

## PRAYER FOR BITTER ROOT FOUNDATIONAL LIES

(SAMPLE PRAYERS from Elijah House Inc., – Listen to God and pray with whatever words He prompts.)

**Person who is receiving prayer use this section:**

Dear Lord, I repent for believing the lie \_\_\_\_\_. I come out of agreement with it and break its power over me. I confess that I have sinned against You, others, and myself by embracing this lie. This lie has caused me to feel ashamed, fearful, angry, hurt, sad, etc. I tried to protect myself from that pain by: (Confess your “defensive reactions to the lie.” Example: hardening your heart, giving up, striving to prove.)

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But I realize now that those things have not protected me; they have only helped cement this lie into my heart. Please forgive me Lord and heal me. Forgive me for the ways that I have turned from life through: (Confess your “reactions to life.” Example: thoughts of suicide, not wanting to be here, trying to be someone else, passivity, hopelessness.)

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I repent, and choose to turn toward the life, purpose, and destiny that you have given me. You are the way, the truth and the life, and I embrace You now. I can see that this lie entered my heart when \_\_\_\_\_. I choose to forgive \_\_\_\_\_, and to release my right to hold this offense against him/her/them. I repent for times when I have spoken lies over myself, and disdained my body, looks, intelligence, creativity, and other characteristics. I come out of agreement with the enemy and break any alliance I have made with him. Lord, I choose to believe Your truth.

**Prayer Minister pray this section:**

I assure you that you are forgiven for the sins you have confessed. As a servant of Jesus Christ, I say to you that as you have forgiven those who wounded you, so also has the Lord forgiven you. The Lord is faithful and just to forgive you, and cleanses you now from all unrighteousness. Lord, together with \_\_\_\_\_ I break this three-fold cord of wrong agreement and declare that the power of this lie is broken. I ask that You break the power of every harsh or harmful word spoken over \_\_\_\_\_ and dispose of those words altogether. Remove any words that continue to echo within him/her. Please remove any shock, trauma, fear, terror, or shame that the words have caused, or that he/she experienced because of the lack of blessing, affirmation, encouragement, and praise. We pull down the stronghold of this lie and bind every demon that has empowered it. I ask that you would strengthen \_\_\_\_\_ in his/her inner man and enable him/her to embrace the truth, taking captive every thought that would seek to exalt itself above that truth. In Your name I revoke the power and curse of this lie and ask that You replace the lie with the truth. In the name Jesus we ask. Amen. (Listen to the Lord and declare the truth that you and the person hear. Pray blessings as the Holy Spirit leads.)

## PRAYER FOR BITTER ROOT JUDGMENTS AND EXPECTANCIES

(SAMPLE PRAYERS from Elijah House Inc., – Listen to God and pray with whatever words He prompts.)

**Person who is receiving prayer use this section:**

I have recognized that I have judged \_\_\_\_\_ for \_\_\_\_\_, and I have locked myself into the same behavior/attitude. I choose to forgive him/her for hurting me, and I choose to release my right to hold this offense against him, knowing it is up to you alone Lord God to judge all of us. Please forgive me for the sinful ways I have reacted and for the ways in which I have done the very same to others. (Be specific and name those that you have hurt and how.) Lord Jesus, forgive me for judging \_\_\_\_\_. Now I see that I am reaping the same pattern throughout my life. I choose to forgive, and release my anger and bitterness to you, Lord. Please remove it from my heart. Forgive my judgements, and for my part in tempting \_\_\_\_\_ to do the very thing I hated, by the power of my bitter root expectancies and judgment.

**Prayer Minister – pray this section:**

I assure you that you are forgiven, \_\_\_\_\_. As a servant of Jesus Christ, I say to you that as you have forgiven those who judged you, so also has the Lord forgiven you. Lord I ask you to cancel each judgment that has been named and remove it from \_\_\_\_\_'s life. Lay the axe to the root and every bitter root expectancy as well. I asked you to reap on your cross all the years of sowing and destruction. Replace it with your blessings. Bring new experiences into \_\_\_\_\_'s life as evidence that these judgments and expectations are no longer operating. Strengthen \_\_\_\_\_ in the Inner Man, to be able to practice new responses. Continue to bring awareness of any other judgments, in your perfect timing. I ask in Jesus Name. Amen.