

Fear thou not; for I am  
with thee: be not  
dismayed; for I am thy  
God: I will strengthen  
thee; yea, I will help  
thee; yea, I will uphold  
thee with the right hand  
of my righteousness.  
Isaiah 41:10

**NO MORE FEAR!!!**  
**SECTION 2**

**MANUAL OF DELIVERANCE, HEALING, & RESTORATION**

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# **NO MORE FEAR!!!**

## **SECTION 2**

### **MANUAL OF DELIVERANCE, HEALING, & RESTORATION**

**Prayers of Deliverance courtesy of:**

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*NO More Fear!!!*



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## NO More Fear!!!

### God's Prayer for You!

I am beginning this section off with a prayer God gave to me for you all. As I stated in Section 1, there are various prayers in this section for various issues that you are struggling with. The prayers might seem unrelated but they are not, they each will go into your spirit man and heal that part of you that needs to be heal.

“I pray that God will get ahold of the person who has abused or abusing you and set them free by the Power of Jesus' Blood and that he or she will find rest, healing, deliverance, salvation, and whatever else they need and **STOP** terrorizing you in the Name of Jesus, the Name that is above **EVERY** other name!

Father, I also pray for **EVERY** person who is reading this message and is suffering from **ANY KIND** of trauma as a result of **ANY KIND** of abuse, which is producing **ANY KIND** of fear, that You would **RELEASE** them from the bondage of their abuser. Father, destroy **EVERY** stronghold in the soul of the person(s) who is being abused that is holding her or him captive in their mind to the person who are abusing them! Father, free them in their emotions from **EVERY** crippling affect that the abuser has or will cause them in the Name of Jesus! Father, You said in Your Word that You have already provided them a way of escape so show them their way and send them help to escape the bondage of abuse, along with the fear that was a result of the abuse; it does not matter what kind of abuse!

Father, I thank You for freeing Your people today; Your wounded, heartbroken, fearful people who have lost hope! But God I know You as a Deliver, I know You as a Restorer, I know You as a Healer of broken hearts, I know You as the One who delivered me out of seven abusive marriages, that caused me to be fearful – six husbands abused me and I abused one. I got into one abusive marriage after the other because I was **NOT** healed or delivered from the previous abusive marriage before I got involved in another one. This jumping unhealed, from marriage to marriage, caused me to be bitter, angry, and not know how to receive love; Father, I thank You for bringing me out and forgiving me – I forgive myself and my ex-husband has forgiven me! Father, I stand in the gap today for **EVERY** abusive marriage and **EVERY** abusive relationship (in whatever capacity); I am asking in the Name of Your Son's Jesus because I know it is Your will to set these victims of abuse free – Your people God!!

## No More Fear...

### **God's Prayer for You! (continued):**

Therefore, I am asking You Father to **deliver** the victims of abuse out of **EVERY** form of abuse known and unknown to man, like You did me; I am asking that You **heal** the victims of abuse like You healed me from the bondage of abuse and heal their soul so they will **NEVER** enter into another abusive relationship of any kind – like You did me. I am asking Father, that You **restore** unto the victims of abuse **EVERYTHING** that they have lost while they were in this abusive relationship, marriage, or any other type of abusive union – restore Father **EVERYTHING** that the worm, cankerworm, palmerworm, locust, and the caterpillar has eaten up that belongs to them; I am asking Father, that You **strengthen and establish EVERY** person who **WERE** (I say “were” because after this day, you will rise up in God’s strength and abilities and **NEVER** be victims of domestic violence [or any other type of abuse] as long as you live) in **ANY** forms of abusive relationship, marriage, or union that involved abuse in Jesus’ Name!

Father, open the victim’s eyes so they can believe that Jesus has already set them free, that He died so they could live the abundant life in You! Open their hearts Father and let them know that the **Only** way for them to obtain their freedom is through Jesus Your Son – Jesus is their Savior and He is the **ONLY Way, the Truth, and the Life** – no one comes to You Father but through Jesus! Father, You love the ones who are being abused and the abuser very much and You want to see both set free!! Father, I thank You for breaking and destroying **EVERY** soul tie between the person who are being abused and the abuser in the Name of Jesus! Father, heal their heart and deliver the people who are being abused from **EVERY** form of fear and any other demonic force associated with the abuse! Father, I am asking You to replace fear with Your faith and hate with Your love in Jesus’ Name!

Father, I am also asking that You deliver the children that are involved in the abusive situations; God heal the children’s soul (mind, will, and emotions) and please don’t allow them to be affected by the abuse when they grow up – let them be normal according to Your definition when they grow up! I also ask that You deliver, heal, restore, strengthen, and establish **EVERY** child who are or were affected by **ANY** kind of abuse, in Jesus’s Name! Father, You sent me to teach the person who are being abused or where abused how to recover so I ask You to get the glory out of my life as well as their life! I pray this prayer in the Name of Jesus, knowing Father You will deliver, heal, restore, strengthen and establish Your women and men who are being abused in **ANY** way, Amen!!”

