

# OVERCOMING

(ADDICTIONS, BAD HABITS, WEIGHT, ETC.)

## I CAN DO ALL THINGS THRU CHRIST JESUS, WHO STRENGTHENS ME

(Phil. 4:13)

In the Name of Jesus, Father, I call unto You and You said You WILL answer me and show me great and mighty things which I knew not of (Jer. 33:3), and I praise You for this, for it is written in Hosea 4:6, that Your people are destroyed for a lack of Your knowledge or a rejection of it. So, Lord God, I ask for Your Knowledge and Wisdom to be revealed to me according to James 1:5-8 so I will not waver, and I believe I receive as I pray today (Mark 11:24). I pray that the eyes of my understanding BE OPENED (Eph. 1:18-19) and in the Name of Jesus, I bind (Matt. 16:16-19) all principalities, powers and rulers of darkness, spiritual wickedness in high places, and the deceiver's blinders off of me (Eph. 6:12; II Cor. 4:4-7) that oppressed me, and I loose the light of Your glorious Gospel's Word, Lord God, to shine into me--illuminating, purging, and sanctifying me (Eph. 5:26-27).

I repent and ask forgiveness for my sins of (\_\_\_\_\_) and renounce them. I thank You, Lord Jesus, that You are my great Advocate (I John 1:7-2:1). I receive Your Blood to cleanse me, now, of ALL sin. Thank You, Father, for Your graciousness and mercy toward me. I humble bow my knee to You, Lord Jesus. (*If praying for another person: John 20:23 says, "whose sins YOU remit, they ARE remitted unto them," so now, God's Word CAN go on good soul*). In the Name of Jesus, I say to (myself) "AWAKE, come to your senses, BE LOOSED out of the snare of the enemy, who HAD held you in bondage--BE LOOSED henceforth now to do God's Will (II Tim. 2:26). I do now submit my life to You, Abba Father, and acknowledge that Jesus Christ IS my Lord, I do resist the tempter, and he DOES flee from me (James 4:7-8) ...so I do now cleanse my hands, purify my heart, and (as my day's first priority) draw near to You, Lord God. I also now put on Your whole Armor so I CAN STAND in Your ability and quench ALL the fiery darts of the wicked one (see all of Eph. 6:10-19).

Father, I thank You that I DO hunger and thirst and crave after Your righteousness (what is in right standing with You, God) and not after the things of this world, for You said that You WILL satisfy me (Matt. 5:6). Thank You that through Jesus Christ I have been made free and although all things may be permissible, NOT all things are beneficial and in the Name of Jesus I will NOT become the slave of anything or be brought under the power of anything...for my body is a member of Christ...and I am joined unto the Lord as one spirit...for my body is the temple of the HOLY SPIRIT...I am NOT my own... but bought with a price; therefore, I WILL glorify God in my body (I Cor. 6:12-20). I praise You, Father, that You have not given me a spirit of fear, cowardice, or cravings...but a SPIRIT of power, love, and of a calm, well balanced mind, full of DISCIPLINE AND SELF CONTROL (II Tim. 1:7) !!! I thank You that You DO provide me a way of escape from all temptations and DO cause me to be capable, strong, and powerful to withstand, shun, keep clear from, and avoid by flight if needs be from all temptations (I Cor. 10:13). In the Name of Jesus, I will abhor that which is evil and cleave to that which is good in Thy sight (Rom. 12:9) and I will flee from ALL appearance of evil (I Thess. 5:22). Thank You, Father, that THROUGH YOU, CHRIST JESUS, I can do ALL things (Phil. 4:13) for it is not by my power and might, but by Your Spirit (Zech. 4:6). IN THE NAME OF JESUS, I AM A NEW CREATURE IN CHRIST, OLD THINGS HAVE PASSED AWAY, BEHOLD ALL THINGS ARE NEW (II Cor. 5:7)(*this includes even family blood lines*); FOR NOW I AM NOT BORN AFTER MAN'S BLOOD, NOR THE WILL OF FLESH, NOR THE WILL OF MAN, BUT I AM NOW BORN AFTER THE WILL OF GOD (John 1:12-14) and THROUGH THIS KNOWLEDGE..., I PAR-TAKE OF YOUR DIVINE NATURE, HAVING ESCAPED THE CORRUPTION THAT IS IN THIS WORLD THROUGH LUST (II Pet. 1:2-4). In the Name of Jesus, I WILL walk after Your Spirit, Father, and WILL NOT fulfill the lust of the flesh (Gal. 5:16). For my eyes are ever on You, Lord, for You have plucked my feet out of the net (Ps. 25:15) and have made my feet like hinds' feet and set them on high places (II Sam. 22:34). Oh Lord, be exalted...for Your Wisdom and Knowledge is STABILITY in my time and provides abundance of deliverance: for the reverential awe of the Lord is a treasure... (Is. 33:5-6 amp).

