

Prayers for Freedom in Christ

Matt Ayars



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All Scripture verses are from the New American Standard Bible.

How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!

But his delight is in the law of the Lord, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

The wicked are not so, But they are like chaff which the wind drives away. Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous. For the Lord knows the way of the righteous, But the way of the wicked will perish.

—Psalm 1

Preface

As there is an intentional internal ordering behind the organization and sequencing of the prayers, it is recommended that these prayers be read straight through from beginning to end in one sitting three times a day: (1) morning, (2) midday, and (3) evening.

The “Trisagion” and the “O Heavenly King” are from the Eastern Orthodox tradition and indicated as such by the †. All Scripture quotations are in italics.

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Prayer for the Invocation of the Holy Trinity

O Heavenly King†

O Heavenly King, Comforter, Spirit of Truth, Who are everywhere present and fills all things, Treasury of good things and Giver of Life, come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Prayer for the Divine Presence

Lord *You are near to all who call on You, to all who all on You in truth*; as I join in holy communion with the saints visible and invisible, I ask for your presence according to your grace as poured forth through the cross and by the faith gifted unto me by the Holy Spirit.

Just as the Holy Spirit was poured out on the disciples of Christ in the upper room at Pentecost, I pray that Holy Spirit you would come upon me in power. *If we then, being evil, know how to give good gifts to our children, how much more will You give the Holy Spirit to those who ask You?*

Lord, please give me the gift of your presence in this hour. Amen.

Psalm 5

Give ear to my words, O Lord; give heed to my sighing. Listen to the sound of my cry, my King and my God, for to you I pray.

O Lord, in the morning you hear my voice; in the morning I plead my case to you, and watch. For you are not a God who delights in wickedness; evil will not sojourn with you. The boastful will not stand before your eyes; you hate all evildoers.

You destroy those who speak lies; the Lord abhors the bloodthirsty and deceitful. But I, through the abundance of

your steadfast love, will enter your house, I will bow down toward your holy temple in awe of you. Lead me, O Lord, in your righteousness because of my enemies; make your way straight before me. For there is no truth in their mouths; their hearts are destruction; their throats are open graves; they flatter with their tongues. Make them bear their guilt, O God; let them fall by their own counsels; because of their many transgressions cast them out, for they have rebelled against you. But let all who take refuge in you rejoice; let them ever sing for joy. Spread your protection over them, so that those who love your name may exult in you. For you bless the righteous, O Lord; you cover them with favor as with a shield.



Gloria Patri

Glory be to the Father, to the Son, and to the Holy Spirit as
as it was in the beginning, is now, and ever shall be; world
without end. Amen.

Prayer for the Forgiveness of Sins

Gracious and merciful Lord Jesus, *a broken heart you will not despise. If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, You are faithful and righteous to forgive our sins and to cleanse us from all unrighteousness.*

Almighty God, I have sinned both intentionally and unintentionally. I have done things that I ought not, failed to do things that I ought, and have had sinful thoughts, emotions, and attitudes. Heavenly Father, I have rebelled against you. I have participated in and contributed to the fog of evil that surrounds and pollutes the world.

Humbly I come to you now, Holy Trinity, convicted by the truth of your Word and the Holy Spirit to confess my sin to you with resolve to abandon the ways of the flesh.

Psalm 51

Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is ever before me.

Against You, You only, I have sinned and done what is evil in Your sight, so that You are justified when You speak and blameless when You judge.

Behold, I was brought forth in iniquity, and in sin my mother conceived me. Behold, You desire truth in the innermost being, and in the hidden part You will make me know wisdom.

Purify me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me to hear joy and gladness,

*let the bones which You have broken rejoice. Hide Your face
from my sins and blot out all my iniquities.*

*Create in me a clean heart, O God, and renew a steadfast spirit
within me. Do not cast me away from Your presence and do
not take Your Holy Spirit from me. Restore to me the joy of
Your salvation And sustain me with a willing spirit.*

*Then I will teach transgressors Your ways, and sinners will be
converted to You. Deliver me from blood guiltiness, O God, the
God of my salvation; Then my tongue will joyfully sing of Your
righteousness. O Lord, open my lips, that my mouth may
declare Your praise. For You do not delight in sacrifice,
otherwise I would give it; You are not pleased with burnt
offering. The sacrifices of God are a broken spirit; A broken
and a contrite heart, O God, You will not despise.*

*By Your favor do good to Zion; build the walls of Jerusalem.
Then You will delight in righteous sacrifices, in burnt offering
and whole burnt offering; Then young bulls will be offered on
Your altar.*

Amen.



May the powerful, purifying, and sanctifying blood of Jesus
pour over my body, soul, and spirit. May your peace and
comfort that comes with the forgiveness of sins fill my
heart, mind, body, and soul in the name of Jesus. By your
grace, fill me with love, joy, peace, patience, kindness,
goodness, faithfulness, gentleness, and self-control.

