

WINNING THE **MINDWARS**

Tearing Down Strongholds Through Prayer

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INTRODUCTION

Our minds are under constant attack. I believe that the enemy of this world wants to claim our thoughts and take us away from God's Truth, so it is my goal for this booklet to give you a solution so that you can fend off the attack, win the Mind Wars and defeat the enemy.

The PreScripture (a prescription from Scripture) Prayers in this booklet will bring you healing from the strongholds that can so easily set up residence in our minds and holds us captive. These PreScripture Prayers can be a significant part of your healing process. You can read them, memorize them and use them as frequently as you need in order to utterly destroy strongholds and fully experience the life Jesus came to give you.

God bless you,
Steve Berger

UNDERSTANDING STRONGHOLDS

The Battle

Proverbs 23:7 says, "For as he thinks in his heart, so is he."

The word translated *thinks* in the above verse means, "to be a calculator." It also means, "to act as a gatekeeper."¹ As believers in Jesus Christ, we are called to be gatekeepers. And as the gatekeepers of our minds, we have to calculate and estimate the spiritual, holy and eternal value of the thoughts we're thinking. While none of us can completely control the thoughts we think, we *can* control what we do with our thoughts. We can choose to do the godly thing. We can choose to fight the battle.

The enemy, Satan, wants to control and take possession of our thoughts. He wants to take our focus away from God's, Word, will and ways and focus us instead on thoughts that are rooted in his scheming, devilish ways. The good news is—we are equipped to fight this war!

The apostle Paul writes in Romans 12:2: "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

¹ James Strong, *Strong's Exhaustive Concordance of the Bible* (Nashville, TN: Thomas Nelson, 2009), E-sword electronic edition.

Paul is telling us that we can renew our minds, and avoid being shaped by the enemy's attacks. **"Be transformed."** This means to be changed into something that is of a quality that we've never known before. The verse contains the word *metamorphosis*—known in biology as “a pronounced change in both the internal and the external form of an animal during normal development.”²

"Be renewed." Transformation comes from renewing our minds. **"Prove."** God causes real change when we don't think as we used to think. The battle hinges on what we do with our minds. Do we accept the whispers of the enemy, or do we seek to continually renew our minds with God's thoughts, ways and will?

Strongholds

Our definition of a stronghold is: *A satanic lie. A generational mindset or a human wounding that you have listened to long enough, believed strongly enough and owned deeply enough that it has become part of your identity. It has fortified itself in you and dictates your thoughts, beliefs, actions and reactions. It is an unholy filter through which all thoughts pass.* Strongholds can include feelings of shame, condemnation, unforgiveness, rejection, depression, addiction, pride, unbelief, anger and defeat.

Isaiah 36 gives us an excellent picture of how a stronghold works. King Hezekiah was a godly king who was being threatened by the Assyrian armies. For nearly four long years, the enemy held Hezekiah and his people under siege. In Isaiah 36 we see how:

- The enemy attacks with intimidation and doubt, and whispering (vv. 4–5).
- Weak resources bring doubt to spiritual authority and question those in authority (vv. 6–7).
- The enemy feigns compromise (vv. 8–9).
- The enemy speaks lies, supported by circumstances (v. 10).
- The enemy's voice causes the people to panic. They are fearful (v. 11).
- The enemy capitalizes on the people's fears (v. 12).
- The enemy intimidates (v. 13).
- The enemy attacks the king's character and capabilities (v. 14).

² Hazel Davies and Carol Butler, *Do Butterflies Bite? Fascinating Answers to Questions about Butterflies and Moths*, (Piscataway, NJ: Rutgers University Press, 2008), 68.

- The enemy plants doubts (v. 15).
- Making a pledge with the enemy doesn't create peace or prosperity. It only increases and intensifies the problems (vv. 16–17).
- The enemy uses false persuasion and “devilish” proof (v. 18).
- The enemy uses a smokescreen (vv. 19–20).
- There is no conversing with the enemy (vv. 21–22).

