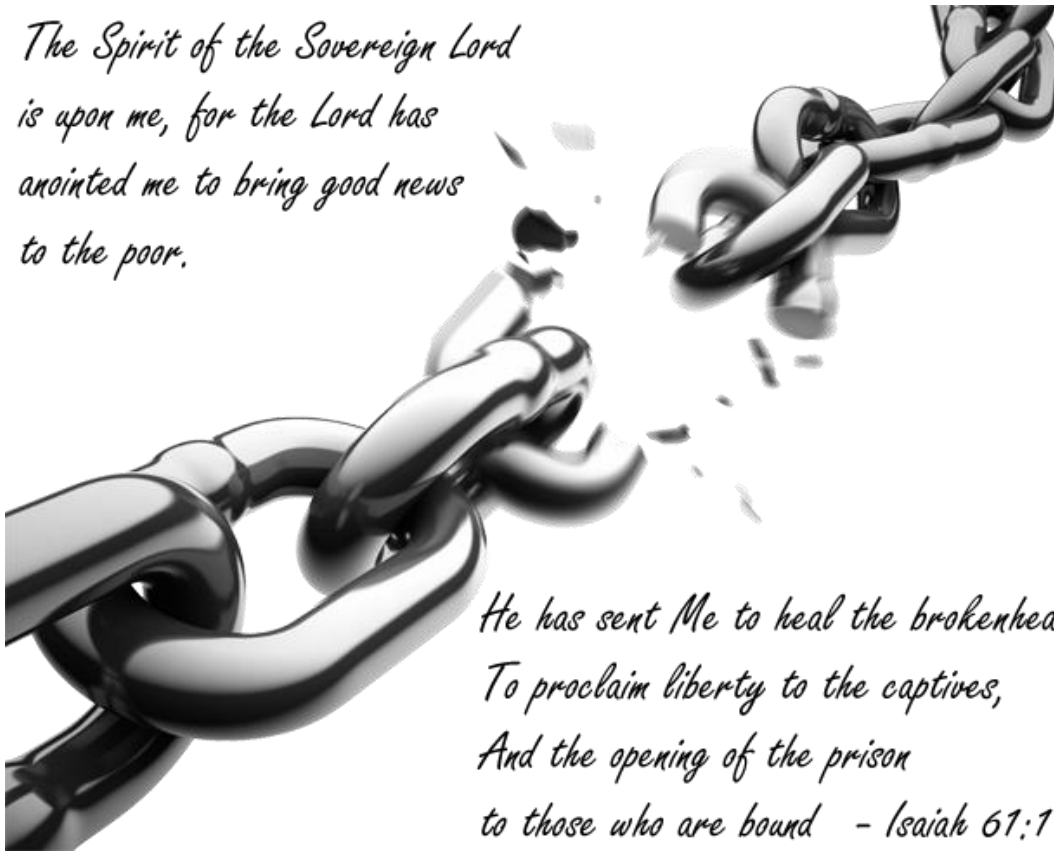


‘Anxiety, Fear, Depression and Insomnia’

Inner Healing and Deliverance Prayers

*The Spirit of the Sovereign Lord
is upon me, for the Lord has
anointed me to bring good news
to the poor.*



*He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives,
And the opening of the prison
to those who are bound - Isaiah 61:1*

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*******Most of the prayers in this PDF are unique and not a replica of other people's ideas ~ they are created through revelation of the Holy Spirit and our view of what He has shown us as He works with us. There may be the odd prayer or idea that has been added to our Ministry from others because it impacted us, but more often than not you will be viewing an original.***

All prayers are subject to change as God gives new insight and revelation. All prayers are to be prayed out loud. Often you will see we ask you to do a prophetic act. A prophetic act is an action of obedience as a step of faith in the natural (physical) realm that supports God's workings in the spiritual realm, to release the power, presence and victory of God into a situation.

Prayer of Protection: “Father God in the name of Jesus Christ and by the Power of Your Holy Spirit I pray that You would guide me through this journey of deliverance and healing. I thank You for the presence of the Holy Spirit.

I ask for Your protection, and that I am covered with the Blood of Jesus Christ. I also pray this protection over my loved ones, our pets, our belongings and our surroundings.

With the authority given to me by the Lord Jesus Christ of Nazareth, I bind you Satan, all demons and any other agents of Satan, my own human flesh which is antichrist, from any harm or attacks targeting me, my family, our homes and properties, our pets and belongings, our health and our finances, our businesses and our ministries.

I also bind you from any interference, distraction, transference, or blocking or counterfeiting the Holy Spirit, in Jesus name. I bind up and forbid any counterfeit gifts, un-godly manifestations, and lying signs and wonders, in Jesus name.

