

Extended Deliverance Prayer from the Spirit of Fear (NKJV)

Read this aloud, slowly. Keep both feet on the floor, shoulders relaxed, and breathe. (2 Tim 1:7; John 8:36; Isaiah 41:10; Psalm 27:1; Romans 8:15; Philippians 4:6–7, NKJV)

1) Preparation (1 minute)

“Lord Jesus, I look to You. ‘The Lord is my light and my salvation; whom shall I fear?’ (Psalm 27:1). Calm my body, steady my breath, and ready my heart.”

Pause. Inhale 4, hold 2, exhale 6 — three times.

2) Repentance & Surrender

“Father, in Jesus’ name, I repent for partnering with fear, anxiety, control, and unbelief. I have let fear speak louder than Your Word. Forgive me for agreeing with lies about my safety, my future, and Your character. I surrender my mind, emotions, and body to You. Cleanse me by the blood of Jesus (1 John 1:7). Amen.”

3) Forgiveness (close a major door)

“Lord, I choose to forgive those connected to the events that fed fear. I forgive them for what they did, what they failed to do, and how it impacted me. I release them from my judgment and place them in Your hands. Heal the wound and remove the enemy’s leverage in Jesus’ name. Amen.”

Name people/events softly. If you can't, say: "I forgive by faith from the heart."

4) Renunciation (break agreement)

*“I renounce the **spirit of fear** and every related spirit: anxiety, panic, dread, intimidation, timidity, fear of man, nightmares, and night terrors. I renounce control, hyper-vigilance, and perfectionism as false safety. I renounce the lie that I am unsafe, unprotected, or abandoned. I break agreement with the identity ‘I am an anxious person.’ My identity is child of God (Romans 8:15).”*

5) Break Inner Vows & Word Curses

“In Jesus’ name, I cancel inner vows I made to survive — like ‘I’ll never risk again,’ ‘I must control everything,’ or ‘I’m not safe anywhere.’ I break word curses and labels spoken over me or by me — ‘coward,’ ‘weak,’ ‘panic-prone.’ By the blood of Jesus these vows and curses are null and void (Revelation 12:11).”

6) Close Open Doors

“I repent for and close every door that invited fear. I renounce occult involvement, divination, and horror media; I remove these from my life (Deuteronomy 18:10–12). I invite You, Lord, to heal trauma and shock; I forgive those involved. I replace every lie with truth. I sever family

patterns of intimidation and worry. In Jesus' name, doors are closed, locks are changed, and legal rights are revoked.”

7) Revoke Legal Rights & Command to Leave

*“Because of the cross and the blood of Jesus, you have no legal right to me, spirit of fear. ‘God has not given us a spirit of fear, but of power and of love and of a sound mind.’ (2 Timothy 1:7). In the authority of Jesus Christ (Luke 10:19; Mark 16:17), I command every spirit named — fear, anxiety, panic, dread, intimidation, timidity, nightmares — to **leave me now** and do not return. Loose my mind, nervous system, breath, and sleep in Jesus’ name.”*

Exhale as you say “leave now.” If a yawn/tear/shiver comes, let it. Don’t resist.

8) Bless My Mind & Body (renew and reset)

*“Holy Spirit, fill me where fear occupied space. I receive **power, love, and a sound mind** (2 Timothy 1:7). Renew my thinking; establish a disciplined, sound mind. Guard my heart and mind with Your peace (Philippians 4:7). Settle my nervous system; steady my breath; release tension from my body. ‘The Lord is with me; I will not fear’ (Psalm 118:6).”*

9) Armor & Protection

“I put on the whole armor of God (Ephesians 6:10–18): salvation over my thoughts, righteousness guarding my heart, truth at my core, the gospel of peace on my steps, faith to quench fiery darts, and the Word of God in my mouth. I declare Psalm 91 over my life and home: ‘He is my refuge and my fortress.’”

10) Night Peace & Home Dedication

"I dedicate my bedroom and home to the Lord Jesus Christ. Every unclean spirit is banned from this space. Over my sleep I declare: 'I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety.' (Psalm 4:8). The Lord gives His beloved sleep (Psalm 127:2). No more night terrors or paralysis — peace dwells here."

11) Identity & Declaration

"I am redeemed, adopted, and secure in Christ (Romans 8:15). I am not a slave to fear. I carry the presence of God. Courage rises in me. My future is under the Lord's care. I walk by faith, not by sight. Jesus is Lord over my mind and nights."

12) Seal & Thanksgiving

"Father, I seal this work in my life by the blood of Jesus. Set a hedge of protection around me and my household. Thank You for freedom. Teach me to walk it out daily. In Jesus' name, Amen."

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