I pray these things in the name of Jesus. Amen.

Trisagion†

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit,
both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our
sins; O Master, pardon our iniquities; O Holy One, visit and
heal our infirmities, for Thy name's sake.

Lord, have mercy.

Glory to the Father, and to the Son and to the Holy Spirit,
both now and ever, and unto the ages of ages. Amen.

Prayer of Forgiveness

Lord Jesus you taught us that whenever we stand praying we are to forgive if we have anything against anyone, so that our Father who is in heaven will also forgive us our transgressions. You also commanded that we forgive seventy times seven. The Apostle Paul taught that we are to be kind to one another, tenderhearted, and forgiving of one another as God forgave us in Christ.

Lord Jesus I come to you now to ask forgiveness for being slow to forgive. By your grace and with the help of the Holy Spirit, I now renounce the sin of unforgiveness, and forgive those who have sinned against me. As Christ has suffered for their sin against me just as he suffered for my own sin against others, I forgive my debtors in the name of Jesus.

Gloria Patri

Glory be to the Father, to the Son, and to the Holy Spirit as it was in the beginning, is now, and ever shall be; world without end. Amen.

Prayer of the Renouncement of Falsehood

Jesus you are the way, the truth, and the life. You purify us by the truth of your word and the truth sets us free.

Your righteousness is an everlasting righteousness, and your law is the truth.¹

The sum of your word is truth; and every one of your righteous ordinances endures forever.²

Father, Son, and Holy Spirit, by your grace I repent from and resolutely renounce any intentional or unintentional dealings with lying, falsehood, deception, misleadings, betrayal, duplicity, hypocrisy, or untruth.

Lord, lead me in your truth, and teach me, for you are the God of my salvation³. Lord, send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling.⁴

You desire truth in the inward being; therefore teach me wisdom in my secret heart.⁵

¹ Psalm 119:142

² Psalm 119:160

³ Psalm 25:5

⁴ Psalm 43:3

⁵ Psalm 51:6

*Teach me your way, O Lord, that I may walk in your truth;
give me an undivided heart to revere your name.⁶*



Gloria Patri

Glory be to the Father, to the Son, and to the Holy Spirit as
as it was in the beginning, is now, and ever shall be; world
without end. Amen.

⁶ Psalm 86:11

Prayer for Faith

In the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.”⁷

Father, Son, and Holy Spirit Your ways are above my ways. Your majesty, might, and holiness is beyond my comprehension. You are the Great I Am and overflow the banks of human reason and understanding. You are a mystery that is at once terrifying and fascinating. You and Your ways are incomprehensible.

Jesus, you were conceived by the Holy Spirit, born of a virgin, lived a sinless life, resurrected from the dead, and ascended into heaven to sit at the right hand of the Father.

You are at once Human and God. You are the Word that was at the beginning through whom and by whom all things were made. It is by the word of your power that you hold the universe together.

Holy Trinity, You, the Holy One, forgive the sinner and restore the treacherous. You redeem those who are fallen. You love the outcast with an unsearchable, infinite love.

These things are far beyond my understanding. I need faith, *for we live by faith, not by sight.*⁸

*Help me to trust in You, so that I may overflow with hope by the power of the Holy Spirit.*⁹

⁷ Romans 1:17

⁸ 2 Corinthians 5:7

⁹ Romans 15:13

Help me to believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.¹⁰

Jesus, you told us that if we believe we will see the glory of God.¹¹

Lord, out of your glorious riches strengthen me with power through your Spirit in my inner being, so that Christ may dwell in my heart through faith. Help me be rooted and established in love.¹²

Holy Trinity, even though we have not seen you, we love you; even though we do not see you now, Jesus, we believe in you and are filled with an inexpressible and glorious joy, for we are receiving the end result of our faith, the salvation of our souls.¹³

In the name of the Father, the Son, and the Holy Spirit.
Amen.

¹⁰ James 1:6

¹¹ John 11:40

¹² Ephesians 3:16-17

¹³ 1 Peter 1:8-9

Confession of the Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and sits at the right hand of God, the Father almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.



Gloria Patri

Glory be to the Father, to the Son, and to the Holy Spirit as
as it was in the beginning, is now, and ever shall be; world
without end. Amen.

Our Father

Our Father, who art in heaven, hallowed be your name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation and deliver us from evil. For thine is the Kingdom, the power, and the glory forever. Amen

Prayer of Consecration

Father, Son, and Holy Spirit, having been cleansed of all sin, impurities, transgressions, and iniquity, I ask that my life be consecrated unto you for your purposes. I pray for the consecration of my heart, mind, body, will, emotions, attitudes, thoughts, possessions, time, relationships, and all other resources you have given me. In the name of Jesus, I pray. Amen.