Father God, I thank You for Your heavenly angels and pray that they would be released in accordance with Your word.”

Please Note - Many of our prayers as an added precaution will include the term ‘ancestors’ to cover any sins that they may have participated in that you are unaware of.

Anxiety, Fear, Depression and Insomnia - In the Bible the word anxiety in some translations is also 'cares'. The word cares is translated in Greek as **merimna** and means anxiety. ***Casting all your care upon Him, for He cares for you (1 Peter 5:7, NKJV)***. Whenever health professionals talk about anxiety you will notice that depression is a term often used alongside anxiety. The word depression according to the dictionary means severe, typically prolonged feelings of despondency and dejection. Sadness and loss of interest.

Anxiety disorder is usually used to describe a disorder that manifests as nervousness, fear and panic attacks. If you are a sufferer of this disorder you will be all too familiar with the symptoms. The spirit of anxiety is a bondage spirit and the Holy Spirit showed me that it wraps itself around the spinal cord and has control over your central nervous system. The spinal cord is central to the functions of the entire nervous system. It works hand in hand with other spirits such as fear, stress, depression and nervousness. The central nervous system includes the brain and spinal cord and is composed of the sympathetic nervous system and the parasympathetic nervous system. These two systems balance one another. The parasympathetic nervous system (PNS) controls homeostasis and the body at rest and is responsible for the body's "rest and digest" function. The sympathetic nervous system (SNS) controls the body's responses to a perceived threat and is responsible for the "fight or flight" response. The Lord showed me that one who suffers anxiety disorder is suffering from an over-reactive (hyper) SNS and an under-reactive (hypo) PNS. One who suffers depression is suffering from an under-reactive SNS and an over-reactive PNS. The central nervous system reacts daily to external influences, including chemicals, food, drink, fear etc. Neurotransmitters which are chemical messengers are also released

through activation of these influences. Neurotransmitters are things like adrenaline, dopamine, choline, serotonin etc. Our bodies should flow in perfect balance and have the correct amount of neurotransmitters. These things can become imbalanced through many things and can exhibit symptoms when imbalanced but in depression and anxiety disorder the response is even more hyper-exaggerated resulting in unbearable symptoms.

The Lord showed me that fear, depression and anxiety disorder are the result of a curse operating and they have the same roots. The prayers following are the things the Lord showed me to break these disorders of our lives.

(PRAYER) - "In Jesus name I pray for the divine balance of my Central Nervous System. I pray for the neurotransmitters to be balanced and realigned into their rightful levels and as God intended."

Who's Ya Daddy - There is a curse called 'Lack of Love from the Father' that comes upon Generations of people. If one is under this curse it can prevent you from receiving God's perfect love that casts out fear.

God wants to remove the curse so He can impart His love into the areas where there is a lack of love and security. How do you know if you are under this curse? You will suffer from fear, anxiety disorder or depression or an alternating of all three. This is the prevalent factor from the curse. You will find it incredibly hard to fully trust God. God once said to me that He is turning the hearts of the fathers back to the sons and daughters. ***Behold, I will send you Elijah the prophet, Before the coming of the great and dreadful day of the Lord. And he will turn The hearts of the fathers to the children, And the hearts of the children to their fathers (Malachi 4:5-6, NKJV).*** So many people are trapped in this state of anxiety, fear and depression. How does such a curse come upon an individual? The Holy Spirit showed me that Father God is our only 'Spiritual Father' in the sense He is the father to our spirits/souls. The term 'Abba Father' which is a term that God refers to Himself as means 'Daddy'. The word Abba is an Aramaic word and a common term that young children would use to address their fathers. It signifies the close, intimate relationship of a father to his child, as well as the childlike trust that a young child puts in his 'daddy'.

Many people involved in high-level witchcraft refer to satan as their Father or even Lord. In other words they put him in the place of Father God. Any inference to satan as your father results in this curse coming upon generations of a family. ***Do not call anyone on earth your father; for One is your Father, He who is in heaven (Matthew 23:9, NKJV).***