See how the enemy intimidates, compromises, lies and plants doubts? See how quickly and easily one can become trapped in a stronghold?

God’s Truth

In 2 Corinthians 10:3–5 Paul writes, “For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.” **We are engaged in a war.** This is strong military language, indicating that Paul is taking us into spiritual battle. The war is not fought with fleshly tactics or strategies. It is NOT against fleshly foes. Our war is against devilish forces.

“Weapons” is plural. We have many weapons and Ephesians 6:12–18 gives us seven weapons to defeat the enemy: truth, righteousness, peace, faith, salvation, God’s Word and prayer.

Weapons are to pull down and cast down strongholds. This is violent language that means, “destroying to extinction.” **Arguments stem from delusional reasoning.** Coming from carnal, corrupt, darkened and debased places in the mind. They are against God’s Truth and want to argue with our faith.

We can take captives. We need to take these unholy thoughts captive. We need to be gatekeepers and captive-taker-overs of our thoughts.

Strongholds will submit to God. We can bring those thoughts before the truth, character and purpose of Christ and make them submissively bow their knees in obedience to Him!

Paul's Guidelines for Our Thoughts

In Philippians 4:8, Paul, writing while chained in prison, says that, in order to win the mind wars, our thoughts need to be:

True: Truth combats lies and makes us and keeps us free.

Noble: Honorable, honest

Just: Innocent, holy

Pure: Modest, chaste

Lovely: Friendly, welcoming and accepting

Of good report: Reputable, well spoken

Virtuous: Excellence, valiant

Praiseworthy: commendable, holy and good

Defeating Strongholds

Isaiah 37 gives us a clear picture of how we can defeat strongholds. After the enemy's assault, Hezekiah went to prayer. He sent messengers to the prophet Isaiah for a word from God, and God said, "Don't be afraid, the enemy will die in his own land."

When the enemy responded with a last-ditch effort to discourage him, Hezekiah went back to prayer and God's Word and came again declaring victory. Israel was victorious. Strongholds, arguments and high things are pulled down to destruction through prayer, the Word and the other spiritual weapons we've been given (see Ephesians 6). By taking your thoughts captive, bringing them before the truth of Christ and making them submissively bow the knee in obedience to Jesus, you'll pull down strongholds, keep defeated strongholds from resurrecting and keep new ones from being established. That's how you win the Mind Wars!

PreScripture Prayers

The prayers on the next few pages are to help you pull down and defeat strongholde. Just as Hezekiah defeated Israel's enemy with prayer and a word from God, so can you with these prayers.

We call them PreScripture Prayers because they are "prescriptions" for health and wholeness with God, directly from His Word. Whenever you feel you're in battle with the enemy, pray these prayers to help you prevent and pull down strongholds.

BREAKING THE STRONGHOLD OF SHAME AND CONDEMNATION

A Christian's identity as a sinner is a "before Christ" identity. A believer is a saint who sins, not a sinner who sometimes "saints." Shame and condemnation are "before Christ" penalties; therefore they have no place in our new life in Jesus.

PreScripture Prayer for Shame and Condemnation

Father, I know that I am what I am

because of your grace alone.

It's not because of my own works or effort.

My boast is in Jesus Christ alone.

Thank you for my salvation.

Thank you for my sanctification.

Thank you for my justification.

Thank you for my reconciliation.

Thank you for my identification.

I am a saint.

I am the righteousness of God in Christ.

I am the salt of the earth.

I am the light of the world.

I am a child of God.

I've been made one with God.

God calls me friend.

I know and believe that I am blessed, chosen,
holy, blameless, loved, adopted, accepted,
favored, redeemed, forgiven
and sealed with the Holy Spirit.

I know and believe I have been made alive
in Christ and raised to sit in heavenly
places in Christ, far above all demonic power.

I know and believe I have direct access
to You, Father.

