

PRAYER GUIDE

CASTING DOWN STRONGHOLDS



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How to use this prayer guide:

This prayer guide was written to help you pray and ask the Holy Spirit to reveal to you areas of your life, past or present, that have been used by Satan to harm, bully, guilt or shame you.

Many or even all of the footholds or strongholds in your life that have been open doors to the Enemy are lies you are believing about your own identity or the character of God. Satan is the father of lies and that is how he gains access to us.

This prayer guide will help guide you through praying & discovering these open doors so that you can reject the lie and accept the truth. When you do this, the strongholds lose their power and demonic spirits do not have a reason to stay and oppress you.

You may still find that you need some specific prayer for deliverance but these prayers are powerful first steps to seeking freedom in Christ.



I want to warn you that you may experience resistance to praying these prayers. Satan does not want you to be free in Christ. And he will *try* to keep you from setting aside time to pray. I encourage you to resist him and pray that the Lord will protect you and allow you to pray through these prayers.



examples of spiritual warfare

Before we walk through the prayers, I wanted to show you areas of your life where you might be experiencing spiritual attacks that you may not see as spiritual. Remember, we do not wrestle against flesh and blood! Sometimes these things are simply as they seem but not always.

Examples of Spiritual Attacks/Demon Oppression

- Onset of anxiety, depression, guilt/condemnation, or intense fear
- Sudden outbursts of anger, rage, or uncontrollable emotions
- Unusual intrusive thoughts like suicidal thoughts
- Recurring patterns of sin that you cannot seem to overcome
- Persistent feelings of inadequacy, worthlessness, or hopelessness
- Physical ailments, health issues, or constantly being sick
- Constant conflict and tension in relationships, including your kids
- Marital intimacy being interrupted or put off consistently
- Night terrors, nightmares, disturbing dreams, or voices in your head
- Technological difficulties when doing something you feel called to do
- Being blocked or just struggling to pray or read the Bible
- Challenges getting to church on Sunday mornings
- Unexplained fatigue and lack of energy
- Constant struggles with finances and money

four footholds to pray into



1. **Unforgiveness:** When we are holding onto unforgiveness towards others, ourselves, or even God, we open a door to bitterness, anger, and other sins and give an opportunity to the devil.
2. **Unrepentant sin:** When we are putting anything above God in our lives and not holding His will & commands for us as preeminent, we are saying that we can do whatever we want, including the sin we haven't been willing to let go...which is exactly Satan's lie and creates a foothold for oppression.
3. **Trauma/fear:** Often during times of fear or trauma, we do not turn immediately to God for help. We turn to our own flesh or even Satan and we end up coming into agreement with lies about God or ourselves in that moment that we do not realize until the Holy Spirit reveals them to us.
4. **Occult:** If we or our ancestors have been involved in witchcraft, the occult, false religions like Native American, Eastern religions, New Age, etc this is a huge foothold for demons.



unforgiveness

Forgiveness doesn't mean letting the other person off the hook. It means acknowledging their sin against you and ultimately releasing their debt to Christ.

Praying into this foothold:

1. Ask the Holy Spirit to bring to mind the people that you need to forgive. This may include family, friends, yourself and even God. Make a list and work through it one by one. It's ok if this is a process...it will set you free in many different ways!
 2. Use the Forgiveness guide with the chart to process through all the emotions and feelings that come up as you forgive those who have hurt you. It's ok if this is messy. Bring all your feelings & emotions to God...He already knows you have them. You don't need to hide any longer. He is your Father and He wants to help you forgive those who have harmed you.
 3. Pray this prayer: Lord, I choose to forgive person because you have forgiven me. I cover the offense with the blood of Christ and I forgive person of the offense (s) . Seal the forgiveness in Your name and heal me of my hurt, in Jesus name, Amen
Pray & invite God to redeem what was lost.
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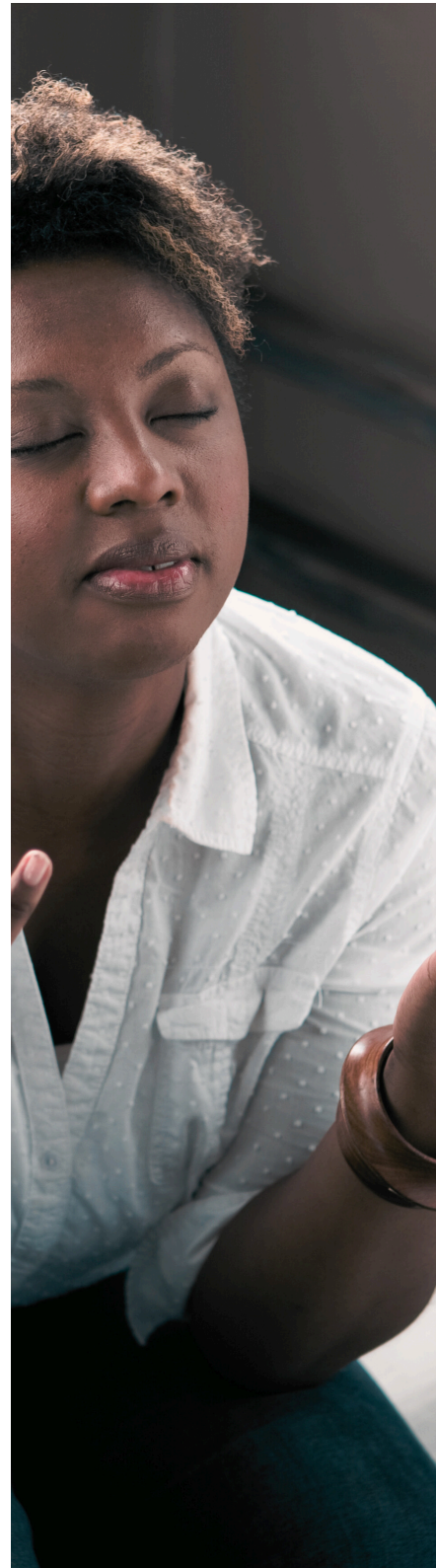
7 Steps to Forgiveness