You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it (John 8:44, NKJV). If you are under this curse you will be able to trace back somewhere in your family line where there was a 'lack of love' from your natural Father. This is the moment the curse manifests in your life. I have suffered anxiety/stress disorder since as long as I remember. One of the triggers of anxiety in me was trusting God that He wouldn't let me down. God

revealed to me that a Grandfather on my Father's bloodline was a Grand Master mason who was in charge of several Lodges. In the higher levels they understand who it is they are worshipping. The reference to satan as 'Father' enabled the curse to fall on my father's line. My dad's father died when he (my father) was thirteen. My mother and father divorced when I was ten and my father moved into a new house eventually remarrying and having three more children. The Lord showed me that divorce enables a spirit of tormenting fear to hit vulnerable children, so this hit me as well as the curse 'Lack of love from the Father'. We still kept in touch, and I knew he still loved me dearly but of course my life was never the same from that moment. God showed me that my belief of 'God might let me down' came from my father leaving. The moment my father left the curse of anxiety and the fear of someone I trusted letting me down was able to alight upon me. The Father is the head of the home and protector – when he leaves insecurity and vulnerability ensue. Afterward the child will try to protect itself by setting up walls of protection making it difficult to allow trust in God. I wept and wept as God cleansed the wound 'lack of love from the Father' within me. As He did this Father God kept repeating over and over to me that He would never leave me nor forsake me.

In Freemasonry one of the names that addresses the god they worship is 'Father of Light'. In the beginning Freemasons believe they are praying to God the creator. The problem with this is that not once do they refer to this God as Jesus Christ. Christians know that the one and only true God is Jesus Christ. Jesus Christ is God manifest in the flesh. This means that anyone who refers to God as their Father and He is not part of the Godhead (Father, Son and Holy Spirit) they come under the false covering of the devil - remember it is the truth that sets us free (**John 8:32**). The Father's role is to protect and provide security. There can be many ungodly soul-ties connected from our soul to the devil but where one has made satan a 'father' figure there is a big fat umbilical cord connecting our soul to the devil. This umbilical cord continues through the generations until it is broken. I have seen this umbilical cord attached to a big eye in the middle of the spine. The eye in the spine is a counterfeit window to the soul. This eye and umbilical cord is connected to the central nervous system (as the spine is connected to the central nervous system) and the devil feeds your central nervous system with fear, lies, anxiety, stress and darkness. Those who are affected by this curse and not yet set free will need to repent on behalf of their bloodline for this sin and forgive their ancestors for what they have done which generated a curse coming upon you and your family members.

The Lord revealed to me that the spirit of Leviathan is another big part of the consequence of this sin and it is sometimes known as the Leviathan curse. The Leviathan curse is a curse that falls upon people from the practice of Freemasonry and High-Level Witchcraft. This is a huge part of not being able to receive the Love of God into our broken souls. Leviathan manifests himself to you as false protection and when we accept him he becomes your big false wall of self-defence. We need to yield all walls of false protection over to Jesus so they can be broken down to fully receive the entirety of the love God has to offer. There may be other areas of False Protection that need to be addressed before you can be rid of Leviathan completely.

(PRAYER) - "Dear Father God in the name of Your Son Jesus Christ I repent on behalf of myself and ancestors for all practices of worshipping the dark instead of the

light. I repent for all involvement in witchcraft and the occult. I repent for worshipping satan and for placing satan in Your position Father God. I repent and renounce the reference of satan as our Father, Father of the light, Lord, Grand Architect and Creator of the Universe. I forgive all those within my bloodline that brought curses upon generations of my family for worshipping satan and referring to him as 'Father'. I relinquish every false wall of protection I have built that blocks me from receiving all God has for me. I break the Leviathan curse and cast out Leviathan and everything under his authority including fear, stress, anxiety and depression. I break the ungodly soul-tie which is the counterfeit umbilical cord to satan the devil in Jesus name and ask You Father God to heal the wound to prevent reconnection. Thank You Jesus that You are the intermediary Who prepares me to meet with the Father. Thank You Holy Spirit for guiding my steps and showing me the way.

Anoint the eye in the middle of the spine to close, then pray for healing

Lack of Love From The Father – The role of the Father is very important to the development of a child. Biblically the Father is the head of the house and is the security and protector of the family. His role is crucial to the development of a child. The Lord told me that if someone suffers 'fear', 'anxiety disorder' or 'depression' it is because of the curse 'lack of love from the Father'. Love deficit from the Father can cover more than one area. A growing child has needs in the following areas which their parents are meant to provide – comfort, encouragement, approval, affirmation, protection, security, been listened to, cherished and being wanted. Many parents can be fantastic in many of these areas but fall short in others. Once a child is wounded from their Father in one or more of these areas the curse 'lack of love from the Father' can become what we see as fear, depression or anxiety disorder if the sin of 'worshipping satan in the place of God' is on that bloodline. Until it is broken you cannot receive the fullness of love from God the Father.

Many times when there has been wounding from our Father it can also directly impact our relationship with God. He has shown me on many occasions we can have blockages on our end from receiving the blessings He has for us because of how we view Him. Many times we see Him through the eyes of how we see our natural fathers. The areas He has shown me are:

- 1) Believing we are not good enough or worthy to receive His love or blessings because of lack of affirmation and acceptance from our Fathers.
- 2) Being afraid of Him and finding it hard to enter into His presence for fear of reprimand or rebuke because of how our Father treated us.
- 3) We can reject Him or keep Him at arm's length because we are afraid He will let us down.

