



Our Best Story

Together Living Our Fullest Lives

A Prayer to Break Spiritual Oppression and Attack

(adapted from a portion of the John Eldredge “Daily Prayer”)

Jesus, thank you for coming to ransom me with your own life. I love you, worship you, trust you. I give myself over to you to be one with you in all things. I receive all the work and triumph of your cross, death, blood, and sacrifice for me, through which my every sin is atoned for, I am ransomed, delivered from the kingdom of darkness, and transferred to your kingdom, my sin nature is removed, my heart circumcised unto God, and every claim being made against me is canceled and disarmed. With [my spouse and/or children, by name], I take my place now in your cross and death, dying with you to sin, to my flesh, to this world, to the evil one and his kingdom. I put off the old man. Apply to me and [my spouse and/or children, by name] all the work and triumph in your cross, death, blood, and sacrifice; I receive it with thanks and give it total claim to my spirit, soul, and body, my heart, mind, and will.

Jesus, I also receive you as my Life, and I receive all the work and triumph in your resurrection, through which you have conquered sin, death, judgment, and the evil one. Death has no power over you, nor does any foul thing. And I have been raised with you to a new life, to live your life—dead to sin and alive to God. With [my wife and/or children, by name] I take my place now in your resurrection and in your life, and I give my life to you to live your life. I receive your hope, love, faith, joy, goodness, trueness, wisdom, power, and strength. Apply to me and [my spouse and/or children, by name] all the work and triumph in your resurrection; I receive it with thanks, and I give it total claim to my spirit, soul, and body, my heart, mind, and will.

Jesus, I also sincerely receive you as my authority, rule, and dominion, my everlasting victory against Satan and his kingdom, and my ability to bring your Kingdom at all times and in every way. I receive all the work and triumph in your ascension, through which Satan has been judged and cast down, and all authority in heaven and on earth has been given to you. With [my spouse and/or children, by name], I take my place now in your authority and in your throne, through which I have been raised with you to the right hand of the Father and established in your authority. I give myself to you to reign with you always. Apply to me and [my wife and/or children, by name] all the work and triumph in your authority and in your throne; I receive it with thanks and I give it total claim to my spirit, soul, and body, my heart, mind, and will.

I now bring the authority, rule, and dominion of the Lord Jesus Christ and the full work of Christ over my life today, over [my spouse and/or children, by name], over my home, my household, my work, over all my kingdom and domain. I bring the authority of the Lord Jesus Christ and the full work of Christ against every evil power coming against me and [my spouse and/or children, by name], against every foul spirit, power and device. [You might need to name them—what has been attacking you?] I cut them off in the name of the Lord; I bind and banish them from me and my household and kingdom now, in the mighty name of Jesus Christ. I also bring the full work of Christ between each of us and every person, and I allow only the love of God and the Spirit of God between us.

In the name of the strong Son of God, Jesus Christ, I bring these claims and ask these things,
AMEN!