1 Corinthians 15:10

Ephesians 2:8

Galatians 6:14

Ephesians 2:8–9

Hebrews 10:10,14

Romans 5:1

Colossians 1:21

2 Corinthians 5:17

1 Peter 2:9,10

2 Corinthians 5:21

Matthew 5:13

Matthew 5:14

Galatians 3:26

John 17:21

John 15:15

Ephesians 1:3–11

Ephesians 2:5–6

Ephesians 2:18

Ephesians 1:11, 2:19

I know and believe that my inheritance
is guaranteed and that I am a fellow
citizen with the other saints
in the household of God.

Romans 8:1

Because I'm in Christ

I'm not condemned, now or ever.

Romans 8:33–34

Because I'm in Christ, there is no valid, con-
demning charge against me.

Romans 10:11

Because I'm in Christ, there is no shame

I'll own, wear, or ever be put to.

I renounce the identity of "sinner."

I renounce shame and condemnation.

I repent of believing lies that have held me back
and kept me looking down.

I believe I am everything God says

I am from this day forward, and

forever more. In Jesus' name, Amen!



BREAKING THE STRONGHOLD OF UNFORGIVENESS

When we choose unforgiveness, we allow other strongholds to gain influence in our lives. The effects of our unforgiveness are that far-reaching and powerful. We can choose to live freely through forgiveness or be bound by a spirit of unforgiveness.

PreScripture Prayer for Unforgiveness

Father, it is beyond human comprehension
how you could love me so much that You would
send Jesus to pay the unspeakable price
for my sins, so I could be
forgiven and have eternal life.

John 3:16

I might never know the full extent of
the depths of forgiveness you have
afforded me. But, what I do know about
the depravity of my own sin, past,
present and future is that it is massive
and offensive to You.

Matthew 18:24

Father, thank you for having compassion on me,
releasing me and forgiving me from the debt
I could never pay on my own.

Matthew 18:25

Lord, thank you for being a God
who forgives my iniquity, my
transgressions and my sins.

Exodus 34:7

Thank you that though my sins were red as
scarlet, you made them as white as snow,
and though my sins were red as crimson,
you made them as white as wool.

Isaiah 1:18

Thank you for removing my sins from me
as far as the east is from the west.

Psalm 103:12

Thank you for remembering my sins
and lawless deeds no more.

Hebrews 8:12

1 John 1:9

Thank you for cleansing and forgiving me from
all my sin and unrighteousness.

Matthew 6:12

Today, right now, as an act of faith and
obedience, I choose to forgive those
who have hurt me and sinned against me,
just as you forgave me.

Matthew 18:25

I offer others the same compassion,
release and forgiveness you gave me.

Matthew 18:21–22

I choose to walk in forgiveness
and offer it continually.

I choose to love my enemies, bless those
who curse me, do good to those who hate me
and pray for those who spitefully
use me and persecute me.

Matthew 5:44

I realize forgiveness is something I must do.

Colossians 3:13

I repent of an unforgiving spirit
while needing forgiveness myself.

2 Samuel 12:1–9

I refuse to let Satan take advantage

2 Corinthians 2:11

of me in this area any longer.

Father, because it is clearly your will,

I renounce the stronghold of
unforgiveness in my life, in Jesus' name,
by His love, mercy and power. Amen!



BREAKING THE STRONGHOLD OF REJECTION

To feel rejection is to feel devalued, dismissed and unwanted. Every one of us will be genuinely rejected at some point in our lives. How we respond to rejection, either real or perceived, determines whether a rejection stronghold is allowed to flourish.

PreScripture Prayer for Rejection

Father, I thank you that you love me
just like you love Jesus.

John 17:23

I praise you that you have chosen me
and called me royal, holy
and special in your sight.

1 Peter 2:9

You say I'm so valuable to you,
that I am your rich inheritance.

Psalm 28:9

You have accepted me;
you have highly favored me.
You call me your beloved.

Ephesians 1:6

I am a part of your glorious bride.

Romans 9:25

You keep me as the apple of your eye.
Because I received Jesus
as my Lord and Savior,
you have received me as your child.