## No More Fear...

### Closing Remarks:

WOW! What a powerful prayer, the Holy Spirit prayed!! I see now, that is why God wanted me to start writing; I did not know He was going to use me to pray over you all and for the person who are abusing you! God loves you and the abuser (as I said before) – He rains on the just as well as the unjust – God loves the sinner but not the sin – our ways and thoughts are not like God's!

In my closing, two things, first, I want to let you know before you can recover, you must forgive the person who is abusing you or who has abused you; there is no ifs, ands, or buts!! I know, I know, I know, forgiving the person who abuses you is hard, especially having to forgive the person while they are still around you! God has delivered you out of that abusive situation; just follow His leading – He is there for you and with you so don't give up hope! God is going to show you your escape route soon and very soon – just trust Him! However, in the meantime, you can prepare yourself by forgiving the abuser – get a jump start on your recovery process!

This brings me to the second thing I wanted to tell you in my closing; to help you with getting starting with your recovery process, I am including some specific prayers which covers specific areas that most people (myself included) to be delivered from once God brings them out of abusive relationships! What you will do is pray asking God to set you free from **Unforgiveness, Rejection, Fear, Soul Ties, Traumas, False Intimacy – Looking for Love in All the Wrong Places, and so you can be set free from any ungodly emotions that were imbedded in your emotions before you were born, you will pray the Discovery Prayer!** God can do anything but fail – God is an Awesome, Amazing, Wonderful, Loving God who wants **YOU** healed and walking in total healing and health – God wants you to walk in wholeness!! God took me all the way back to when I was in my mother's womb and revealed to me that I was not wanted and that messed me up emotionally but God healed my emotions and He is teaching me that He loves me and that He is **MORE THAN ENOUGH** for me!!

When I was in the last abusive marriage, I had no hope, no future which caused me to be full of fear. I did not know God already had prepared my hope and my future for me and I thank Him a million, trillion, zillion times for bringing me up out of that abuse. The last guy I was married to was worse than **ALL** the six husbands before him put together!! But God brought me out alive; He later told me that the devil sent that guy into my life to totally destroy me but God did not allow that to happen!!!

## No More Fear...

### **Closing Remarks:**

God took care of me while I was in the abuse and He will and is taking care of you and He is preparing a way for your escape!! I am going to put the prayers in the order I believe God would have you to pray them; don't be afraid, God is there with you – if possible, pray them when you are alone so God can speak to you and He will speak!! I know I gave my life back to God while I was in the last abusive marriage and I spent as much time as I could studying the Bible, watching Christian television, and praying – I wanted to keep my mind on God!! The guy did not work so he was home but I did not care, I needed God to do something for me so I spent my time locked up in my extra bedroom seeking God!! And I know God will speak to you if you listen because He spoke to me and I was in a backslidden state so I was not serving Him at the time! God loves us so much that He will come and get us to save our soul from destruction and give us a chance to find our way of escape through His Son Jesus – this is **YOUR** way of escape!!!

These prayers I mentioned above are courtesy of **Dr. Art Mathias, Wellsprings Ministry Alaska**, from his book, **“Biblical Foundations of Freedom Destroying Satan's Lies With God's Truth!”** The prayers in this manual will help with your deliverance, healing, and restoration process. Dr. Mathias' organization also does counseling over the phone – call them and tell them I referred you!! I thank Dr. Mathias and his Staff for their support to me and my organizations-I am using these prayers with his permission!! I pray that God will continually bless him, his family, his staff and their families, and his ministry, in Jesus' Name! Here is his ministry contact information:

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## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### **“Prayer of Forgiveness: The Bitterness Affidavit”**

What you are going to do is **(1)** write down every person that you need to forgive; as the Holy Spirit speaks to you, write down His message in the space provided below – you write the person’s name under **“Bitterness Towards”** and write what the Holy Spirit tell you about the situation under **“The Holy Spirit’s Answer.”** For example, if you is upset with Mary/John for telling you “I don’t love you” **(2)** then you will pray the prayer on the next page and insert their names in the space of the person you are forgiving; you will pray the complete prayer for each name of the list below, listen to what the Holy Spirit is saying to you about that person/situation and write it in the space of this page under **“Holy Spirit’s Answer!”** This is God’s testimony to you; when the enemy tries to come back and remind you of what the person did so you can keep unforgiveness in your heart against that person, you can respond with what the Holy Spirit said and keep responding until the enemy leaves you. When you have finished praying the **“Prayer of Forgiveness”** for each person or situation on your list, **(3)** command the principality of bitterness to go in the name of Jesus using **“The Closing Prayer of Forgiveness.”** **On the next page I will explain this again!**

