

PRAYERS FROM HEALING BEGINS WITH SANCTIFICATION OF THE HEART 4TH EDITION

BY DR MK STRYDOM

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1. GENETICALLY INHERITED DISEASES

“Father I come before you to repent for my sins and the sins of my fathers that have opened the door for the curse of disease. I repent of all the disobedience, rebellion, perversion, witchcraft, sorcery, divination, occultic involvement, idolatry, lust, adultery, fornication, abuse, slander, strife, fear, anxiety, self-hatred, guilt, self-accusation, jealousy, envy and bitterness. I ask for Your forgiveness. Wash me with the blood of Jesus. According to Galatians 3 v 13 I have been redeemed from the curse of the law by Jesus’ blood on the cross. I take authority over the inherited familiar spirits in my family tree, and I command you to be gone in Jesus Name! I break the power over the genetically inherited curse of (name the disease) in my life and my descendants in Jesus’ Name. I claim forgiveness through the blood of Jesus for my sins and the sins of my fathers. May the Holy Spirit of Sanctification have His full work within me. I pray that You would heal me spiritually and physically right through to my DNA. Father I ask You to work a creative miracle and restore my genes to how You originally created them before the foundation of the world – I command my genes to be made whole and perfect in Jesus’ Name. In faith I thank You for my healing.”

Note: You do not have to go and create chaos by getting all your other family members involved, this is not necessary. You just come before God and get your own heart right before Him. You can break the curse of the genetically inherited diseases running through your family with a simple prayer such as the one illustrated above where it is just you and God.

2. FORGIVENESS - page 637

“Father, in the name of Jesus, I pray that Your Holy Spirit would minister into my life right now. Look into the depths of my heart and reveal to me where there is hardness, un-forgiveness, bitterness and resentment or anything against anybody. Please bring their names to my heart right now by the power of Your Holy Spirit. I repent to You Father for sometimes repaying evil with evil and feeling justified by it. I thought I was protecting myself when in fact I was behaving no different than the person that did evil to me. Father I repent for participating with the sin of bitterness and unforgiveness. As an act of my will in obedience to you, I choose to forgive

Before you go to God to repent of the sin behind your disease, you need to forgive everybody who has hurt or wronged you. (name the person and what they did). I am trusting you to make my forgiveness heartfelt – to forgive completely just like You do, without looking back. Please take the hardness of my heart and soften it with Your love. I pray that Your forgiveness would flow through me. Thank You for the work that You are doing in my heart right now”

“I’m not guilty. I became one with sin as if it were me and have been blaming myself and have been bitter against myself all these years. I’ve felt guilty, unworthy, ashamed and inferior and have compared myself to others. I repent Father for bitterness and unforgiveness towards myself and I forgive myself. I command the accusing spirit of self-hatred, self-rejection and guilt to be gone out of my life in the Name of Jesus.”

“God, I have held anger against You. I know that You have done nothing wrong, and I am in need of Your forgiveness. But I believe that my

saying, “I forgive You” will help me to let go of un-forgiveness that I have misdirected towards You. I forgive You. My problems are not Your fault. You are my answer.”

3. WHO I AM IN CHRIST - page 663

“Father I come to you in the Name of Jesus. I recognize that I have served the sin of self-hatred, self-rejection, self disapproval and/or a low self-esteem in my life. I’ve allowed accusing spirits to train me in my thinking to have this toxic sinful mindset and as I fell into agreement with it, I became one with sin as if it were me. Father I confess my participation with sin, I repent to You and I ask You to forgive me. Father in the Name of Jesus I ask You to break the curse of this iniquity so that the power of this sin is broken in my life and in the generations after me. As I have forgiven every single person I know who has hurt, wronged or injured me, I thank You for forgiving me of my sin and for the blood of Jesus that has cleansed me from all unrighteousness. Amen.”

SANCTIFICATION OF THE SPIRIT - page 664

“I take authority over the unclean, unloving, accusing spirits of self-hatred, self-rejection, self bitterness and guilt that have been accusing me to myself as well as inherited iniquity of self-hatred and guilt in my family tree – you cannot rule my spirit and mind any longer. I break your power in the Name of Jesus. I command you to go and to be cast out of my life and the generations in my family in the power and authority of the Name of Jesus! I also take authority over the spirit of death and spirit of infirmity. In the Name of Jesus I break your power and I command you to go!