Revelation 21:9

As your child, I am your heir,
a coheir with Jesus.

Deuteronomy 32:10

You have inscribed my name
on the palms of your hands.
Your thoughts toward me are
more than can be numbered.

John 1:12

You stick closer to me than a brother.
You have promised you will never
leave me or forsake me.

Romans 8:16-17

You have promised you will never
cast me away from your presence.

Isaiah 49:16

Psalm 40:5

Proverbs 18:24

Hebrews 13:5

John 6:37

Jeremiah 31:3

You love me with an everlasting love.

Romans 8:38–39

I praise you that nothing can
ever separate me from your love.

1 Corinthians 13:5, 7

Lord, I repent for thinking others are
rejecting me when it isn't true.

I repent for believing evil about others
and not believing the best about others.

Jesus, I repent for letting others' opinions of me
own me and speak louder to me than
your loving, accepting, affirming voice.

Father, thank you for loving me,
choosing me, valuing me, accepting me,
favoring me, adopting me, thinking of me,
sticking with me, and for never leaving,

forsaking or rejecting me.

Thank you that nothing can
separate me from your love.

In Jesus' name, Amen!



BREAKING THE STRONGHOLD OF DEPRESSION

Experiencing the stronghold of depression involves having a spirit of heaviness and oppression, and leads to being downcast. (This is not about a medical condition or a chemical imbalance—that's a different issue.) Every one of us will have a justifiable reason to be depressed at some point in our lives, but it is how we respond that determines whether or not a stronghold becomes established in our lives.

PreScripture Prayer for Depression

Father, I thank and praise you that you comfort me when I mourn, that you give me beauty for ashes, the oil of joy for mourning, and the garment of praise for the spirit of heaviness.

Isaiah 61:3

Thank you for turning my mourning into dancing and removing my sackcloth and clothing me with gladness.

Psalm 30:11

Jesus, I love how you turn my sorrow to joy.

John 16:20

I'm grateful that your joy is my strength.

Nehemiah 8:10

I praise you that through hearing and believing your Word, your joy can remain in me.

John 15:11

Thank you that you desire for me to have joy that is full.

John 16:24

I know that joy is part of your kingdom and is available to me.

Romans 14:17

And, that joy is one of the fruits of your Spirit at work within me.

Galatians 5:22

I'm thankful that you fill me with your joy.

Acts 13:52

And, in your presence is the fullness of joy.

Psalm 16:11

Lord, I choose to be thankful for all things.

Ephesians 5:20

And, in the midst of all things.

I choose to rejoice always because this is your will for me.

1 Thessalonians 5:18

1 Thessalonians 5:16,18

Romans 8:28

I can do this because you make
all things work together for my good.
And, because I can do all things through
Jesus who strengthens me.

Philippians 4:13

Jesus, I believe that the abundant life you

John 10:10

came to give everyone is mine, now.
Father, I repent of negative thinking
that has stolen my joy, I choose to meditate
on things that are true, noble, just, pure,
lovely, of a good report, things that are
virtuous and praise worthy.

Philippians 4:8

God of hope, as I hear and believe your truth
fill me with all joy and peace, I want to abound
with hope by the power of the Holy Spirit,

Romans 15:13

in Jesus' name, Amen!



BREAKING THE STRONGHOLD OF ADDICTION

We live under the stronghold of addiction when we try to meet a deep spiritual need with an unholy, destructive solution. When we suffer under addiction, we are trying to find peace apart from the Prince of Peace, salvation apart from the Savior, healing apart from the Healer, satisfaction apart from the Satisfier, and this endless searching can lead us to deeper levels of brokenness, addiction, bondage and strongholds that we may feel powerless to overcome. The bondage of addiction can seem hopeless, but God's redemption says you can be free!

PreScripture Prayer for Addiction

Father, thank you for visiting
and redeeming your people.

Luke 1:68

Thank you that Jesus is my Redeemer.