**BITTERNESS TOWARDS (PERSON):**

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**THE HOLY SPIRIT'S ANSWER (TRUTH):**

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## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### **Take Personal Responsibility for Your Recovery:**

Make your bitterness affidavit as I suggested on the previous page; using the **“Bitterness Affidavit”** on the previous page, make a list of every memory that has any unforgiveness, hurt, pain, resentment, any desire to get even, anger toward others, hatred toward others, violence toward others, or if there is pain/hurt in a memory where others has put you down. If there is emotional pain in a memory there is bitterness and where there is bitterness, forgiveness needs to come before the pain/hurt can go - **ALL** bitterness has to go before you can fully heal and recover!!

### **Application:**

Once you have written the names down on the **“Bitterness Affidavit”** of all you need to forgive, and then pray through each name individually using the **“Prayer of Forgiveness”** listed below:

**Dear Heavenly Father, in the name of The Lord Jesus, I purpose and choose to forgive (name) for (what they did). I release (name). I cancel their debts and obligations to me in this issue.**

**Dear LORD I ask you to forgive me for my bitterness toward (above name) in this situation.**

**In the name of Jesus I cancel all Satan's power and authority over me in this issue because I have forgiven them. And God has forgiven me. It is done and over with.**

**Holy Spirit please come and heal my heart. And tell me your truth about this situation. (Listen for the Holy Spirit and write down what you hear or feel.)**

## **Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias**



### **“Prayer of Forgiveness” Closing Prayer:**

After you have prayed through all known bitterness for each name on the list, use this prayer to command the principality of bitterness to go in the Name of Jesus:

**Dear Heavenly Father, in the name of the LORD Jesus, I purpose and choose to forgive anyone who has ever hurt me for everything that they did. I release all of them, and I cancel all their debts and obligations to me.**

**Dear LORD, I ask You to forgive me for my bitterness toward anyone that has ever hurt me and I release myself from all bitterness.**

**In the name of Jesus, I cancel all Satan’s power and authority over me in all bitterness that I have had at others because I have forgiven them, and God has forgiven me. It is done and over with. In the name of Jesus, I command the principality of bitterness and all of its armor to leave me now.**

**Holy Spirit, please come and heal my heart, and tell me Your truth.**

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### **“Prayer Against Rejection”**

It is important for you to understand that receiving rejection is your choice. You cannot stop someone from rejecting you, but you have the choice not to receive the rejection. Receiving rejection is a form of idolatry in that we are giving the words or actions of people more value than the words of our **LORD**. Forgiveness can and will protect us from anything anyone might say or do to us.

**Dear Heavenly Father, in the name of Jesus, I ask you to forgive me for:**

- 1. Any fear of rejection – (write out any ways you feared being rejected)**
- 2. Ways that I have rejected others – (write out)**
- 3. Ways that I have rejected myself – (write out)**
- 4. Or desired rejection – (write out)**

**(Pray through the specific things you have written in each of these areas and then continue to pray.)**

**I purpose and choose to forgive myself and release myself from (same as above).**

**In the name of Jesus, I cancel all of Satan's power and authority over me in this issue, because God has forgiven me and I have forgiven myself Holy Spirit, please come and heal my heart, and tell me your truth about this situation. (Write down what the Holy Spirit said on each issue you pray about; again, this is your ammunition against the enemy when he tries to come and bring you more lies that people are rejecting you).**

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### “Prayer Against Rejection” (continued):

#### Closing Prayer:

After you have prayed through all known areas of rejection, close with this prayer:

**Dear Heavenly Father, in the name of the LORD Jesus, I ask you to forgive me for any and all ways that I have feared rejection, rejected others, rejected myself, or desired rejection.**

**I purpose and choose to forgive myself and release myself from all rejection. In the name of Jesus, I cancel all Satan's power and authority over me in any and all rejection. God has forgiven me and I have forgiven myself. It is done and over with. In the name of Jesus, I command the principality of rejection and all of its armor to leave me now. Holy Spirit please come and heal my heart and tell me Your truth.**

**(Write down what the Holy Spirit is saying so you use it against the enemy when he comes back trying to bring these things to you again).**

### “Prayer Against the Principality of Fear”

#### **Fear And Faith Are Equal: One Will Always Replace The Other (continued)**

Fear is a form of occultism. It is a counterfeit, the opposite of what God teaches. Fear comes from a lack of faith. Listed below are specific fears that provide armor to the principality of fear. Please read through this list and identify any fear you may be struggling with. This is not a comprehensive list; feel free to add to it. As you work through this list it will stir up memories. You may need to deal with them. For example, you might remember watching a horror movie and a certain scene sticks in your mind.