Father, I ask You to help me to begin to love myself this day. I ask You for the grace, power, strength and ability that I need to renew my mind as I begin to meditate on the things I have been taught. Amen”

FINALLY - page 666

Father, I have a covenant of divine healing with You (Isaiah 53 v 5). You forgive all my sins and heal all my diseases (Psalm 103 v 3). Thank You that I am forgiven for having self-hatred and a low self-esteem (1 John 1 v 9). Therefore on the authority of Your Word and in the Name of Jesus – I claim and declare healing and complete wholeness in my mind and body. In faith I declare that I am free and totally healed of (name the disease)!”

4. DEALING WITH FEAR STRESS & ANXIETY - page 674 SUPERFICIAL FEARS

“Father, I have this and this problem – I hand it over (cast) and completely surrender it to You, and ask You to take care of it and sort it out. If there is a part that I have to play, please show me. I do not know how You are going to sort it out but I am making the decision to confidently trust in, lean on and rely on You with all my heart and mind. I am not going to rely on my own insight or understanding (Proverbs 3 v 5). I give these problems to You once and for all. I thank You that I don’t have to worry or be anxious about them anymore – it is in Your hands

DEEPER FEARS - page 684

“Father I come to you in the Name of Jesus. I recognize that I have served the sin of fear, anxiety and/ or worry in my life. I allowed the spirit of fear to train me in my thinking to have this toxic sinful mindset and as I fell into agreement with it, I became one with sin as if it were me. Father I confess my participation with sin, I repent to You for believing the lies of the spirit of fear and I ask You to forgive me. Father in the Name of Jesus I ask You to break the curse of this iniquity so that the power of this sin is broken in my life and in the generations after me. As I have forgiven every single person I know who has hurt, wronged or injured me, I thank You for forgiving me of my sin and for the blood of Jesus that has cleansed me from all unrighteousness. Amen.”

“I take authority over the spirit of fear as well as inherited iniquity of fear in my family tree - you cannot rule my spirit and mind any longer. I command you to go and to be cast out of my life and the generations in my family in the power and authority of the Name of Jesus! I also take authority over the spirit of death and spirit of infirmity. In the Name of Jesus I break your power and I command you to go!

In the Name of Jesus I release myself from the fear that torments me for it is written that fear has torment (1 John 4 v 18). In the Name of Jesus I release myself from performance, perfectionism and meeting the expectations of others. In the name of Jesus I release myself from fear of failure that drives me to do everything right and who would tell me that who I am is what I do. I determine in my heart this day to make an allowance for weakness and mistakes for it is written that His strength is made perfect in weakness (2 Corinthians 12 v 9) and “Though the righteous shall fall seven times, the Lord will lift them up!” (Proverbs 24 v 16). I release myself from the fear of man and what others think of me. I release myself from inferiority and I take authority over the evil spirit that accuses me, makes me feel inferior and says that I don’t measure up to somebody else – you are a lying spirit and I break your power and command you to be gone in the Name of Jesus! I release myself from the panic in the projection of things that could go wrong. I release myself from dread. I release myself from horror and the fear of evil now in my life in the Name of Jesus.

Father I release myself from the fear and pain of rejection. It doesn’t matter who has rejected me because You are my source and it’s about time I stopped making them an idol. If somebody doesn’t love me, that’s their loss. God You are my Father and Jesus is my husband and You are all I’ve got 100 years from now so I may as well get used to it now. Father I release myself from my dependency on



humans who will possibly never love me. I release a peace inside me that I have never known because I am wanted, and I am loved! Father You saved me, You chose me before the foundation of the world (Ephesians 1 v 4), You made me a son, You made me a daughter. I am the apple of Your eye (Zechariah 2 v 8), I am engraved in the palms of Your hand (Isaiah 49 v 16), You have betrothed me as a bride to Your Son and my name is written in the Lamb's book of Life (Luke 10 v 20)...what more could I ask of you?

I release myself from the fears and insecurities that have come from broken relationships and rejection for it is written in Romans 8 v 15 that God has not given me into bondage to the spirit of fear but I have received the spirit of adoption whereby I can cry out Abba Father! I release myself from hardness of heart that I have that will not let me trust and be vulnerable without fear. I release myself from the fear of giving and receiving love. Father I open my heart right now to receive Your perfect love which casts out all fear. I release myself to the love of the Father and the love of the Lord Jesus Christ as a work of the Holy Spirit.

Lord, deliver me of all my fears, for it is written in Romans 10 v 13, "Whosoever shall call upon the Name of the Lord shall be delivered" and in Psalm 34 v 4 it says that You will deliver me of all of my fears. Lord, deliver me! In the Name of Jesus I command my hypothalamus to be at peace. Father I ask You for help. I ask You for the grace, power strength and ability that I need to renew my mind as I begin to meditate on the things I have been taught. Amen"