1 Set aside time to be in a quiet space away from people where you can feel and process the emotions that may come up during this process.

2 Write down the name of the first person you need to forgive. If you have multiple people that God is bringing to mind, print a chart for each person.

3 Write down the offense(s)/sin(s) that they have committed against you.

4 Write down what the offense/sin cost you. This is one of the most important steps in this whole process. This is where you dig deep into how this has affected you, your life, your relationships, your finances, etc. It is ok and normal for you to feel grief and anguish as you realize and see how much pain they have truly caused you because of their sin.



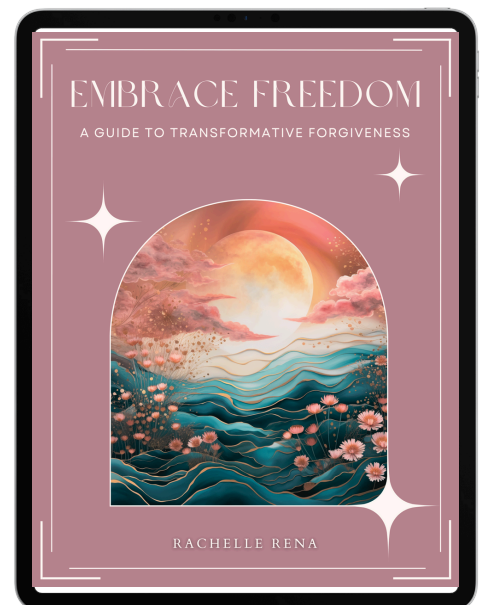


5 Write down any sins you committed against them or God in response to their sin and repent before God of your sin.

6 Pray and ask the Lord to give you the spirit of forgiveness. Forgive them and the cost of what they did from the heart.

7 Pray and ask the Lord to redeem all that was lost. He is in charge of creating beauty out of ashes. He brings good out of evil. Pray for the Lord to bring good out of the situation.

For the full forgiveness guide, scan the QR below:



The Forgiveness Chart

Forgive as you have been forgiven...

OFFENDER

OFFENSE (S)

WHAT DID THE OFFENSE
COST ME?

REACTIONARY SIN (MY SINFUL
RESPONSE TO THE OFFENDER)

*Repent from your sin first
before moving to the next
step.*

FORGIVE FROM THE HEART

Go before the Lord acknowledging the cost & invite the Lord to give you a spirit of forgiveness. Forgiveness is a legal transaction. It releases the offender from paying the debt of what the offense has cost you. Healing cannot occur until forgiveness takes place.

*Lord, I choose to forgive person because you have forgiven me. I cover the offense with the blood of Christ and I forgive person of the offense(s). Seal the forgiveness in Your name and heal me of my hurt, in Jesus name,
Amen*

Pray & invite God to redeem what was lost.

Notes:



unrepentant sin

Unrepentant sin separates us from Christ through our aligning with Satan & the kingdom of darkness. We must bring everything into the light to be set free.

Praying into this foothold:

1. Ask the Holy Spirit to bring to mind any sins that you may have knowingly or unknowingly committed. Be open to receiving His guidance and not trying to defend yourself or defend the things He brings to mind.
2. Remember that there is now no condemnation for those who are in Christ Jesus. God doesn't want to shame us for our sins. He wants us to come to Him in humble repentance so He can forgive us and our relationship with Him can be fully restored. He promises to take our sins as far from us as the east is from the west.
3. Pray this prayer: Lord, I have sinned against You in doing _____. I was wrong. I renounce (this sin) and I know it was dishonoring to You. Please forgive me and set me free from this sin through the power of the Holy Spirit.