Prayer for Spiritual Warfare

Holy Trinity, I praise you. In communion with the heavenly hosts and with the saints visible and invisible, I lift my voice to you to honor your name and render you glory. You are the Almighty, Holy, and Triune God. There is none before you and will be none after you. Your name is above every name above the earth, in the earth, and under the earth.

I extol you, my God, O King and I will bless Your name forever and ever. You are great and highly to be praised. Your greatness is unsearchable. One generation shall praise your works to another and shall declare Your mighty acts. You are glorious in the splendor of your majesty. You are gracious, merciful, slow to anger and great in lovingkindness. You are good to all and your mercies are over all Your works. We praise you to make known to men Your mighty acts and the glory of the majesty of Your kingdom. Your dominion endures throughout all generations. You sustain those who fall and raise up all who are bowed down. You open the eyes of the blind, love the righteous, protect the strangers, supports the fatherless and the widows, You thwart the way of the wicked. You build up Jerusalem and you gather the outcasts of Israel. You heal the brokenhearted and bind up their wounds. Great are You and abundant in strength! Your understanding is infinite. You support the afflicted and bring down the wicked to the ground. You set the captives free.

You are righteous and just in all Your ways and kind in all Your deeds. You are near to all who call upon You in spirit and in truth. You hear the cry and save those who call upon your name.

Holy Trinity I call on your name now.

Jesus who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.¹⁴

Through your sacrificial death, your burial, your resurrection, and the ascension to the right hand of the Father Almighty, Jesus you have been given all authority, power, and dominion over the creation. You are victorious over the powers of sin and death.

In the name of Jesus, having been purified by his blood and healed by his wounds and rendered righteous and victorious over sin and death by his resurrection, I bind all powers of evil. I declare that all demonic forces, unclean spirits, powers, principalities, and authorities from the kingdom of darkness and in service to Satan, be rendered blind, deaf, and mute in the name of Jesus Christ. I hereby renounce and break all ties, bonds, and attachments to evil in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

In the name of Jesus Christ and the power of His cross, His blood, and His resurrection, whose name is above every name, I bind you Satan and evil spirits and command you

¹⁴ Philippians 2:6-11.

to leave quietly and to go to the foot of the Cross to be dealt with by Jesus according to His holy and perfect will.

I ask You, Holy Trinity, to protect and seal me, my family, my possessions, and my faculties now through the covering of the precious and powerful blood of Jesus Christ.



Gloria Patri

Glory be to the Father, to the Son, and to the Holy Spirit as it was in the beginning, is now, and ever shall be; world without end. Amen

Prayer of Protection

Holy Trinity your name is above every other name. Your name is great is greatly to be praised. None is equal with you in power, wisdom, or splendor. Your Kingdom and dominion and reign is without end. There is no place seen or unseen where you do not exercise complete control. You cover the heavens with clouds, You provide rain for the earth, you make the grass grow on the mountains and give animals their food. You likewise favor those who fear You.

In the name of Jesus, I ask now for your protection. That You protect me in my comings, my goings, and my various activities throughout the day. I pray that you strengthen the bars of my gates. I ask for you protection against the schemes of the devil and the seen and unseen powers of evil. Holy Spirit please go before me, after me, above me, and under me. Seal me with your protective presence.

Psalm 23

Lord, You are my shepherd. I shall not want. You make me lay down in green pastures and lead me beside quiet waters. You restore my soul. You guide me in the paths of righteousness for your name's sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me. Your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You have anointed my head with oil and my cup overflows. Surely goodness and lovingkindness will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Psalm 121

I will lift up my eyes to the mountains; From where shall my help come? My help comes from the Lord, Who made heaven

and earth. He will not allow your foot to slip; He who keeps you will not slumber. Behold, He who keeps Israel Will neither slumber nor sleep. The Lord is your keeper; The Lord is your shade on your right hand. The sun will not smite you by day, Nor the moon by night. The Lord will protect you from all evil; He will keep your soul. The Lord will guard your going out and your coming in from this time forth and forever.

Psalm 46

God is our refuge and strength, A very present help in trouble. Therefore, we will not fear, though the earth should change and though the mountains slip into the heart of the sea; Though its waters roar and foam, Though the mountains quake at its swelling pride. There is a river whose streams make glad the city of God, The holy dwelling places of the Most High. God is in the midst of her, she will not be moved; God will help her when morning dawns. The nations made an uproar, the kingdoms tottered; He raised His voice, the earth melted. The Lord of hosts is with us; The God of Jacob is our stronghold. Come, behold the works of the Lord, Who has wrought desolations in the earth. He makes wars to cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariots with fire. "Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The Lord of hosts is with us; The God of Jacob is our stronghold.



