-aggrandizement
Idolatry, fornication, covetousness
Quarrelling, jealousy, envy
Superiority, inferiority, ego trips
Bitterness, unforgiveness, grudges
Carnal impulses, appetites, unholy desires
Carnal thoughts, words, deeds
Revelling, drunkenness, debauchery
Mixing the truth with the world
Distrust, running away from God,
Desertion, stumbling
Making deals with God
Relationships, activities, attitudes that compromise stand of faith
BINDING & LOOSING

In Matthew 16:19, Jesus is talking to Peter — And I will give you the keys of the Kingdom of heaven, and whatever you bind on earth will have been bound in heaven, and whatever you loose on earth will have been loosed in heaven.

In Matthew 18:18, Jesus is talking to all the apostles — Assuredly, I say to you, whatever you bind on earth will be bound in heaven and whatever you loose on earth shall be loosed in heaven.

**Bind:** Strong’s 1210; deo (deh’o) bind, be in bonds, knit, tie, wind. (Vines adds that to be bound can mean to be under the constraining power of the Holy Spirit.)

**Loose:** Strong’s 3089; luo (loo’o) loosen, break (up) destroy, dissolve, (un) loose, melt, put off. (In Luke 13:16 it is used to denote being made free of disease. In Rev. 1:5 it is used when Jesus was released from death. In Acts 2:24 it says Jesus was raised up by God, being loosed from the pains of death.)

On the National Day of Prayer, the Holy Spirit clearly said to stop binding individually and start binding corporately. He brought to mind the Gadarene maniac in Mark where Jesus commanded the unclean spirit to come out. He asked their name and they said, “Legion, for we are many.” These demons entered 2,000 hogs so there were at least that many.

Jesus had great discernment, for it is dangerous to cast out all demons at once. If the man had wanted to keep any of them, they could have called in seven times more and his condition would have been worse than before, Matt. 12:45.

Binding does not carry any downside. We can bind all the spirits at once. He also brought to mind 2 Thes. 2:7, “For the mystery of lawlessness is already at work; only he who now restrains will do so until he is taken out of the way.” Most teach that the restrainer is the Holy Spirit, but this cannot be as many people are saved after the Antichrist is revealed. Also, Jesus said the Holy Spirit would be with us always. The Holy Spirit is the power that does the restraining, but it is through the overcomers. We could not restrain lawlessness by working with individuals, but must do so by treating all evil spirits as one entity. Jesus did not differentiate each spirit, indeed, did not use the plural, but said “unclean spirit”.

Psa. 149:8 says we bind their kings with chains and their nobles with fetters of iron. Fetters usually were made with woven rope, so this is implying more permanence. We are to bind all unclean spirits whether they are in people, animals, equipment, buildings, the dry places, between assignments, or in the
heavenlies. In Matt. 8:12 Jesus says some of the Jews will be cast into outer darkness. Also in Matt. 22:13 and Matt. 25:30. Where is outer darkness? I don’t know what or where this refers to, but it is not earth and sounds like outer space. Are spirits there to torment them? We take no chances but bind them all.

**Bind and loose as the Holy Spirit leads. For me, it is something like this:**

All unclean spirits, you are bound in Jesus’ name and you will not communicate, manipulate or operate in any manner. You will not move or transfer, but are literally bound by the Word and Power of God. All your operations will cease. Any disobedience will result in your immediate removal to the abyss.

Satan, you and your princes of darkness, and all in your chain of command are bound in Jesus’ name. You will not communicate with each other or with your demon troops. As God sees fit to release you, we speak confusion, error, failure, and infighting into your hierarchy. We loosen all people, animals, equipment, nations and buildings from your schemes and manipulations and we destroy those works in Jesus’ name. You will not resurrect any work except as made legal to do so by a person under your control who desires it. With any disobedience, you will join Abaddon and the others in the abyss. There will be no reproduction in your kingdom of any kind.

In all the righteous people of God, cellular reproduction will be restored to the way God intended. All fragmentation, mutation, and perversion of this process will stop. The aging process will be reversed.

We bind the actions of harmful bacteria, microbes, viruses, retroviruses, amoebas and all other disease-causing organisms to cease on God’s chosen and we loose them from the damage that has been caused.