We now need the Holy Spirit to show you when the curse hit you. Take a moment and ask the Holy Spirit when 'Lack of love from the Father wounded you'. If your mother was the one who hurt you then this curse does not hit with the mother but you can still suffer serious wounding and damage in your soul. You can still include your mother by adding her into this prayer if needed. When you know the moment it happened pray aloud –

"I forgive you dad for *(speak what you were shown)*. I hand the wounds, the pain and the disappointment to You Jesus Christ. I repent for all bitter root judgments, words and acts against my father. I repent for lack of honour towards my father and my mother. I repent also for all the fathers and all the mothers in my bloodline for the lack of love shown to the children. I forgive my father and mother and on behalf of all the children in my bloodline I forgive all the fathers and mothers for any lack of love toward us. I break all ungodly soul-ties between myself and all fathers and mothers in my bloodline in Jesus name. Father God I repent for believing I am not worthy to receive Your love and blessings, and for believing You would reject, abandon or let me down, and for being afraid of You and not being able to approach You through fear of reprimand or rebuke. I forgive You also Father God for any rejection and lack of love I believed You had toward me. I repent for believing this lie as well as the lie that You could ever let me down. I pray that the love of Father God would manifest through my life and circumstances in Jesus name. I break the curse 'lack of love from the Father' all the way back down the Generational line to where it began. I come before the Throne of Grace to meet with Father God and receive Your Love, hugs and embrace.

(Romans 8:15, NKJV) - For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height— to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God (Ephesians 3:17-19, NKJV)."

Oversensitive - My whole life I got mocked, teased and belittled for being so sensitive. I am sensitive in my physical body and in my soul. I rejected myself terribly and hated who I was. Nobody understood me, not even me. When I became a Christian and received the Holy Spirit I soon realised that I had a spiritual sensitivity to God that few others had. I could hear and feel God in a way that was simply wonderful. I treasured this ability and thanked God for it immensely. One area I struggled with terribly was intuition. My gut instinct did not work very well. I got myself in trouble because I operated out of my emotions all the time. I prayed and prayed for discernment but it never seemed to come. One day the Holy Spirit revealed something to me. He said that my perception wasn't working because I had rejected 'who' He had made me. He told me that He made me sensitive in all areas of my body for Him. The thing I had rejected and hated all my life, was a gift from God to me for His purposes. I cried as I repented of rejecting what He had given me. He told me that in order for us to fully recognise and know Him sensitivity in spirit, soul (mind, will, emotions and conscience) and body (via our human senses) were paramount. These areas work hand in hand and our areas of sensitivity were very important for us to experience a deeper intimacy with Him and fellow human beings. I had previously been told that it was 'not' necessary to be physically and emotionally sensitive, in order to be sensitive to God. I had prayed and prayed for God to heal and take away my sensitive body. The reason I had such a wonderful ability to hear Him was because of the one thing I had hated all my life, 'being sensitive'. Rejecting my sensitivity had enabled satan to block my intuition. The Lord told me that I was empathic.

Empathy is defined as a highly sensitive person capable of acute perception with a sense or senses to identify with and understand another's situation, feelings, and motives. Jesus was incredibly empathic to others and their needs. There is much mention in scripture where He was moved with compassion, or where He sensed someone's pain. Satan may also try and place upon you false gifting's of sensitivity, empathy and compassion to wear you down. Oversensitive is one of these false gifting's. The Holy Spirit revealed to me that I did indeed have this false gifting which was a burden. I asked the Holy Spirit how the spirit of over sensitiveness comes upon a person. This is what He showed me: ***-Then answered all the people, and said, His blood be on us, and on our children (Matthew 27:25, KJV).*** There is a curse that comes upon descendants of all that declared this statement. The Lord revealed to me that my ancestors were in this crowd of people; this had enabled a curse to come upon me and my family bloodline. In fact He told me that my ancestors had even played a part in His death. He asked me to stand in the gap and repent for killing Him. When I did this what happened next I never expected. At that exact moment of repentance God actually put this burden on me.

I saw a vision of Him dying on the cross and I literally felt like I had killed Him. The burden of this was too much to bear - I wept and wept and kept saying how sorry I was. It was huge because when God allowed me to actually stand in the gap I was able to repent with all of my heart - it is something I will never forget. This curse that falls upon us literally means that the responsibility for His death is on us. The Bible promises that we take on the sufferings of Christ. This curse increases the suffering; hence the spirit of oversensitive was with me which meant I felt everything that bit stronger and harder than I was supposed to. I suffered from Irritable bowel syndrome, Irritable bladder, Irritable Uterus, sensitivity to medications, herbs and many foods which were all part of the curse.

