



12 Step Self-Deliverance

(Start with worship for at least 30 minutes)

OPENING PRAYER:

Heavenly Father, I come before You submitting my spirit, soul and flesh bowed down to the name of Jesus. I ask for special grace during this time. So, Your heart may be done on earth as it is in heaven.

1. I bind up everything that is unholy and not of God that is in me or over me.
 2. I bind up all lies and deceptions that have ever been done through me or over me.
 3. I bind all word curses, idol words, and curses that have ever been done through me or over me.
 4. I bind up all ungodly prayers and ungodly intercession that has ever been done through me or over me.
 5. I bind up all ungodly prophecies that have ever been done through me or over me.
 6. I bind up all ungodly judgments and inner vows that have been spoken through me or over me.
 7. I bind up all ungodly alters that have been created through me or over me.
 8. I bind up all witchcraft that has ever been spoken through me or over me.
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9. I bind up all false teaching and unbelief that has ever been spoken through me or over me.
10. I bind up all sin that has ever been done through my mother and father or over my mother and father.
11. In the name of Jesus, I command everything that has just been bound to step away from me and go to the feet of Jesus for judgement. In the name of Jesus, you will not tear or cut me as you leave.

STEP 12 CAN BE DONE AS MANY TIMES AS NEEDED OR AS LEAD BY HOLY SPIRIT AFTER STEPS 1-11 ARE COMPLETED.

12. I bind up the all lies and unbelief that are empowering the spirit of _____ that are in me or over me. I command of these lies to go to the feet of Jesus.

*Most common Lies to remove are: Pride, Fear, Jealousy, Lying, Familiar, Perversion, Hordum, Heaviness, Infirmary, Deaf& Dumb, Bondage and Anti-Christ



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CLOSING PRAYER:

I welcome Holy Spirit to come with your Holy Healing Anointing Oil to heal every area of my spirit, soul and flesh. In the name of Jesus, I command every area of my being to bring Glory through the power of the Holy Spirit to our Father in heaven. I seal this prayer with the Blood of Jesus. I post Sentry, Sentinel, Worshiping, Messaging and Warrior angels as assigned by our Lord at the gates, doors and all territory that has just been taken back by for the Kingdom of God.



COMMONLY ASKED QUESTIONS

- Can we do them in any order? - **No, it must be done in the order given; there are no exceptions.**
- How often should I do this prayer? – **As often as you are led by the Holy Spirit. We suggest that in the beginning, at least once a day for the first seven months.**
- Can I do this over a group or land? – **Yes, but with a team of no less than ten intercessors while you lead the prayer. We highly suggest that your team do the prayers together first for a few months at least once a day.**
- Can we do it alone? - **Yes, but it is suggested that you and a prayer partner work together until you are led by the Holy Spirit. We suggest that an intercessor is always a good rule of thumb.**
- What happens if I feel different or uncomfortable during a prayer? - **Stop and ask Jesus to take over your prayer session. When you feel ready, start over from the beginning of the prayer.**
- Is there anything else I should be doing besides these prayers during this time? - **Yes, start walking in your new life in Christ according to the Word of God. Suggestions would be to start first with a fasting lifestyle, Bible reading, and Worshipping daily.**
- What happens if I continue to live my life in sin/unbelief and do this prayer? – **You may experience a war within yourself that may become unfordable or difficult.**



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- Can I pray this prayer over someone else, if they are not present? – Yes, there is no distance in the spirit. We suggest you have an intercessor with you.
- Is there anything else I should know or suggest? – Yes, continue doing your Heart Prayer, reading and hearing Grace based messages, Bible reading, prayer and communion with Jesus, and worship.



STRONGHOLDS

There are twelve major Strongholds mentioned in the Bible:

- Jealousy - murder, anger, revenge or rage
- Lying - control, stubbornness, forceful or telling yourself you are holy.
- Familiar Spirit - old occult or fortune telling
- Perversion Spirit - Lust, will twist the Word of God to fit your life style.
- Hordum Spirit - prostitution, idol worship or worship TV shows etc.
- Heaviness - weightloss, grief, despair, depression, weight gain or abusive emotion's etc.
- Spirit of Infirmity - think your always sick or always sick
- Deaf & Dumb Spirit - cannot speak or hear
- Fear Spirit - torment, terror, phobias, nightmares or not wanting to go out or around other people.
- Pride Spirit - self controlling, wrath or divided etc.
- Bondage Spirit- addiction, drugs, alcohol, sex, work or anything you can't walk away from
- Anti-Christ Spirit - denied that Jesus is Lord