We loose all God’s people from physical and spiritual blindness and deafness.

We loose all the finances that have been stolen from God’s people and command them to be returned seven times over.

We bind all God’s people to Him and all that He has chosen for the harvest. We loosen them from the grip and influence of the enemy.

We bind our minds to the Mind of Christ, our will to the Will of God and our emotions to most holy emotions.

We bind favor with God and man to those who are walking uprightly with God.

We loose the pain of death from all God’s people who are not ready to go yet.
SCRIPTURES TO BASE YOUR FAITH ON

BLESSINGS OF ABRAHAM

Deut. 28:1-14 - If you will listen diligently to the voice of the Lord your God, being watchful to do all His commandments which I command you this day, the Lord your God will set you high above all the nations of the earth, and all these blessings shall come upon you and overtake you, if you heed the voice of the Lord your God.

• Blessed shall you be in the city, and blessed shall you be in field.
• Blessed shall be the fruit of your body, and the fruit of your ground, and the fruit of your beasts, the increase of your cattle, and the young of your flock.
• Blessed shall be your basket and your kneading trough.
• Blessed shall you be when you come in, and blessed shall you be when you go out.
• The Lord shall cause your enemies who rise up against you to be defeated before your face; they shall come out against you one way, and flee before you seven ways.
• The Lord shall command the blessing upon you in your store house, and in all that you undertake; and He will bless you in the land which the Lord your God gives you.
• The Lord will establish you as a people holy to Himself, as He has sworn to you, if you keep the commandments of the Lord your God and walk in His ways.
• And all people of the earth shall see that you are called by the name (and in the presence of) the Lord; and they shall be afraid of you.
• And the Lord shall make you have a surplus of prosperity, through the fruit of your body, of your livestock, and of your ground, in the land, which the Lord swore to your fathers to give you.
• The Lord shall open to you His good treasury, the heavens to give the rain of your land in its season and to bless all the work of your hand; and you shall lend to many nations, but you shall not borrow.
• The Lord shall make you the head, and not the tail; and you shall be above only, and you shall not be beneath, if you heed the commandments of the Lord your God, which I command you this day, and are watchful to do them.

And you shall not go aside from any of the words which I command you this day, to the right hand or to the left, to go after other gods to serve them.
PRAYER FOR WISDOM & REVELATION

Eph. 1:17-23 - For I always pray the God of our Lord Jesus Christ, the Father of Glory, that He may grant you the spirit of wisdom and revelation — of insight into mysteries and secrets — in the (deep and intimate) knowledge of Him, by having the eyes of your heart flooded with light, so that you can know and understand the hope to which He has called you and how rich is His glorious inheritance in the saints — His set-apart ones, and (so that you can know and understand) what is the immeasurable and unlimited and surpassing greatness of His power in and for us who believe, as demonstrated in the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His (own) right hand in the heavenly (places), far above all rule and authority and power and dominion, and every name that is named — above every title that can be conferred — not only in this age and in this world, but also in the age and the world which are to come. And He has put all things under His feet and has appointed Him the universal and supreme Head of the church (a headship exercised throughout the church), which is His body, the fullness of Him Who fills all in all — for in that body lives the full measure of Him Who makes everything complete, and Who fills everything everywhere (with Himself).

PRAYER FOR STRENGTH & POWER IN THE HOLY SPIRIT

Eph. 3:16-20 - May He grant you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in the inner man by the (Holy) Spirit (Himself) — indwelling your innermost being and personality. May Christ through your faith (actually) dwell — settle down, abide, make His permanent home — in your hearts! May you be rooted deep in love and founded securely on love. That you may have the power and be strong to apprehend and grasp with all the saints (God’s devoted people, the experience of that love) what is the breadth and length and height and depth (of it); that you may really come to know — practically, through experience for yourselves — the love of Christ, which far surpasses mere knowlege (without experience); that you may be filled (through all your being) unto all the fullness of God — (that is) may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself! Now to Him Who, by (in consequence of) the (action of His) power that is at work within us, is able to (carry out His purpose and) do superabundantly, far over and above all that we (dare) ask or think — infinitely beyone our highest prayers, desires, thoughts, hopes or dreams.
PRAYER FOR KNOWLEDGE OF HIS WILL