(PRAYER) - "Lord Jesus I repent on behalf of myself and my bloodline for being part of Your crucifixion. I repent for the rejection and unbelief that You are God in the flesh and our Lord and Saviour. I renounce the proclamation that the guilt for the death of Christ is on us and our descendants. The blood that is on us I now replace with the pure and perfect Blood of Christ. The blood that redeems, cleanses, forgives and sanctifies. I repent for rejecting the God-given gift of sensitivity that You have given me. I forgive all the people who have mocked, teased and belittled me for being sensitive. I reject all false sensitivities and false empathetic gifting's in Jesus name. Thank You that You made me sensitive. I am so sorry for rejecting who I am. I was made in Your image and for Your purposes. You made me sensitive for You. I ask that You fine tune and refine this gifting. Raise my awareness and heighten my spiritual senses, especially in the area of intuition and perception. I ask Lord Jesus that You would equally help me to be strong in spirit, soul and body where needed. I command every demon who is blocking my spiritual discernment, intuition and perception to leave in Jesus name. Every demon of false sensitivity, false awareness, over-sensitive and hypersensitive, pain and false empathy and command you to go with them also in Jesus name.

Fear - Are you standing on a foundation of love, or a foundation of fear? The foundation of all followers of Christ should be Jesus Christ. Jesus Christ is the rock

upon who we build our house. ***“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. “But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall” (Matthew 7:24-27, NKJV).***

The foundation of Jesus is Love. ***That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God (Ephesians 3:17-19, NKJV).***

The Holy Spirit told me that although I had given my heart to Him and I was a follower of Christ my foundations were not built on Him, they were built on fear. The foundation I had built my house upon was not rooted and grounded in love. My feet were standing on fear. My entire life was ruled by fear since I was a small child. I avoided things because of fear, I protected myself and my family from doing important things because of fear. I would pray and ask God all the time to change my life from a fear based life to a faith based life. Bit by bit piece by piece God changes our foundations upon which we stand.

How do we come to be standing on a foundation of fear? It begins with your ancestors. We see in the Bible that Gideon was afraid and suffered from fear. God told Gideon that he would save Israel from the hand of Midian (**Judges 6**). Gideon had unbelief and asked God several times to confirm this. God confirmed this in various ways but still Gideon needed more convincing. God then asked Gideon to spy on the enemies' camp which he did. Gideon heard the army speaking about how Gideon was going to defeat them. At that moment Gideon believed God and went on to defeat the army just as God promised. This right here was the gift of faith in action. God gave Gideon the Gift of Faith - ears to hear and eyes to see.

The Gift of faith helps us to trust in what God is saying. It is a supernatural ability to trust. Why was Gideon so afraid and why did God have to go to such lengths to convince him? Gideon's family had idols of Baal in their house which they bowed down to in the belief that they could protect them. Baal, I believe is the prince of fear. They bowed down to fear and worshipped fear in the false belief it could protect them. Instead of trusting God and conquering fear with Him they bowed down to it. How many times are we still worshipping Baal and bowing down to him in the same belief? Fear comes from lack of trust in God. Fear is a perceived sense of danger or worry about something unpleasant happening. When we can't trust we don't have faith. Faith and trust work interchangeably. Faith is believing in God's promises even when we cannot see them. When you trust there is no need to be anxious. Trust brings peace. Perfect love casts out fear. You cannot receive His perfect love when we don't trust. ***There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love (1 John 4:18, NKJV).*** It is the love of God working in you, perfecting you that removes the actual

fear. It is about God working in you teaching you to trust Him. It is the trust that removes the fear, which is the product of His love. Trust gives us faith, and faith is believing. We need to believe in God's love so we can trust Him. We need to grow in our understanding of God's Love. The Gift of Faith gives us knowledge of His love, which in turn helps us to trust. It is a God-given supernatural ability to help us trust Him. Praying to God and asking for all the things that are blocking you from receiving His love is the key because it is His love that casts out fear. The peace comes when we trust, but first the love must come before you can trust! We need to prophetically lay fear at the foot of the cross and give God permission to stretch out the tent pegs of our boundaries. ***"Enlarge the place of your tent, and let them stretch out the curtains of your dwellings; Do not spare; Lengthen your cords, and strengthen your stakes" (Isaiah 54:2, NKJV).*** Fear dictates our boundaries which can hinder God's plan for you. Fear can be a form of self-protection that makes us feel safe when it prevents us from doing things that seem scary.