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### **“Prayer Against the Principality of Fear” (continued):**

You should repent for allowing that evil to enter your mind and command it to leave. Or you may recall a bitterness or resentment against someone who abused or hurt you; if so, confess it, repent of it, and forgive them – by doing this, you are facing your fears and praying against them so God can deliver, heal, and restore you!

#### **Fears**

#### **Holy Spirit Response**

Anxiety and stress (fear) \_\_\_\_\_  
Controlling others \_\_\_\_\_  
Distress \_\_\_\_\_  
Distrust \_\_\_\_\_  
Dread: projection of evil into the future \_\_\_\_\_  
Drivenness (Overachiever) \_\_\_\_\_  
Fear of a wasted life \_\_\_\_\_  
Fear of abandoning others \_\_\_\_\_  
Fear of abandonment \_\_\_\_\_  
Fear of animals \_\_\_\_\_  
Fear of another’s bitterness \_\_\_\_\_  
Fear of another’s words \_\_\_\_\_  
Fear of authority \_\_\_\_\_  
Fear of bad news \_\_\_\_\_  
Fear of being alone \_\_\_\_\_  
Fear of being controlled \_\_\_\_\_  
Fear of being free \_\_\_\_\_  
Fear of being robbed \_\_\_\_\_  
Fear of being shamed \_\_\_\_\_  
Fear of betrayal \_\_\_\_\_  
Fear of bigotry \_\_\_\_\_  
Fear of blood \_\_\_\_\_

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### “Prayer Against the Principality of Fear”

Fear And Faith Are Equal: One Will Always Replace The Other (continued):

#### Fear

#### Holy Spirit Response

- Fear of buildings \_\_\_\_\_
- Fear of change \_\_\_\_\_
- Fear of commitment \_\_\_\_\_
- Fear of criticism \_\_\_\_\_
- Fear of death \_\_\_\_\_
- Fear of deliverance \_\_\_\_\_
- Fear of dependency \_\_\_\_\_
- Fear of disability \_\_\_\_\_
- Fear of disapproval \_\_\_\_\_
- Fear of disease \_\_\_\_\_
- Fear of disfigurement \_\_\_\_\_
- Fear of doctors/hospitals \_\_\_\_\_
- Fear of driving \_\_\_\_\_
- Fear of dying prematurely \_\_\_\_\_
- Fear of everything/free-floating anxiety \_\_\_\_\_
- Fear of evil \_\_\_\_\_
- Fear of facial expressions \_\_\_\_\_
- Fear of failure \_\_\_\_\_
- Fear of father \_\_\_\_\_
- Fear of fear \_\_\_\_\_
- Fear of foods, clothes, i.e. allergies \_\_\_\_\_
- Fear of germs \_\_\_\_\_
- Fear of God/afraid of Him \_\_\_\_\_
- Fear of harassment \_\_\_\_\_
- Fear of humiliation \_\_\_\_\_
- Fear of inadequacy \_\_\_\_\_
- Fear of insanity \_\_\_\_\_
- Fear of intercourse or sex \_\_\_\_\_
- Fear of judgment \_\_\_\_\_

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### “Prayer Against the Principality of Fear”

Fear And Faith Are Equal: One Will Always Replace The Other (continued):

#### **Fear**

#### **Holy Spirit Response**

- Fear of lack of food, clothes, etc. \_\_\_\_\_
- Fear of loneliness \_\_\_\_\_
- Fear of losing children \_\_\_\_\_
- Fear of losing life \_\_\_\_\_
- Fear of losing salvation \_\_\_\_\_
- Fear of loss of confidence \_\_\_\_\_
- Fear of loss of relationships \_\_\_\_\_
- Fear of loss of sexual ability \_\_\_\_\_
- Fear of man \_\_\_\_\_
- Fear of menopause \_\_\_\_\_
- Fear of mother \_\_\_\_\_
- Fear of natural disasters \_\_\_\_\_
- Fear of noises \_\_\_\_\_
- Fear of not being free \_\_\_\_\_
- Fear of own sexuality \_\_\_\_\_
- Fear of pain \_\_\_\_\_
- Fear of poverty \_\_\_\_\_
- Fear of pregnancy \_\_\_\_\_
- Fear of public speaking \_\_\_\_\_
- Fear of punishment \_\_\_\_\_
- Fear of rejection \_\_\_\_\_
- Fear of reproach \_\_\_\_\_
- Fear of reproof \_\_\_\_\_
- Fear of responsibility \_\_\_\_\_
- Fear of spouse \_\_\_\_\_
- Fear of success \_\_\_\_\_
- Fear of suffering \_\_\_\_\_
- Fear of the dark \_\_\_\_\_



## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### “Prayer Against the Principality of Fear”

Fear And Faith Are Equal: One Will Always Replace The Other (continued):

#### **Fear**

#### **Holy Spirit Response**

- Fear of the dying process \_\_\_\_\_
- Fear of the enemy \_\_\_\_\_
- Fear of the future \_\_\_\_\_
- Fear of the unknown \_\_\_\_\_
- Fear of verbal rejection \_\_\_\_\_
- Fear of vomiting \_\_\_\_\_
- Fear of war/conflict \_\_\_\_\_
- Fear of water \_\_\_\_\_
- Fear of weapons \_\_\_\_\_
- Horror \_\_\_\_\_
- Inferiority \_\_\_\_\_
- Night terror, dreams and visions \_\_\_\_\_
- Panic attacks, various phobias \_\_\_\_\_
- Perfectionism \_\_\_\_\_
- Self-consciousness \_\_\_\_\_
- Shyness \_\_\_\_\_
- Speculative fear \_\_\_\_\_
- Superstitions \_\_\_\_\_
- Suspicion \_\_\_\_\_
- Trembling \_\_\_\_\_

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### **“Prayer Against the Principality of Fear”**

#### **Fear And Faith Are Equal: One Will Always Replace The Other (continued):**

Now that you have identified various fears, it's time to get rid of them. This is the type of prayer you can pray, asking God to defeat these fears:

#### **“Prayer”**

Heavenly Father, in the name of the LORD Jesus, I confess, and repent for allowing the (specific fear) in my life, and I repent for all my generations. I ask You, Lord Jesus, to forgive me. I purpose and choose to forgive myself, from my heart, for allowing this (specific fear) in my life and I release myself from this fear. In the name of Jesus, and by the power of His blood, I cancel all of Satan's authority over me in this fear. In the name of Jesus, I command this fear to go.

Holy Spirit, I invite you into my heart to heal me of this fear. Please speak your words of truth to me about this situation.

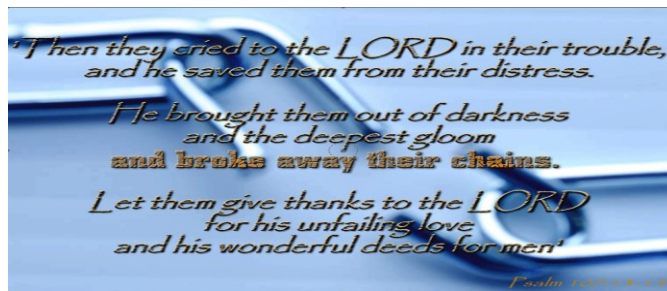
While you are praying this, the Holy Spirit might speak to you. Write down what the Holy Spirit spoke to you or what He did in you. This is His testimony to you. When you have prayed through each individual fear, command the principality of fear to go in Jesus' name using the **“Closing Prayer”** below. God gave you the power and authority of His Son, Jesus Christ, to defeat fear. His Holy Spirit joins with yours to drive Satan's influence out of your life. You can live in courageous victory!

#### **Closing Prayer**

Dear Heavenly Father, in the name of the LORD Jesus, I ask you to forgive me for any and all fear. I purpose and choose to forgive myself and release myself from all fear in my life and in my generations. God has forgiven me and I have forgiven myself. It is done and over with. In the name of Jesus, I command the principality of fear and all of its armor to leave me now. Holy Spirit come and heal my heart and tell me Your truth about this situation.

***You Are NOW Loosed From the Bondage of Free!***

## **Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias**



### **“Prayer Against Soul Ties”**

When a person has sexual relations with another, Scripture says that we become one with that person. We call this a soul tie. We also find this in emotional ties to others. If a spouse is comparing their mate to an old boyfriend or girlfriend there is a soul tie. Ungodly soul ties bind us to the memories of the past and the sins of the past. Soul ties, whether emotional or physical, bind us to the other person and give them a level of control over us; we need to pray through every memory in each situation. There are different soul ties prayers; they include a prayer for if you and your spouse had sexual relations before marriage, if you or your spouse compare each other to the people in your previous relationships, and a prayer to sever the soul ties so you can be free from the abusive person.

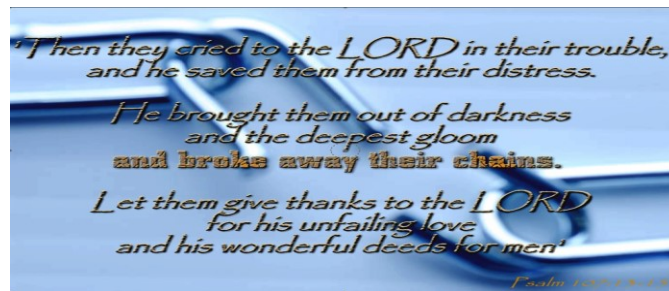
#### **“Prayer”**

Heavenly Father, in the name of the LORD Jesus Christ, and as an act of my free will, I confess, repent, and renounce my involvement in the sexual relationship (name sin) and/or the emotional tie with (person), Forgive me for comparing my spouse to (old relationship).