1 Corinthians 1:30

And, that Jesus came to set me free from sin,
bondage and addictions of all kinds.

Luke 4:18

I know whom Jesus sets free is free indeed.

John 8:32, 36

And, that it was for freedom's sake
that Jesus set me free.

Galatians 5:1

Thank you, Father, that Jesus in me is
greater than anything in the world.

1 John 4:4

And, that my faith in Jesus gives me
the overcoming victory from this world.

1 John 5:4

Thank you, Father, that I have
the victory through Jesus.

1 Corinthians 15:57

Father, right now, I repent of
a sinful, addictive lifestyle.

John 8:11

Because it is clearly your will,
I renounce the strongholds of
addiction and bondage to sin.

I receive your cleansing and forgiveness.

1 John 1:9

I believe that by Jesus' blood

Ephesians 1:7	I have redemption and forgiveness.
1 Peter 1:18–20	I believe that Jesus' blood is both precious and powerful and that it was shed for me and for my freedom.
Titus 2:14	I believe Jesus has redeemed me from every lawless deed and purified me for Himself and that I am special in His sight.
Romans 6:6	I've been redeemed and I know and believe that I'm no longer a slave of sin.
Romans 6:7	I know and believe I've been freed from sin.
Romans 6:11	I know and believe I'm dead to sin.
Romans 6:12	I refuse to let sin reign in me.
Romans 6:13	I refuse to present myself to sin and unrighteousness.
Romans 6:13	I will present myself to God for righteousness.
Romans 6:13	Because of what I know and believe about redemption, sin has no dominion over me.
Romans 6:14	I've been redeemed, delivered, set free and am now a slave of righteousness.
Romans 6:17–18	I believe that my redemption has been settled for all eternity.
Hebrews 9:12	Thank you, God, for redeeming me through Jesus Christ.
Romans 3:24	Redemption is my song from this day forward and forever more, Amen!
Revelation 5:9	



BREAKING THE STRONGHOLD OF PRIDE

Pride is the natural bent of human nature. Pride says, “I can take care of myself. I don’t need God or anyone else.” Pride refuses to reference God as the great “I AM”, and instead leads us to live our own way through “I will.” Pride limits us and hinders us from drawing upon God’s ways and His unlimited resources.

PreScripture Prayer for Pride

Father, I choose to humble myself before you.

2 Chronicles 34:27

I’m grateful that you give grace
to the humble as I’m in great need of it.

James 4:6

I thank you, Lord Jesus, for
modeling humility—even to the point of
dying for me on the cross.

Philippians 2:5–8

In light of what you’ve done for me,
I repent for my pride, arrogance and
haughtiness of heart. Forgive me for
the way I’ve allowed them to shape
my thinking, my attitudes, my actions,
my words and my relationships.

Jeremiah 48:29

I repent for exalting myself,
placing my will above yours.

Daniel 4:28–37

I repent for my independent attitude—
isolating myself from others that you’ve placed
in my life for my blessing and benefit.
I repent for my stubbornness of soul,
always having to be right and refusing
to receive the counsel of those
you’ve placed in my life.

Romans 12:3–8

I repent for walking in self-righteousness—
I see how ugly, empty and
self-centered it is before you.

Psalm 81:11–13

Luke 18:9–14

Psalm 25:9

Zephaniah 2:3

Colossians 3:12

1 Peter 5:5;

1 Corinthians 12:14–27

Philippians 2:3;

Ephesians 4:2

Proverbs 22:4

Thank you that you lead the humble and
teach them your way. I choose both

humility and your way today.

I commit to seek both you and
humility with my whole heart.

As a chosen one of God, who is holy
and beloved, I now put on humility
that you might be demonstrated both
in and through my life.

I clothe myself this day with humility
in my relationships, willing to be known
for who I really am, while acknowledging
my desperate need for others in my life.

I'm asking you to help me see the significance
of those you've placed in my life,
relating to them out of true humility of heart,
expressing gentleness and patience,
while bearing with them out of love.