I once got told by someone that each time something comes up that causes fear to immediately give that fear to God and ask Him to face it with you, and conquer it with you. Step out in faith that God is by your side and conquer that fear. His strength can work through your weakness. ***An example prayer for these times is:*** - "Father God I give You my *(name the fear)*. I choose to release my faith and trust that You will work through me to conquer this fear". *(Then step out and conquer it through God's strength).*

(PRAYER) - "Father God I forgive all those who have caused me and my ancestors to fear. I forgive also all those who have judged us and not understood our fears. I repent on behalf of myself and ancestors for worshipping Baal and bowing down to him in the false belief that he could protect us. I repent for avoidance - avoiding the things that make me afraid instead of trusting in you to protect and deliver me from them. I repent for hanging onto control instead of handing it over to You. I relinquish all false protection I have used and hand it over to You Lord Jesus. I repent also for myself and ancestors for the times we did not trust You and allowed fear to invade us because of not trusting in you. I specifically repent for allowing fear and worry to become an idol in our lives because we bowed down to it. I repent for basing our lives on fear and worry. I ask for You to help me change my life from a fear based life to a faith based life. I receive by faith all that God wants to give to me. I pray that you would open my spiritual eyes Lord and reveal all the blockages that prevent me from receiving Your perfect love".

(Prophetic act) - "I now lay fear and false protection at the foot of the cross and repent that I have allowed fear to dictate my boundaries which has hindered the call of God on my life. I give You permission to stretch out my tent pegs and remove these boundaries so I can go experience more of You and what You have for me. Fear, stress, worry and anxiety you have no place in me. I disconnect and no longer wish to partner with you or house you in the Temple of the Holy Spirit – my body. I command all fear, worry, stress and anxiety including Tormenting fear, fear, shock and trauma, nervousness, terror, night terrors, paralysis, panic attacks, hysteria, anguish, controlling fear, destructive fear and all other forms of fear to leave in the name of Jesus Christ. I ask the fruit of the Holy Spirit 'peace' to take up permanent residence in me. I pray for healing and the impartation of peace into the central nervous system and the digestive system in Jesus name.

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid (John 14:27, NKJV). For God has not given us a spirit of fear, but of love, and of power and a sound mind (2 Timothy 1:7, NKJV). I pray for an impartation of power, love and a sound mind in Jesus name. I pray also for an impartation of the gift of faith in Jesus name.

Disappointment - Disappointment brings spiritual death. ***A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken (Proverbs 15:13, KJV).*** The human spirit has dominance over the soul but sometimes our spirit may have areas that are inactive or dormant. These areas of dormancy mean that parts of the soul has dominance over the spirit. When there are inactive or dormant parts of the spirit these parts need to be awakened to again take dominance over the soul. This is how you walk in the spirit and not the flesh. Sometimes the Holy Spirit has to deal with areas in our spirit before He can deal with our soul. In this instance God wants to restore hope to your spirit so it can take dominance over your soul. Disappointment brings a loss of hope and is a result of promises that never seem to happen. What does the Bible say about hope? ***For You are my hope, O Lord GOD; You are my trust from my youth (Psalm 71:5, NKJV).***

Hope deferred makes the heart sick, But when the desire comes, it is a tree of life (Proverbs 13:12, NKJV).

Behold, the eye of the Lord is on those who fear Him, on those who hope in His mercy (Psalm 33:18, NKJV). If we lose hope we may no longer believe or trust in the Lord.

For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees? (Romans 8:24, NKJV). The word hope in Greek is *elpis* and means expectation of good! Any unforgiveness towards those who caused disappointment may render the part of the spirit in which we hope dormant or inactive. Losing hope in God and His promises when they are not fulfilled in our timing may also render the spirit inactive. This results in a feeling of hopelessness. Hopelessness is losing the belief in God that He is actually working in your life. When we fall into hopelessness we can indulge in self-pity. Self-pity opens the door to a spirit of heaviness. Disappointment can cause unbelief and take away our ability to hope. How? Hope is the beginning of faith. ***Now faith is the substance of things hoped for, the evidence of things not seen (Hebrews 11:1, NKJV).*** The devil wants to destroy our hope.

We need to repent for losing hope and forgive those who destroyed our hope. Jesus is our hope. If we lose hope we are actually entering into unbelief - unbelief of Jesus and His work on the cross. How can one's promises be fulfilled when one has lost hope? When God gives you a promise the enemy will do all he can to destroy your hope in that promise. When the enemy steals your hope he also steals your promise. Not only this but any disappointment toward God is a lie because it is based on a belief that He let us down. We have to continue to believe Him and trust in His timing.