Feel free to add any promptings of the Holy Spirit!



Trauma & fear

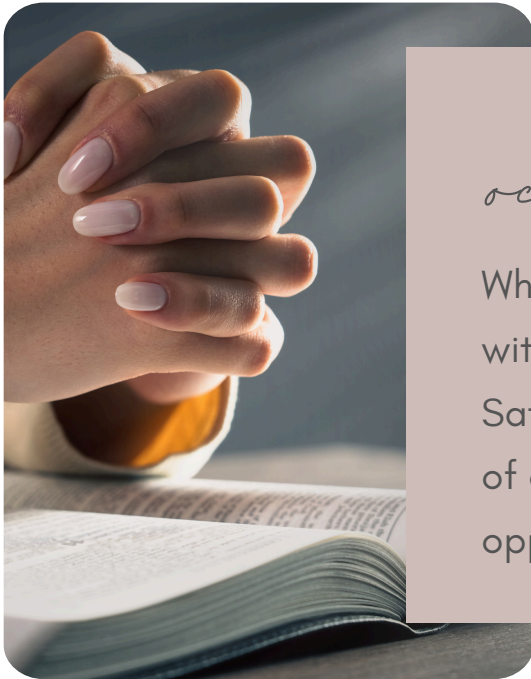
Trauma or fear can be what Satan uses to feed us with a lie about God's character & who He is...when we accept this lie, we unknowingly open ourselves up to oppression.

Praying into this foothold:

1. Ask the Holy Spirit to bring to mind any memory or time in your life when you unknowingly believed a lie about God or yourself.
2. When He brings you the memory, even if it doesn't make sense, ask Him what lie you believed. Ask Him to tell you whatever you need to know about this foothold.
3. Pray this prayer: Lord, I renounce (the lie) about You/myself and I come out of agreement with it. I repent for believing it. I know that (confess the truth). Please set me free from this stronghold in Jesus's name, Amen.

Feel free to add any promptings of the Holy Spirit!

4. Pray & ask the Lord to redeem all that was lost by believing this lie. Pray for Him to show you the truth about Himself, His love for you, or how He sees you.
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occult & witchcraft

Whether knowingly or unknowingly, messing with the occult is aligning with the kingdom of Satan. Whether it was our actions or actions of our ancestors, it can lead to major demon oppression until we confess & renounce it.

Praying into this foothold:

1. Look over the areas that can be occult or witchcraft. Renounce & repent of any sins that you are aware of in this realm.
 2. Ask the Holy Spirit if you have unknowingly taken part in any occult or witchcraft activity . Renounce & repent of anything else He brings to your mind.
 3. Pray & ask the Lord if there are generational ties to the occult and for Him to reveal what you need to know about it.
 4. You can pray this prayer over ancestral sin: Lord, I stand in the gap and I repent of this sin of my ancestors. I reject and renounce (sin) and I want no part in it. I ask that you would cover this sin with Christ's blood. Please set our family free from this sin. In Jesus's Name, Amen.
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Leaning in to the Holy Spirit's guidance:



You can use these additional prayers to continue the dialogue with the Holy Spirit after any of the footholds to go deeper with the Lord.

- Father, Is there a time in my life where a foothold for the enemy was created?
 - What lie did I accept about myself or You during this time in my life?
 - What area do you want to bring freedom to?
 - Are there any emotions being brought up?
 - Lord, will you show me the root of this?
 - Lord, are there any judgements about myself or You that I made from this situation?
 - Lord, is there a spiritual stronghold (usually a core identity belief) that I came into agreement with?
 - Lord, please speak Your truth & light into this spiritual stronghold/lie.
 - Lord, have I made any vows? (Ask for the specific wording so you can renounce them.)
 - Lord, please show me how You see me.
 - Lord, please show me a picture of Your love for me.
 - Lord, what do You want me to know about myself?
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May this prayer guide help you to uncover roots of Satan's strongholds in your life so you can be set free by the power of the Holy Spirit and the blood of Jesus.

If you're looking for more help to pray into specific issues you are facing, please reach out and I would be happy to connect you with a prayer warrior who would love to pray over you.

Rachelle



Ready for the next level of healing?

As a Christian emotional release coach, I specialize in uplifting Christian women out of darkness with emotional release, biblical encouragement, and spiritual stronghold work.

Using my unique life experiences and healing journey along with my certifications as an Aroma Freedom practitioner, Mind Body Spirit Release Practitioner, and mindset & life coach, I combine many modalities & tools to help you live in light of who you truly are in Christ. To learn more about how I can help you, schedule a free connection call with me.

SCHEDULE A FREE CONNECTION CALL