



DAILY PRAYER FOR DEPRESSION AND ANXIETY

Lord Jesus, I repent for basing my identity on the diagnosis that I have depression. I choose to forgive anyone, including myself, who has convinced me to believe the lie that my identity is my diagnosis, and I have to be oppressed by it for life.

Through the blood of Jesus, I renounce agreement with the lie that has attached my identity to something other than who Jesus says I am. I break your power in Jesus' name.

I receive Your truth that You, Jesus, have made me in Your image, totally accepted, fully loved, and created with a meaningful destiny and purpose.

I choose to forgive my mind for failing to work correctly so that I have not been able to control my thoughts.

I repent for believing lies that You won't heal me, that I will always be depressed, and it will always be in my family. I repent for agreeing with the expectations that my illness is a life sentence. I repent for any vows I have made or any curses I have spoken to myself in response to this ailment. Jesus, forgive me for believing the lies and agreeing with them, thereby empowering them in my life. I instruct my soul and my spirit to embrace the truth I will not always be sick and oppressed.

I repent for everything I have done, said, or thought based on those lies. I repent for using depression as an excuse for sinful behavior. I repent for every time I have hurt someone physically or emotionally, including myself, because of depression and anxiety.

I renounce every agreement I have made with the spirits of depression, and I command them to be loosed from me and go to the foot of the Cross in the name of the Lord Jesus Christ. I hand to You, Jesus, the identity I assumed as a depressed, anxious person.

Lord Jesus, I take back the ground and the authority that I gave to the enemy. I cancel all assignments and bondages the enemy has against anyone in my generational line and me in the past, present, and future. I take back all control and authority of my life and return it to You, Lord Jesus.

In the name of Jesus, in the power of the Holy Spirit, and in the authority of the blood of Christ, I commend all spirits attached to depression and to the lies that I have believed to leave me now in Jesus' name. Specifically, I command the spirits of depression, fear, insanity, death, suicide, addictions, torment, self-mutilation, self-hatred, shame, humiliation, inferiority, low self-esteem, discouragement, panic, terror, rejection and self-pity to leave me now.

I speak now to my DNA: "Be healed in Jesus' name." I speak to the nerve cells in my brain: "Be healed in Jesus' name." I declare I have the sound mind of Christ.

Jesus, I now receive Your healing into my body, soul and spirit. Amen.

Whenever you are tempted to return to old thinking patterns or temptations, use these prayers to fight back against the enemy.

I know what you are trying to do to me. You have no power over me.

I refuse to give in or agree with you. I send you to the foot of the Cross.

Jesus, what do You have for me in exchange for this lie/attack?