(PRAYER) - "Father God I pray that You would show me all those who have caused disappointment." *(Write them down).*

"Father God I forgive *(name them)* and all others who have caused my ancestors and I

disappointment and loss of hope. I repent for the times I have given up hope in You and for Your promises to come to pass. I am sorry for all the times that I have blamed you and was disappointed in You, and believed You let me down. I forgive You my Lord and Saviour that the promises You have given me have not yet been evident in my life, and I acknowledge that You are not to blame. I thank You for these promises. I am sorry for all self-pity I entered into when things didn't go according to my plans. I am sorry also for all the times I and my ancestors disappointed You or others. **Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us (Romans 5:5, NKJV). Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit (Romans 15:13, NKJV).** I command all spirits of unbelief, disappointment, hopelessness, despair, heaviness, self-pity, grief, torment, anguish and everything with you to leave in the name and power of Jesus Christ. I pray Father God that You would restore my hopes and dreams. I speak life into my spirit. I speak hope into my spirit. I speak life into those areas that are spiritually dead. Instead of disappointment and foreboding I speak hope. **(Prophetic Act) – Put on the Garment of Praise for heaviness and start praising God – Isaiah 61:3).**

****If the enemy has ever stolen your hope you can become encompassed by the foreboding spirit. Foreboding is the opposite of hope and is the expectation of something bad.

Foreboding Spirit – When we build our foundations on fear the spirit of foreboding who works hand in hand with fear creates a strong hold in our thinking. We develop a mind-set of foreboding. Foreboding - sense of impending evil or misfortune. An impending sense of doom. This is where you look negatively upon coming circumstances. Doubt, anxiety and worry can plague you. Worry actually calls God a liar because we do not believe or trust in Him to supply our every need. If a person has the mind-set of negativity and sees everything in a negative light, he or she will reap fear, panic, misery, lack of peace, anxiety etc. Thinking negative and confessing negative things will hinder God's blessings! **For as he thinketh in his heart, so is he (Proverbs 23:7, NKJV).** The foreboding spirit can cause unbelief in the goodness of God. We may believe that God can do 'all things', and that 'all things work together for good and even have great faith at times, but if we fail to believe that God is good and cares for us all the time we can live a life of worry and doubt. When Jesus was sleeping in the boat when the storm hit in **Mark 4:35** the disciples were afraid and asked Him if He cared or not if they perished. This shows us that they didn't trust in the love or goodness of God. The foreboding spirit makes us not trust in the love of God or believe that He wants to give us good things. The key here to breaking the foreboding spirit is our confessions. **Positive Scriptural confession releases the power of Jesus to help us meet our need. If we refrain from confessing we can be left at the mercy of our circumstances and negative confession can expose us to demonic and evil forces!**

I myself suffered greatly from fear, doubt, worry, and anxiety and panic attacks. God once spoke to me and the conversation went like this: - **"Do you really believe that all things work together for good for those that love God and are called according to His purpose (Romans 8:28)"?** I replied "Yes". He then asked me **"What is all things**

*working together for good in your opinion"? I replied "All things that happen to us no matter how bad they may seem that glorify God and save souls at the completion of it". He said "You are afraid though that what is good for God and others may not be so good for you. You are afraid of what you need to face to glorify God and save souls". I told Him that I was very afraid of this. I would listen to the spirit of foreboding and would live in fear instead of believing in blessings and good things. God then said "My Word promises that I want to give you good things. Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him! (Matthew 7:7-11, NKJV). He then said "If you don't believe this then how can I give you good things. This is unbelief and unbelief blocks the blessings of God. Can you let go and trust me that I want to give you good things. All you need to do is believe so that you can receive"! He asked me to take the word good back to the original transcripts. This is what I found: - **Towb** is the Hebrew word for good and means moral, happy, fair and kind. God sees Himself as good. He sees His justice system also as good. He sees his chastening as good. The problem is that man does not like to be disciplined. Discipline brings us back in line when we don't walk in His ways. God's ways are good. God's ways are just. God has to judge sin because he is so moral. God really is abundantly good all the time. When we don't believe this it becomes unbelief and can actually block us from receiving His goodness. When we truly trust this and believe in His goodness and work with Him we will live in freedom, in peace, in health and prosperity! At some point you will need to make the decision to choose to trust and believe that God is good. Once you have made that decision it is time to stand steadfast and firm.*

Whenever a negative thought or image comes into your mind take it captive and confess the opposite. Start praising and thanking God for what is going to happen and thank Him for what you cannot see! Eventually your submission to God and the resistance of the devil will make him flee from you (**James 4:6-7**).