In the name of the Father, of the Son, and of the Holy Spirit, to whom glory may be as it was before the creation, is now, and forever more shall be. Amen.

Prayer and Praise for Deliverance

Prayer for Victory Over Enemies – Psalm 20

May the Lord answer you in the day of trouble! May the name of the God of Jacob set you securely on high! May He send you help from the sanctuary And support you from Zion! May He remember all your meal offerings And find your burnt offering acceptable! May He grant you your heart's desire And fulfill all your counsel! We will sing for joy over your victory, And in the name of our God we will set up our banners. May the Lord fulfill all your petitions. Now I know that the Lord saves His anointed; He will answer him from His holy heaven With the saving strength of His right hand. Some boast in chariots and some in horses, But we will boast in the name of the Lord, our God. They have bowed down and fallen, But we have risen and stood upright. Save, O Lord; May the King answer us in the day we call.

Praise for Deliverance - Psalm 21

O Lord, in Your strength the king will be glad, And in Your salvation how greatly he will rejoice! You have given him his heart's desire, And You have not withheld the request of his lips. For You meet him with the blessings of good things; You set a crown of fine gold on his head. He asked life of You, You gave it to him, Length of days forever and ever. His glory is great through Your salvation, Splendor and majesty You place upon him. For You make him most blessed forever; You make him joyful with gladness in Your presence. For the king trusts in the Lord, And through the lovingkindness of the Most High he will not be shaken. Your hand will find out all your enemies; Your right hand will find out those who hate you. You will make them as a fiery oven in the time of your anger; The Lord will swallow them up in His wrath, And fire will devour

them. Their offspring You will destroy from the earth, And their descendants from among the sons of men. Though they intended evil against You And devised a plot, They will not succeed. For You will make them turn their back; You will aim with Your bowstrings at their faces. Be exalted, O Lord, in Your strength; We will sing and praise Your power.



Gloria Patri

Glory be to the Father, and to the Son, and to the Holy Spirit; As it was in the beginning, is now, and ever shall be; world without end. Amen.

Prayer for Healing

Father, Son, and Holy Spirit, sacred Scripture says that You will *take away sickness from us when we worship You*.¹⁵

Lord, you give sight to the blind, You lift up those who are bowed down, and love the righteous.¹⁶ You wipe away every tear from our eyes and take away mourning, and crying in pain.¹⁷ You restore health and heal wounds.¹⁸

Jesus, you bore our sins in your body on the cross, so that we might die to sins and live for righteousness; by your wounds we are healed.¹⁹

Jesus, you invited us to come saying, *Come to me, all you who are weary and burdened, and I will give you rest*.²⁰

You also went through towns and villages, teaching in the synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.²¹

Jesus, in the cross and resurrection you reversed the curse of sin.

¹⁵ Exodus 23:25

¹⁶ Psalm 146:8

¹⁷ Revelation 21:4

¹⁸ Jeremiah 30:17

¹⁹ 1 Peter 2:24

²⁰ Matthew 11:28

²¹ Matthew 9:35

*You give strength to the weary and increase the power of the weak.*²²

*Lord you can send out a word and heal me from my infirmities and the disease of sin; You can rescue me from the grave.*²³

*Lord, heal me and I will be healed; save me and I will be saved, for you are the one I praise.*²⁴

In the name of the Father, the Son, and the Holy Spirit.
Amen.



Gloria Patri

Glory be to the Father, and to the Son, and to the Holy Spirit; As it was in the beginning, is now, and ever shall be; world without end. Amen.

²² Isaiah 40:29

²³ Psalm 107:20

²⁴ Jeremiah 17:14

Final Praise

Psalm 149

Praise the Lord! Sing to the Lord a new song, And His praise in the congregation of the godly ones. Let Israel be glad in his Maker; Let the sons of Zion rejoice in their King. Let them praise His name with dancing; Let them sing praises to Him with timbrel and lyre. For the Lord takes pleasure in His people; He will beautify the afflicted ones with salvation. Let the godly ones exult in glory; Let them sing for joy on their beds. Let the high praises of God be in their mouth, And a two-edged sword in their hand, To execute vengeance on the nations And punishment on the peoples, To bind their kings with chains And their nobles with fetters of iron, To execute on them the judgment written; This is an honor for all His godly ones. Praise the Lord!

Psalm 150

Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty expanse. Praise Him for His mighty deeds; Praise Him according to His excellent greatness. Praise Him with trumpet sound; Praise Him with harp and lyre. Praise Him with timbrel and dancing; Praise Him with stringed instruments and pipe. Praise Him with loud cymbals; Praise Him with resounding cymbals. Let everything that has breath praise the Lord. Praise the Lord!