

Unbound Prayers

These prayers can be used when praying with someone else for freedom using the Unbound model, or you can use them when praying alone to work through your own issues and struggles. It is recommended that you pray these prayers out loud whether with someone else or praying alone. To learn more about the Unbound model of deliverance, visit heartofthefather.com.

FIRST KEY: REPENTANCE AND FAITH

- Make acts of faith in Jesus as Lord and Savior, acts of trust, surrender, and gratitude such as “Lord Jesus, I believe in you,” “I believe in your great love for me,” “Thank you for dying for me,” “Thank you that you are stronger than any situation,” etc...
- Make acts of repentance such as, “Lord Jesus, please forgive me for...”, “Lord Jesus, I repent of...”, “Lord, I am sorry for...”
- (Be sure to confess all sins in the Sacrament of Reconciliation)

SECOND KEY: FORGIVENESS

- “In the Name of Jesus, I forgive [person’s name] for [specific thing they did]...”
- *If needed, you can forgive yourself using the same form of prayer.*

THIRD KEY: RENUNCIATION

Spirits

Renounce anything you are feeling or tend to feel as a pattern in your life that you know is not from God, e.g. anger, hatred, lust, pride, fear, anxiety, fear of intimacy, etc...:

- “In the Name of Jesus, I renounce the spirit of...”

Lies

Renounce the “beliefs” that are not part of God’s truth that tend to govern your thoughts, e.g. I am not lovable, I am a failure, God is not good, All love fails, etc...:

- “In the Name of Jesus, I renounce the lie that...”

Curses

Renounce words that others have spoken to you that were negative in nature and exert power over you (E.g. You are a failure, You are stupid, You don’t matter, etc...).

- **Curses:** “In the Name of Jesus, I renounce any spirit that was at work in [my mother, father, husband, wife, etc...] when he/she said [state what they said], and I break the power of those words over my life.”

Vows

Renounce words that you have spoken that were binding in nature that contradict God’s plan for you (E.g. I will never trust anyone, I will never forgive myself, etc...).

- **Vows:** “In the Name of Jesus, I renounce the vow I made when I said [state what you said], and I break its power over me.”

Occult

Renounce any participation in occult activity – e.g. fortune tellers, Ouija boards, mediums, etc... - or any New Age activity – e.g. Reiki, energy channeling, transcendental meditation, etc.... Also renounce any words that were spoken to you by anyone involved in the occult, especially about your life, your future and your relationships.

- “In the Name of Jesus, I renounce any spirit that came to me when I [*occult action e.g. visited the fortune teller*] and I take back the authority I gave to him/her.”
- Or, “In the Name of Jesus, I renounce any spirit that operated in [*name of the fortune teller, palm reader, etc...*] and I take back the authority that I gave to him/her.”
- **Curses:** “In the Name of Jesus, I renounce any spirit that was at work in [*name of fortune teller, palm reader, etc...*] when he/she said _____, and I break the power of those words over my life.”

Soul ties

Renounce any bondage that formed between you and someone else because of sexual activity that was outside of marriage.

- “In the Name of Jesus, I break every physical and spiritual tie with [*name*] and I take back what I gave to him/her.”
- **In the case of sexual abuse/rape:** “In the Name of Jesus, I break every physical and spiritual tie with [*name*] and I take back what he/she took from me.”

FOURTH KEY: AUTHORITY

Once you have done your forgiving and renouncing, give a simple word of command:

- “In the Name of Jesus, I break the power of every spirit that I have renounced and every related spirit and I command them to leave me right now.”

FIFTH KEY: THE FATHER’S BLESSING

- When praying Unbound prayers by yourself, the Father’s blessing can be done by reading words of Scripture that contain God’s words of love, delight and blessing over his people (read it as applied to you). Or, use a journal and write down words of love, delight and tenderness that you think God would say to you.
- Examples of Scripture passages with God’s blessing:
 - 1 John 3:1-2 ▪ Jeremiah 29:11 ▪ Isaiah 40:11 ▪ Jeremiah 31:3 ▪ Luke 3:21-22 ▪ Zephaniah 3:17 ▪ Romans 8:37-39 ▪ Romans 8:14-17 ▪ Galatians 4:6-7 ▪ Isaiah 62:1-5 ▪ Psalm 103:11-14 ▪ Matthew 11:28-29