I also receive the reward of humility and
the fear of the Lord: riches, honor and life.

This day, in the mighty name of Jesus,
I renounce and break the stronghold of pride
and all it's expression—in my life and
over my family for generations to come.
I embrace humility and invite you to work it
in to every area of my life that Jesus might be
revealed and glorified in a greater way,
both in me and through me. Amen!



BREAKING THE STRONGHOLD OF UNBELIEF

Unbelief is not believing or trusting God's character, His ways and His Word. Unbelief literally means, "littleness of faith." It decides what God can or cannot do, will or will not do and how He does or does not operate. When matched with fear, unbelief may show itself in self-protective coping mechanisms, such as manipulation and control. When stemming from pride and rebellion, unbelief can be masked as realism, intellectualism or practicality. Faith, on the other hand, knows and believes that God is willing and able to do what He says.

PreScripture Prayer for Unbelief

Father, I recognize that my walk with you
is not based on sight, but by faith.

2 Corinthians 5:7

Thank you that you live in me and that
my faith is grounded in your love, which has
been expressed by laying your life down for me.
I understand that without faith it is impossible to
please you, and that you reward
those who draw near to you, believe in you
and diligently seek you.

Galatians 2:20

As a follower of Jesus, I repent for where I have
lived and walked in unbelief, not embracing
your character, words, ways and promises.

Hebrews 11:6

I repent of my skepticism, which has
blinded me from seeing your hand at work
in and around my life.

Hebrews 3:12–19

I repent of my pessimism and negativity,
not recognizing your awesome ability
to intervene and redeem any circumstance
for my good and your glory.

Mark 16:12–14

I repent for my critical attitude and I ask you
to forgive me for fault finding and

Psalm 78:19–20

Romans 14:10, 12

using my words to tear others down.
I repent for grumbling, murmuring and
complaining, which has revealed
my littleness of faith in your divine ability
to come through for me.

Psalm 106:21, 24–25

I repent for giving my life over to anxiety and
worry, not referencing your intimate care and
concern for me as my Father in heaven.

Philippians 4:6–7

I repent for picking up offenses,
and not recognizing that in the midst of
what's going on, that you may very well
be establishing your purposes.

Mark 13:53–57

I recommit this day to walk in faith in Jesus—
being assured within of things hoped for,
while walking with conviction of things I don't
see but know to be true from your Word.
I determine by your grace to trust the Lord
with ALL my heart, not leaning on my own
understanding, but rather bringing you
in to everything I do, knowing that
you'll make my paths straight

Hebrews 11:1–3

Teach me how to wield the shield of faith
so I can withstand and extinguish
the flaming arrows of the evil one.

Proverbs 3:5–6

I embrace afresh your desire to walk

Ephesians 6:13, 16

with me each day, to answer my mountain-
moving prayers, and to do great works through
my life for your purposes and glory.

Matthew 17:20;

John 14:12

With all this in mind, in the all-powerful name
of Jesus, I renounce and break the stronghold
of unbelief—and all of its various expressions—
in my life and over my family for generations to
come. I fully embrace faith and trust, and invite
you to firmly establish them in my life,
that Jesus might be revealed and glorified in
a greater way, both in and through me. Amen!



BREAKING THE STRONGHOLD OF ANGER

Anger is “a violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party.”³ Anger can also come when we don’t get our way, and that selfish attitude can cause us to be angry with God. Anger is either righteously or sinfully based depending on its degree, object and desire. Anger is sinful when it’s without sufficient cause or transcends the cause, when it is against the person and not the offense, when it is intended for revenge, when it is heightened by reflection (stewing on an issue) and when it breeds in us an unforgiving spirit.