By Your Power, Lord, I LAY ASIDE every WEIGHT that besets me (Heb.12:1), for in the Name of Jesus, Your Word is sent forth and melts it... and it flows out like water (Ps. 147:18). So, I WILL exercise and discipline myself...deadening my carnal affections, bodily appetites and worldly desires so in all respects I will have a clear, blameless conscience void of offence toward God and man (Acts 24:16 amp). By Your Word, Father, I BRING my body under subjection: lest that by any means...I should become a castaway (I Cor. 9:27). I pray, Father, that I will eat only what is sufficient for me... (Prov. 25:16) for I crave and esteem the Word of God MORE than my necessary food (Job 23:12) and I DO hunger and thirst after righteousness...and I SHALL be filled (Matt. 5:6). In the Name of Jesus, I set a watch over my mouth and keep the door of my lips (Ps. 141:3) so I walk NOT in sexual immorality, nor lust, nor drunkenness, nor excess reveling or overeating (partying), but Father through You, I am of a clear mind so I can pray effectually (I Pet. 4:1-8). I pray that I be filled to overflowing with ALL the fruit of Your Spirit (see Gal. 5:22-26; love, joy, peace, patience, kindness, goodness, faithfulness, humility, gentleness, and self-control). Father, I submit to You that whatever I eat, drink, or do, I will let ALL be to Your Glory (I Cor.10:31). I offer my body as a living sacrifice, holy and pleasing to You, Lord God, which is my spiritual worship of You (Rom. 12:1 NIV). (*Spiritual fullness satisfies natural cravings.*) ! ! ! !

In the Name of Jesus, Father, the weapons of our warfare are not carnal, but mighty through You, God, to the pulling down of strongholds in my life and to the casting down of vain imaginations...bringing into captivity every THOUGHT to the obedience of Christ (II Cor. 10:4-6). Now I will set my thoughts and affections on things above, NOT on things on the earth...for my life is hid with You, Christ Jesus, IN God (Col. 3:1-3). Praise You, Father, that the opening of my lips shall be for right and my mouth shall utter truth and nothing contrary of TRUTH or crookedness in them (Prov. 8:6-8 amp), for lying lips will be silenced (Ps. 31:18 amp) (including my own lips) and Father, You do direct ALL my work in TRUTH (Is. 61:8). In the Name of Jesus, Father, I pray that I be constantly renewed in the spirit of my mind with a fresh mental and spiritual attitude... in Your Godlike image, in true righteousness and holiness (Eph. 4:23-24). In You, my Lord, I will NOT conform any longer to the pattern of this world, but BE transformed BY the renewing of my mind to Your Word, for THEN I WILL be able to test and approve what Your Will (Word) is (Rom. 12:1-2 NIV). For Your Word DOES break every yoke off of me and will burst ALL bonds... (Nahum 1:13). In the Name of Jesus, I will LET NOT sin rule in my body or yield to its cravings and be subject to lust and evil passions, and I will NOT yield my bodily members as instruments or tools of wickedness, for my body is yielded to God; therefore sin SHALL NO LONGER have dominion over me (Rom. 6:12 amp) I thank You, Lord, that Your Word is sent to deliver me from ALL destruction (Ps. 107:20) and deliver me from the present evils of this world...(Gal. 1:4), therefore, I am confident that You HAVE begun a good work in me and WILL perfect and preform it...(Phil. 1:6). I acknowledge that I HAVE the peace of God flowing, which transcends ALL understanding, and DOES guard my heart and mind IN Christ Jesus (Phil. 4:6-7). I praise Your Holy Name, Lord, that You had seen my past ways, but had healed and restored me and restored comfort to those who had mourned for me (Is. 57:18 amp). And I pray that we now be encouraged in heart and united in LOVE (Col. 2:2). For whom the Son has set free IS free indeed (John 8:36), so I do now in the Name of Jesus, covenant with You, Lord, to STAND FAST in the liberty wherein Christ Jesus HATH set me free and I WILL NOT be entangled again to that yoke of bondage (Gal. 5:1). Praise You, Father, that it is written, great peace is for those who love Your Law; and nothing shall offend me or make me stumble (Ps. 119:165). Praise and Glory to Your Holy Name!!!

I praise You, Lord God, You are my strength and my power and You make my way perfect before me (II Sam. 22:33) and You are my Rock and in You I trust, You are my shield, my high tower...and I have called upon You and You have saved me... (II Sam. 22:1-4). So I WILL be earnest, unwavering and steadfast in my prayer life with You, being both alert and attentive to hear You (Col. 4:2 amp), enabling You to invigorate and strengthen me with ALL power according to the MIGHT of Your Glory (Col. 1:11 amp) and grant to me out of Your rich treasures to be strengthened and reinforced with MIGHTY POWER in the inner man by Your Holy Spirit...that I may really come to KNOW in a practical way, through experience for myself, Your Love, which is far surpassing mere knowledge, being filled with all the fullness of God, having the riches measure of Your Divine Presence and becoming a body wholly filled and flooded with You Lord God, Yourself (Eph. 3:16-19 amp). I will bless You, Lord at ALL TIMES and Your praises will continually be in my mouth (Ps. 34:1).