



Prayer to Defeat Depression

About the Prayer

This prayer is part of Embracing Life Ministries' *More Life!* booklet which equips people to overcome and defeat the spirit of death. In clear language, *Breaking Free from the Spirit of death* teaches the reader about the influences of the spirit of death. At its core, this is a booklet about hope and possibility.

Through a combination of prayer and spiritual action, readers learn to partake of the fullness of life that is our inheritance in Jesus Christ. Through stories, Scripture and first-hand insight, this booklet empowers the reader to hope anew in the promise of abundant life. The book concludes with this powerful prayer severing ties with the spirit of death and welcoming in Christ's abundant life in its place!

The *Breaking Free from the Spirit of death* booklet is used in Embracing Life Ministries' 8 session *More Life!* groups, and/or can be purchased for individual insight.

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How to Use The Prayer

This prayer is intended to be a tool to assist you in better understanding of what may have been plaguing you for some time. Even if you are still unclear as to whether the spirit of death is a serious problem for you, please pray The Prayer! It is not a mantra. It simply reflects spiritual principles and scriptural truth. Its power is not in the exact words, but the Living Word, Jesus. Edit what you will; it can serve as a framework from which to model a prayer of your own. Use it to pray with others who are struggling with this issue. *Pray it OUT LOUD* with them. You'll be the better for it.

Prayer to Defeat Depression

Pray out loud.

If in a group, leader prays in short phrases with participants repeating...

† I am not born of “natural descent, nor of human decision or a husband’s will, but born of God” (John 1:13).

† I am born of “imperishable seed” (1 Pet. 1:23).

† “I can do all things through Christ who strengthens me” (Phil. 4:13 NKJV).

† Heavenly Father, Lord Jesus Christ and Holy Spirit, I come before You with my fellow brothers and sisters as witnesses to declare my freedom from the spirit of death and its influences.

† By the power and authority granted me by my Lord Jesus Christ, and in whose name I pray, I renounce the spirit of death and all unclean spirits associated with it. I declare any and all attachments, agreements, appeasements and treaties with those spirits nullified and cancelled. Henceforth I will make no false peace with my enemy. ~~st~~ you in better understanding

† I renounce all identification, activity and preoccupation with the following: suicidal thoughts, death fantasies, illness, despair, worthlessness, hopelessness, helplessness, perfectionism, fatalism, depression, isolationism, legalism, abandonment, passivity, bitterness, rage, anxiety, fear, poverty, rejection, violence, racism, and medical pronouncements of impending death. Separate them from me, now, Lord, as far as the East is from the West.

† I sever with the sword of the Spirit of Truth, any attachments to generational spirits going back ten generations, placing the Cross of Jesus Christ between me and each one of them.

† I repent of any substitutionary vows, reasserting that it is by Jesus Christ’s sacrifice and sufferings that I and my loved ones are saved and healed.

† I will make a conscious effort to forgive all those who knowingly or unknowingly wounded me and thereby enabled death to gain influence over me. I ask You Lord to give me ongoing revelation as to whom I need to forgive.

† Forgive me lord for holding onto unforgiveness, anger, hatred, judgment, pride, bitterness, revenge and any other sinful reaction against those people and, most importantly, You. I will

continue to release them and the feelings as You make them known to me. And I release You Lord from judgments that You are in any way insufficient, ineffectual, or indifferent with regard to me and my needs. Forgive me for being blind to Your true character and loving nature.

† I receive from You, lord, the cleansing of your forgiveness

† Please continue to reveal any other hidden, destructive influences in and over my life, so that I may send them to Your Cross to be nailed there.

† I will, by Your strength, Your love, Your power, and in Your authority, continue to confess, repent, renounce and resist the spirit of death and its associates, by aligning my will with Yours. I proclaim Your will for me is to know abundant life.

† Now I choose to embrace the fullness of life You have for me, Lord.

† I praise You and thank You for always upholding and covering me in Your everlasting love.
Amen

In the moments that follow, allow time for the Holy Spirit to surface those people, thoughts, influences, and experiences that need to be released to the Cross. Wind down the ministry time by praying out loud:

† Jesus, come and make Your authoritative Presence known to me. Now, where death has been, reveal Your life in me.

Pause to allow the Lord to reveal Himself. If in a group, leader may want to repeat the invitation; give ample time for the Lord to uniquely touch each person.

Now ask the Holy Spirit to seal the work He has done:

† Holy Spirit, I ask You to seal out all that I have repented of and seal in the abundant life you have given me in exchange. Amen.

If in groups, members may wish to repeat the following Scriptures with the leader adding any other appropriate prayer directives in Jesus' name—especially the need to repeat The Prayer whenever necessary.

† “I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the lord your god, listen to his voice, and hold fast to him. For the Lord is your life, and he will give you many years in the land...” (Dt. 30:19, 20).

† “I am the resurrection and the life. He who believes in me will live even though he dies; and whoever lives and believes in me will never die” (John 11:25).