



# God Therapy: Quick Prayer Model

*A simplified personal guide for deep healing and deliverance*

## **Step 1 — Removal of Sin (Isaiah 54:1)**

Father God, I come to You in Jesus' name and receive Your unconditional love. I acknowledge that sin separates me from You and that Jesus Christ purchased my forgiveness through His blood. In Jesus' name, I repent of my sins and receive freedom from guilt, shame, and condemnation. I renounce sin and commit to live a holy life. I receive Your grace, mercy, love, and blessings.

Picture Jesus forgiving you, restoring you, and embracing you with love.

## **Step 2 — Releasing Unforgiveness (Matthew 18:34–35)**

Jesus, I know Your Word commands me to forgive in order to be free. I forgive everyone who has hurt me—especially (name them as you picture their faces). I forgive myself, and I release any offense I've held against You, God. In Jesus' name, I release all pain and replace it with love and healing. Every spirit attached to past hurt, come out of me and never return in Jesus' name.

Picture yourself releasing the pain and Jesus healing your heart.

## **Step 3 — Breaking Word Curses (Proverbs 18:21)**

Father, Your Word says life and death are in the power of the tongue. I repent for every negative word I've spoken and every curse spoken over me—especially (name any words that

come to mind). I forgive those who cursed me, break those words, and cancel their effect. I choose to speak blessing and truth over my life. Every spirit tied to those words, leave me and never return in Jesus' name.

Ask Jesus to show you His truth.

#### **Step 4 — Breaking Soul Ties (1 Corinthians 6:16)**

In Jesus' name, I repent of every ungodly soul tie I've made with people, places, or things—especially (name them). I break every mental, emotional, physical, and spiritual connection that is not of God.

Picture Jesus cutting and breaking those connections.

#### **Step 5 — Removing Generational Sins and Curses (John 9:1–2)**

In the name of Jesus Christ, I repent for the sins of my parents and ancestors. I renounce every generational curse or demonic transfer that entered through them. I cancel every right of darkness to operate in my life and release generational blessings. Every spirit tied to my bloodline, come out of me and never return in Jesus' name.

#### **Step 6 — Healing Trauma and Grief (Isaiah 53:4)**

Holy Spirit, I give You access to every painful memory—spoken or unspoken. I forgive all who contributed to my pain. Take me back to those places and heal every wound. Every demonic spirit connected to trauma or grief, leave me and never return in Jesus' name.

Picture Jesus comforting you and restoring peace.

#### **Step 7 — Deliverance from Demons (Mark 16:17)**

In the name of Jesus Christ, I take authority over every demonic spirit operating in my mind, body, soul, or life. I command every unclean spirit to come out peacefully and never return. Jesus Christ is Lord—every spirit of darkness is defeated through His death and resurrection. I release the fire of God over my life and receive total freedom.

#### **Refilling and Impartation (Matthew 3:11)**

In Jesus' name, I receive a fresh baptism of the Holy Spirit and fire. Every area once occupied by darkness is now filled with light, love, and power. I am restored, renewed, and filled with the presence of God.

Pray in tongues or worship and receive what the Holy Spirit gives (1 Corinthians 14:4).

**For books, resources and to continue your journey of inner healing, deliverance and breakthrough go to [GodTherapy.net](http://GodTherapy.net)**