I ask You LORD, to forgive me. I purpose and choose to forgive myself and release myself from any guilt or shame.

In the Name of the LORD Jesus Christ, I cancel all of Satan's power and authority over me in the sexual sin and/or the emotional soul tie with (specific person), because God has forgiven me and I have forgiven myself, it is finished. Holy Spirit please heal my heart and tell me Your truth.

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias

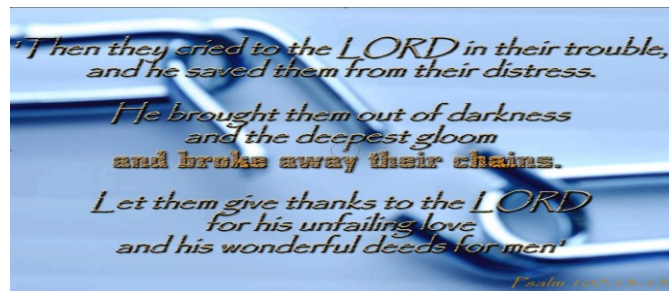


### “Prayer Against Soul Ties” (continued):

Here is a more detailed prayer that I got from the web site, [b4prayer.org](http://b4prayer.org), to pray against soul ties. Please pray this prayer, so God can deliver you from any and all soul ties from past relationships. You might say, “I am not feeling any affects from my past relationships” but the effects are there, whether you feel them or not. Believe God for complete deliverance in every area of your life. Believe that He is putting your fragmented pieces back together as you read this prayer. God Bless You.

**"Father God, in Jesus' name, I humbly ask you to forgive me and cleanse me of the sin of fornication. I acknowledge it as sin and ask you to help me forsake in completely. I thank you for your forgiveness, in Jesus' name. "Lord God, I come before your throne of grace boldly, and covered in the shed blood of your Son. In Jesus' mighty name, I ask you to cut any and all ungodly soul ties between myself and anyone else [say NAME or NAMES if appropriate and remembered] created by sexual acts or any other relationship, known or unknown, remembered or forgotten. Please Father, take the Sword of the Holy Spirit and separate my human spirit with the human spirits of anyone with whom I have ungodly sexual contact. In Jesus' name, I ask You to cleanse those ties by the blood of Jesus of any possible access through which Satan can trouble my family or me. "By the authority of the name of the Lord Jesus Christ, I break the power of any and all covenants, contracts, dedications or commissions made over me [or my children, if any]. In the name of Jesus Christ, my Lord, I now command any and all demons, which may have come into me by ungodly soul ties or any other sin to leave me at once, never to return. I bind you all together as one, and I weaken you with the Blood of Calvary. I command you to go where the Lord Jesus Christ tells you to go by the voice of His Holy Spirit."**

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias

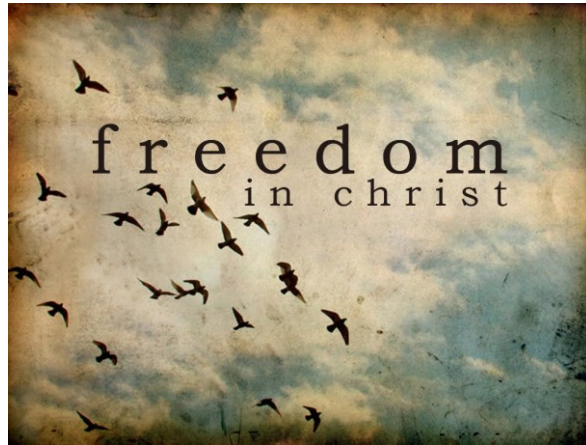


### **“Prayer Against Soul Ties” (continued):**

#### **“Closing Prayer”**

**"Abba Father, in Jesus' mighty name, I ask you to shut any doorways of demonic access opened into my life by ungodly soul ties or any other sort of sexual sin, and I ask you to seal those doorways forever with the Blood of the Lamb, shed on the cross of Calvary. I thank you for doing this, in Jesus' name, Amen."**