******Sometime after I had written this prayer and revelation the Holy Spirit revealed to one of our team members that a Great Grandmother on my mother's side was a witch and that she had consulted demons to tell her the future. He showed me that this was why I was so plagued with visions of bad things happening. (Mediums and fortune-tellers also unknowingly use demons to foretell the future). The demons had an open door to dictate their ideal future to me.**

(PRAYER) - "Dear God I repent on behalf of myself and ancestors for consulting demons to foretell the future. I repent for the use of fortune-tellers and mediums to foretell the future. I repent for negative thoughts, beliefs, confessions, re-actions and lack of trust in You. I repent for unbelief in the goodness of God and lack of trust in the love of God. I repent for calling You a liar because worry calls God a liar because worry does not trust. I am sorry for not believing that You want to give me good things always. I (*name*) choose to trust in God no matter what the circumstances are telling me. I trust

in God because God is truth, and God is love. God does not lie. God is for me, so who can be against me. God is a good God who only wants good things for me. I choose to believe Him at His word. Lord I release peace and blessing over myself and my family. Blessing breaks foreboding. Blessing says something good is going to happen to me. Peace brings a sense of well-being. I break off the spirit of foreboding and all curses operating in Jesus name. I release that something good is about to happen, no matter what the circumstances and trials, because **'God works all things together for good for those that love Him and are called according to His purpose' (Romans 8:28)**. I command all spirits of foreboding, dread, despair, apprehension, hopelessness, depression, helplessness, self-pity, heaviness, doom, gloom, panic, terror, worry, fear, torment, bondage, anxiety and everything with you to leave in the name of Jesus Christ. I break all ungodly soul ties between myself and all mediums and fortune-tellers in Jesus name. **Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ (Ephesians 1:3, NKJV).**"

Insomnia – I had several people contact me to say that they were experiencing sleep difficulty. This is what the Lord spoke to me. ***"There is a spirit of insomnia sent to tire out Christians. Name it and cast it out in Jesus name. Pray for God to send His Heavenly angels to be stationed around your bedside. Impart peace and command stress, anxiety and wakefulness to leave immediately in the name of Jesus Christ."***

Ask the Holy Spirit to show you some stress reliving techniques also

Fathers Blessing – Recently I came across a wonderful revelation from a man of God who taught that there is prayer of blessing in the Bible given from God the Father and carries a wonderful anointing when you pray it over yourself or ask another believer to do it over you. The Prayer is translated into English in the KJV from the original Hebrew but when he took it back to the Hebrew meaning there was so much more depth and meaning to it. Below is the Scripture and the Hebrew words and meanings.

(PRAY) – "I decree this blessing from God the Father over myself in Jesus name."

"The LORD (***Yehovah - Jehovah the one true God***) bless thee (***Barak - To bless, kneel***), and keep thee (***Shamar - To keep, guard, observe***): The LORD (***Yehovah - Jehovah the one true God***) make his face (***Paniym - Presence***) shine (***Owr' - To be illuminated***) upon thee, and be gracious unto thee (***Chanan - To show favour, be gracious***): The LORD (***Yehovah - Jehovah the one true God***) lift up (***Nasa' - To bear, carry, support, sustain, endure***) His countenance ((***Paniym – Face, presence***) upon thee, and give thee (***Suwm - Put or lay upon***) peace (***Shalown - completeness, soundness, welfare, peace, safety, health, prosperity, quiet, tranquillity, contentment, friendship***) (Numbers 6:24-26, KJV)."

Post Deliverance Infilling Prayer - "I break every curse over my life from preconception to the present day in the name of Jesus Christ. I ask Father God that every curse would be replaced with a blessing. In the name of Jesus and by the stripes

He bore on His body I pray for healing within every area of my spirit/soul and body. (*Pray specifically for all ailments*). I command all misalignments to come into divine order in Jesus name. I cast out the spirit of infirmity in Jesus name. I cast out fear, shock and trauma in Jesus name. I command every fibre, every cell and every part of this body to come into divine order. I command all pain to leave in Jesus name. I pray for a creative miracle in all areas where body matter needs to be regenerated. I command all cells, cell structure, DNA, RNA, and all parts of the spirit/soul and body not to remember all traumas in Jesus name. I pray for the fire of God to burn off all remaining remnants and dross in Jesus name. I command every demon who has access to me to leave immediately in Jesus name. With the blood of the lamb I seal all doorways closed to the demonic and declare that demons can only exit and not re-enter. I bind the demonic doorkeepers and terminate their assignment against me in Jesus name. I ask for the Holy Spirit to infill with light all areas that were once dark in Jesus name. I pray for a hedge of protection to be placed around me and for any holes to be repaired in Jesus name. Thank You Father God in Jesus name for delivering me".