PreScripture Prayer for Anger

Father, thank you for being merciful,
gracious and slow to anger. Thank you
for abounding in goodness and truth,
and keeping mercy for thousands and for
forgiving my iniquity, transgression and sin.
Thank you for forgetting my sins and lawless
deeds and remembering them no more.
Thank you for not being angry with me.
Because you have forgiven my past completely,
blessed my present abundantly and
guaranteed my future extravagantly,
I no longer need to live an angry, bitter life.
I repent of and renounce marinating in
negativity, bitterness, wrath, anger,
clamor, evil speaking and malice.
I repent of making a place for the devil
to work in and through me
that has caused me to hurt others.
I repent of wanting vengeance against

Exodus 34:6–7

Hebrews 8:12

Galatians 2:20

Ephesians 4:26, 31

Ephesians 4:27

³ *The American and English Encyclopedia of Law, Volume 2* (Long Island, NY: Edward Thompson Co. Publishers, 1896), 340.

Romans 12:19

the people who have injured me and forgetting
that vengeance is yours alone.
I receive your forgiveness and
cleansing right now.

1 John 1:9

Today, I renounce Satan and

all of his angry, destructive ways.

Matthew 4:10

I will no longer walk in angry foolishness.

Proverbs 14:17

I will no longer stir up strife.

Proverbs 15:18

I will rule my spirit and therefore no longer

be vulnerable to the enemy's attacks.

Proverbs 25:28

Right now, in the name of Jesus and

by His authority, I tear down the stronghold

2 Corinthians 10:3–5

of sinful anger over my life.

I choose to cooperate with the Holy Spirit

and allow love, joy, peace, patience,

kindness, goodness, gentleness and

self-control to rule my life.

Father, I will give to others what

Galatians 5:22–23

You have given me—mercy, grace, kindness,

tenderheartedness and forgiveness.

In Jesus' name, amen!

Psalm 103:8;

Ephesians 4:32



BREAKING THE STRONGHOLD OF DEFEATISM

When we feel defeated and want to give up, we fall prey to a litany of negative thoughts such as: “You’ll never . . . ,” “You can’t . . . ,” “You won’t . . . ,” “You didn’t . . . ,” “You should have” These lies can seem real and can easily distract us from what God has called us to do, to be satisfied with what we’ve done for Him or to cause us to give up because we don’t want to face the unending questions of doubt and the perfectionistic expectations the enemy plants in our heads.

PreScripture Prayer for Defeatism

Father, thank you that because you are for me
it doesn’t matter who is against me.

Romans 8:31

Thank you that your Presence always and
constantly accompanies me.

Exodus 33:14

That I am in-dwelt by your Son.

Colossians 1:27

And, that I am empowered by your Spirit.

Acts 1:8

Thank you for being my friend and
for staying closer to me than a brother.

Proverbs 18:24

I praise you that you will never
leave me or forsake me.

Hebrews 13:5

And, though I fall seven times, I will rise again.

Proverbs 24:16

Thank you that I never stop
being the apple of your eye.
Because of all I mean to you,
you have afforded me the way to be
successful and prosperous.

Deuteronomy 32:10

I bless you for making me the head and
not the tail, for letting me only be
above and never being beneath.

Joshua 1:7-8

Thank you for blessing me with
every spiritual blessing in Christ.

Deuteronomy 28:13

Thank you for giving me everything
I need for life and godliness.

Ephesians 1:3

2 Peter 1:3

Luke 10:17–20

Thank you for giving me
all the power over the enemy.

God, I repent of listening to and
esteeming Satan's voice over yours.

Today, I renounce and tear down the loser
stronghold that has plagued my life.

I receive your forgiveness and
cleansing right now.

I know I am more than a conqueror in Christ.

I know that I can do all things through
Christ who strengthens me.

In Jesus' name, from this moment forward
and forever more, I am who you say I am,
and you say I am a victorious overcomer.

Thank you for always leading me
in triumph in Christ.

I win, I win, I win!

I believe this, I receive this and I'm going
to walk in this, for your honor and glory.

In Jesus' name, amen!

2 Corinthians 10:3–4

1 John 1:9

Romans 8:37

Philippians 4:13

1 John 5:4

1 Corinthians 15:57

Revelation 21–22





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