## **Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias**



### **“Prayer Against Trauma/Traumatic Experiences”**

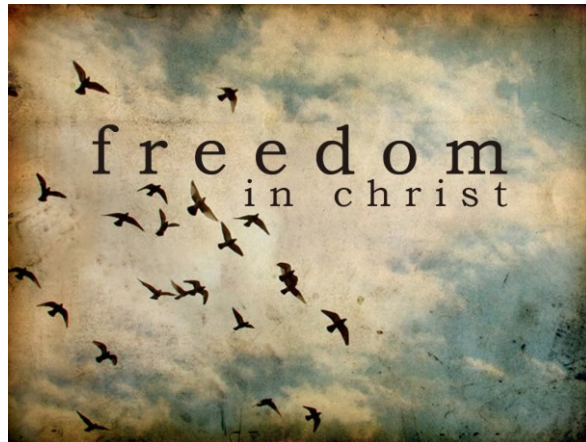
Traumas are wounds, wounds that have happened to our bodies and to our minds. They can be traumatic, one-time situations or they can be situations that wear us down over time. The sights, sounds and smells of the traumatic event we suffered can play through the mind and bring torment.

The purpose of this prayer is to prayer against trauma; things that can traumatize you – which can damage your emotions and cause illnesses. There are many things which can cause you to be traumatized such as physical and sexual abuse which can bring fear and trauma, the words of rejection and abandonment (words can penetrate and kill our spirit and soul), or being hit by a parent or spouse.

It is important to identify the trauma or fear that has entered your lives. Trauma can show up as fear of pain, the dark, tight places, blood, needles, suffering, panic or anxiety attacks, etc. Traumas can even begin in the womb and affect our thought processes, genetic makeup and as I stated above, health.

After you have identified the trauma which has or is affecting your life, pray through the prayer below asking Jesus to heal or renew your mind.

## **Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias**



### **“Prayer Against Trauma/Traumatic Experiences” (continued):**

#### ***“Prayer”***

Dear LORD Jesus, I purpose and choose to forgive (the doctor, nurse, hospital, or any other person) that (hurt me, name specific trauma if know). I forgive them and cancel their debts to me.

LORD, forgive me for any resentment or bitterness that I have toward (the person). I release myself from this bitterness.

Holy Spirit come and heal my heart and tell me Your truth in this situation.

## **Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias**



### **“Prayer Against False Intimacy” (When you have been looking for love in all the wrong places)**

When a child experiences rejection or is not validated in the womb or at a young age, the child experiences fear and goes into a self-protect mode. This takes the child out from under the spiritual covering of the parents, which is rebellion. The child is not able to have a true intimate relationship with mom and dad. This feeds into self-pity, low self-esteem, shame and lust. This whole dynamic sets up a false intimacy. There is emptiness in the heart that causes a craving to be filled with sex, drugs, possessions, power, position, recognition, etc. When the children become teenagers, the boys are looking to have sex with as many girls as they can and offering relationship for sex. The girls are looking for security/love and offering their bodies in exchange for security/love.

When these things do not satisfy, there is a craving for something more exciting which causes a curiosity to try things more and more exciting. This is the lure of sin. It leads to obsession and addiction. It can lead to stronger drugs, more possessions, power, recognition, etc. The sexual addiction can lead to homosexuality, lesbianism and bestiality. There is also the fear of man and trying to look right rather than be right - which is self-righteousness.



## **Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias**



### **“Prayer Against False Intimacy” (When you have been looking for love in all the wrong places (continued):**

#### ***“Prayer”***

Heavenly Father, I confess, repent, and renounce the sin of false intimacy in my life. I repent for every way that I look to others for the love that only you could provide.

In the name of the Lord Jesus Christ, I command all the tormenters and principalities of bitterness, self-bitterness, jealousy and envy, rejection, fear and the occult that have been assigned to me because of this generational sin and generational curse of false intimacy to leave me now.

Heavenly Father, I ask you to place the cross between me and the spirits of rejection, invalidation and fear, going into a self-protect mode, coming out/from under the spiritual covering of my parents which is rebellion, not having a true intimate relationship with my parents, not honoring my parents, self-pity, low self-esteem, shame, lust, the emptiness and craving in the heart, the lure of sin causing a desire for excitement, curiosity, obsession and addiction, the sexual addiction and bondage to spirits of homosexuality, lesbianism, and bestiality, the fear of man and trying to look right rather than be right which is rebellion, the false intimacy of the world rather than true intimacy with God, and looking for love in all the wrong places; that this will all stop at the cross in Jesus name.

Holy Spirit, I invite You into my heart to heal me of the pain and deliver me from all these demonic influences. Please speak Your words of truth to me.

## **Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias**



### **“Prayer of Discovery”**

The purpose of this prayer is to expose possible roots of present ungodly, negative emotions (fear, anxiety, self-hatred, and anger) embedded in a person's emotions from the womb. After each item listed above (fear, anxiety, self-hatred, and anger), wait in silence a moment to give the Holy Spirit time to bring revelation – may give you other negative emotions that were embedded into your emotions by your parents while you were in your mother's womb and He might not say anything – just be ready to write down what He tells you.