Col. 1:9-12 - For this reason we also, from the day we heard of it, have not ceased to pray and make (special) request for you, (asking) that you may be filled with the full (deep and clear) knowledge of His will in all spiritual wisdom (that is, in comprehensive insight into the ways and purposes of God) and in understanding and discernment of spiritual things; that you may walk (live and conduct yourselves) in a manner worthy of the Lord, fully pleasing to Him and desiring to please Him in all things, bearing fruit in every good work and steadily growing and increasing in (and by) the knowledge of God — with fuller, deeper and clearer insight, acquaintance and recognition. (We pray) that you may be invigorated and strengthened with all power according to the might of His glory, (to exercise) every kind of endurance and patience (perseverance and forebearance) with joy, giving thanks to the Father, Who has qualified and made us fit to share the portion which is the inheritance of the saints (God’s holy people) in the Light.

PRAYER FOR KNOWLEDGE OF GOD’S LOVE

Phil. 1:9-11 - And this I pray, that your love may abound yet more and more and extend to its fullest development in knowledge and all keen insight — that is, that your love may (display itself in) greater depth of acquaintance and more comprehensive discernment; so that you may surely learn to sense what is vital, and approved and prize what is excellent and of real value — recognizing the highest and the best, and distinguishing the moral difference; and that you may be unattained and pure and unerring and blameless, that — with hearts sincere and certain and unsullied — you may (approach) the day of Christ, not stumbling nor causing others to stumble. May you abound in and be filled with the fruits of righteousness (of right standing with God and right doing) which come through Jesus Christ, the Anointed One, to the honor and praise of God — that His glory may be both manifested and recognized.

GOD’S ARMOR

Eph. 6:11-18 - Put on God’s whole armor — the armor of a heavy-armed soldier, which God supplies — that you may be able successfully to stand up against (all) the strategies and the deceits of the devil. For we are not wrestling with flesh and blood — contending only with physical opponents — but against the despotisms, against the powers, against (the master spirits who are) the world rulers of this present darkness, against the spirit forces of wickedness in
the heavenly (supernatural) sphere. Therefore put on God’s complete armor, that you may be able to resist and stand your ground on the evil day (of danger), and having done all (the crisis demands), to stand (firmly in your place). Stand therefore — hold your ground — having tightened the belt of truth around your loins, and having put on the breastplate of integrity and of moral rectitude and right standing with God; and having shod your feet in preparation (to face the enemy with the firm-footed stability, the promptness and the readiness produced by the good news) of the Gospel of peace. Lift up over all the (covering) shield of saving faith, upon which you can quench all the flaming missiles of the wicked (one). And take the helmet of salvation and the sword the Spirit wields, which is the Word of God. Pray at all times — on every occasion, in every season — in the Spirit, with all (manner of) prayer and entreaty. To that end keep alert and watch with strong purpose and perseverance, interceding in behalf of all the saints (God’s consecrated people).

**THE WORD OF GOD — YOURS TO FEAST ON**

The whole Word of God is yours to claim and stand on. Following are just a few of the scriptures which you can claim and believe in. I encourage you to look them up — mark them in your own Bible — make them YOURS to own.

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Spiritual Check-Up List

• True Repentance
  • Confess Sins (I John 1:9, James 5:16)
• Forgive others and self (Mark 11:25-26, Matt. 18:21-35)
  • Break with any occult activities (Acts 19:13-19)
  • Be honest with God and yield every area to Jesus
• Pray in the Holy Spirit (Rom. 8:26-27, Jude 20-21)
• Live and talk by the Word of God (Matt. 4:4-11)
  • Wear the whole armor of God (Eph. 5:18)
  • Cultivate a renewed mind
    (Rom. 12:1-2, 2 Cor. 10:3-5, Rom. 8:5-7)
• Cultivate right relationships — avoid the people who were a bad influence in your life. (James 4:7, 1 Pet. 5:5-6)
  • Practice praising Jesus
  • Crucify the flesh and resist the devil (Rom. 6:6-11)
    • Maintain a daily prayer life (Matt. 6:11-13)
• Use your weapons of attack: the Word, the Blood, the Holy Spirit, prayer, praise and faith confessions.
  • Are you in submission to your spiritual authority?

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