



### Personal Strategic Prayer: I Need You to Calm My Anxious Mind

Intro prayer (suggestion): “Father, we pray in Jesus’ authority and by His name. We bind all unclean and unholy spirits; we bind them to be separated from us and this place where we are. We bind them all to be blind, deaf, silent, still, and mute – in the name of Jesus. We commit this time of prayer to You, Father; we ask for Your will to be done in place of our will. We ask You to replace what is in our heart and mind with what is in Your heart and mind.”

As we come to the Father, we want to cleanse our heart. We are comforted by 1 John 1:9 that our confessions are heard and forgiven. Start by asking God to search your heart to see if there is anything that you need to confess, any way that you have fallen short or missed the mark (Psalm 139:23). If there is anything that you are convicted of, confess and stand in the assurance of His promise by following the confession with praise.

Father, search my heart – see if there is anything standing between You and me?  
(in response) Father, I confess....

Thank You that You will separate me from this sin as far as the east is from the west (Psalm 103:12) and You will cleanse me of everything that is not right. I choose to stand with You in agreement and now also choose to forgive myself. I ask that You bless me, in Jesus’ name.

Now, let’s loosen ourselves from our inner anxieties and worry, then connect with the Lord in thanksgiving. “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” Philippians 4:6, NIV.

Lord, today my heart is heavy with/about...

Lord, regardless of the situations that are causing anxiety, I am thankful to You because (for)...



Now, let's connect with God and test the spirit (1 John 4:1-3). When you feel connected, ask the following question for confirmation, "Do you confess that Jesus is the Messiah who came into the world, in the flesh, by God?" If the answer is no, then bind and command it to leave at once in the name of the Jesus, ask the true risen Messiah to come. Test again; when confirmed, move forward.

Pause and allow God to respond to your thanksgiving. (Sometimes it is in words, a picture in your head, a feeling, or something you have a sense of.)

Now, prayerfully ask God the following questions:

Lord, what belief am I holding onto (believing in) that is not of You, that You want to free me from?

God, I confess that I believe \_\_\_\_\_ and I renounce that. Thank You that this is NOT what You say about me. Thank You that this is old programming and not the true me. Because of You and because I am in You, I am holy (set apart), redeemed, and righteous. I am loveable and loved.

Lord, if this was the lie buried in my heart – what is the truth?

If you desire to be free from the old, then come into agreement with Truth now. Declare your agreement.

End Prayer (suggestion): Thank You that we are not to be conformed to this world but be transformed by the renewing of our mind (Romans 12:2). I commit my way to You, not in my own understanding but by acknowledging You and trusting that You will straighten my path (Proverbs 3:5-6). I pray that you seal these truths in my heart and my mind, in Jesus name. Amen.