### ***“Prayer”***

Holy Spirit, I submit to you in this prayer and ask that you would come and bring me Your truth. I purpose and choose to forgive whoever for whatever has happened in my life. In the name of Jesus, I cancel all of Satan's power and authority over me for whatever has happened.

Lord Jesus Christ, as my Redeemer, I ask that you would come and redeem me from all ungodly emotions embedded in my prenatal life and memories.

## Prayers of Deliverance, Healing, & Restoration by Dr. Art Mathias



### “Prayer of Discovery” (continued):

#### **(Wait and listen after each segment)**

- If I was conceived out of wedlock by fornication or adultery-I ask you, Lord Jesus, to give me validation and legitimacy as a born again son (child) of God **(Galatians 4: 5-6, Colossians 1:13)**
- If I was conceived in fear, anxiety, pain, or anger-I ask you, Lord Jesus, that you would bring me your healing presence **(Matthew, 28:20)**
- If I was ignored, hated, or rejected in the womb-I ask you, Lord Jesus, to immerse me in your favor and peace **(John 14:27)**
- If I experienced any violence or discomfort in the womb-I ask you, Lord Jesus, to bring me your consolation and solace **(II Corinthians 1:4, 7:6)**
- If my mother was absent emotionally or my father was absent emotionally or physically while I was in the womb-I ask you, Heavenly Father, that you would come to me with your presence **(Psalms 10:14, 68:5, 82:5)**
- If I was not the sex my parents hoped for-I ask you, Lord Jesus, for your affirmation and acceptance, **(Psalm 139:13-16)**
- If I was birthed in struggle and physical pain-I ask you, Holy Spirit, "The Comforter" to bring me your comfort **(John 14:16, 26)**
- If either my mother or father did not bond with me at my birth-I ask you, Lord Jesus, to knit me to yourself in love **(Colossians 2:2)**
- Holy Spirit, come into my heart and heal me of any pain and hurt and tell me your words of truth

## Accept Jesus Christ as Your Personal Lord & Savior



These are anointed prayers and I pray as you pray them, the Holy Spirit will speak to you and tell you His truth, the Word of God, in each of your situations – God’s truth is what is going to set you free; you cannot experience deliverance, healing, and restoration without God!! For your convenience, I have included a prayer to accept Jesus as your personal Lord and Savior; Jesus is the **ONLY One** who can bring you out of whatever you need to come out of!! God loves you and He wants you to fly; I have included a song by Jason Upton titled **“Fly”** for you to listen to – it is prophetic so allow God to minister to you through the song – I have also included the lyrics to the song for you. You can pray these prayers one at a time each day or how God lead you to pray them. If you have any questions, you can contact me via email: [drdehooks@abusedwoman.org](mailto:drdehooks@abusedwoman.org).

*May the peace of God guard your hearts and minds ALWAYS!!!*  
*Dr. Dorothy E. Hooks*

**\*\*\*\*Click to accept Christ as YOUR personal Lord & Savior\*\*\*\***

## **Fly by Jason Upton – [Click here to listen to song](#)**



Going up to new atmospheres  
Going up to new places  
Going up to new atmospheres  
Gotta have new ears... new ears  
Heavenly places **(Repeat 2)**  
Heavenly, Heavenly places **(Repeat 3)**  
Heavenly, Heavenly places  
New revelation **(Repeat 2)**  
What are you doing  
Where are you going  
You're gonna give  
Some of you've been fighting for a very long time  
Some of you've been fighting that ground warfare for a very long time  
Sticking out your fists and fighting  
God wants to take us to new places **(Repeat 6)**  
New revelation **(Repeat 2)**  
New perspective **(Repeat 2)**  
Ariel View **(Repeat 4)**  
I declare over you  
God has given you the air  
God has given you the air so fly  
It's time to spread out your wings  
It's time to shake off the things that hold you down  
It's time to spread out your wings and fly  
Just fly... fly **(Hold)**

## Fly by Jason Upton – [Click here to listen to song](#)



Do you see what I see  
Do you hear what I hear  
Do you know what I know  
Do you want what I want  
Fly... fly... fly...

Do you see what I see  
Do you hear what I hear  
Do you know what I know

Fly **(Repeat 7)**

Just fly **(Repeat 2)**

Fly **(Hold)**

I have given you wings  
I have set you free from the things that held you  
I have given you wings  
I have set you free so come to me

Fly **(Hold)**

Nothing's gonna hold me back  
Nothing's gonna hold me back  
Like a bird in the air you have escaped the snare  
Like a bird in the air you've escaped the snare of the enemy  
You have been set free **(Repeat 4)**

Nothing can ever hold you

Fly...