

BODY ALTERATIONS RENUNCIATION PRAYER

Tattoos, Scarification, Piercings and Body Alterations: Spiritual Perspectives

1. Judaism Prohibition

The Bible speaks clearly on the matter of marking or altering the body. In Leviticus 19:28, God commands: *"You shall not make any cuts on your body for the dead or tattoo any marks on you: I am the Lord."* This law was given in the context of Israel being set apart from surrounding pagan nations, many of whom engaged in body marking, self-cutting, and tattooing as acts of mourning or religious devotion to false gods. *The intent was to protect God's people from spiritual contamination and idolatrous practices that open doors to demonic influence.*

2. Islamic Teachings

The Prophet Muhammad, the founder of Islam, strongly prohibited practices of altering one's body. He cursed both the one who performs tattoos and the one who gets them (authentic Hadith). This ruling reflects the belief that altering God's creation is a rejection of His design and can be spiritually dangerous.

3. Christian View

According to 1 Corinthians 6:19-20: *"Do you not know that your bodies are temples of the Holy Spirit...? Therefore, honor God with your bodies."* Christians are urged to treat their bodies with reverence. The Holy Spirit dwells within believers, and intentionally scarring or marking the body goes against the idea of honoring God's temple.

4. The Spiritual Realm

Many spiritual teachers and testimonies suggest that tattoos, scarification, piercings, and body alterations are more than physical — they can be spiritual portals.

In ancient times, body alterations were used in ritual ceremonies to dedicate oneself to spirits or gods. The act of drawing blood through needles or cutting is seen as a blood covenant, which has deep significance in the spiritual realm (Leviticus 17:11: *"For the life of the flesh is in the blood."* Leviticus 17:11) These acts can unknowingly become spiritual contracts, inviting demonic influence.

5. Demonic Influence

- Satanic images, pagan gods, or occult imagery (e.g., pentagrams, all-seeing eye) often serve as open doors for demonic oppression.
- Swastikas, gang symbols, racist slogans, and violent imagery promote hate and bloodshed, the playground of demons.
- Tattoos of saints, angels, sun/moon/stars, animals (real or mythological) may seem harmless but whenever reliance or reverence of the created is put before the Creator, it is a win for the Dark.
- Most body alterations (other than restorative) are inspired by demons, influencing people to desecrate their body, the temple of God.
- The intention behind a seemingly innocent tattoo can open doors to demonic interference.
- Some people tattoo or pierce themselves or their children for cultural or protective reasons, not realizing they may be calling upon false gods (demons), opening doors to demonic interference.
- Demons are territorial and possessive. Tattoos, scarification, and certain piercings can act as claims of ownership.
- Some tattoo artists place spells, curses or consciously activate demonic influences as they work or in the ink itself.

5. Marks of Ownership

- God marks His people with the Holy Spirit (Ephesians 1:13).
- Satan imitates this by marking those under his influence through tattoos and alterations.

God's desire is to protect you — spiritually and physically. He wants you to remain set apart, holy, and pure in body, mind and spirit. Whereas Satan's desire is to occupy your body, mind and spirit in order to pull you away from God.

"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and mammon." Matthew 6:24

Renunciation and Cleansing Prayer for Tattoos and Body Alterations

This prayer is intended to help you break free from any form of demonic interference. Before you begin, read through the entire document carefully. As you pray, feel free to include any areas of your life where you've experienced involvement—whether these actions were done to you or by you. Simply skip any sections that do not apply to your situation.

If you are not afraid of demonic forces and truly believe you have the authority, through the name of Jesus, to cast them out, you are encouraged to proceed with this prayer. However, if you do not yet have a strong connection with Jesus or lack confidence in His power to deliver you, the prayer may not be effective. In that case, consider reaching out to me for support, or explore additional teachings and resources available on my YouTube channel. You can also strengthen your understanding by reading the Bible yourself and downloading the over 200 scriptures referenced in my ten-part video series on demonology at theresacrabtree.com/bible-studies/.

When you are ready to begin, speak the prayer aloud with faith and conviction. Remember, this document is simply a template—there is no “right” or “wrong” way to pray. Use your own words from the heart as you invite God's power and protection into your life.

Heavenly Father,

I come before You with a humble heart, asking for Your protection over me and my family. Please shield us from any interference by spirit beings during this time. Holy Spirit, I invite Your guidance, and ask that You reveal to me any areas in my life where I may be out of alignment with Your will. If there are any fragments, alters, or sub-personalities that may cause disruption, I pray that they be kept away as we work together.

I come before Your throne of grace with boldness, standing on Your Word in 1 John 5:14 that says, “This is the confidence that we have in Him, that if we ask anything according to His will, He hears us.” Lord, I know that You hear me now.

Father, I acknowledge and confess that getting any markings or alterations on my body was unwise and contrary to Your will. I repent and ask for Your forgiveness. Purify me from all unrighteousness and cleanse me from every spiritual defilement.

I renounce every curse, pact, or agreement made knowingly or unknowingly through these tattoos or body alterations. I break every ungodly soul tie with any tattoo artist or person involved, and I sever every connection with darkness that has been established through these marks.

As I lay my hands upon each alteration, through the power of the blood Jesus Christ, I exorcise every image, ink, symbol, script and body alteration and nullify any claim demons may assert over my body because of these markings.

In the name of Jesus Christ, I break every generational curse, every inherited spiritual bondage, and every mark of the enemy on my mind, body, emotions, or lineage. I declare every door to Satan and his demons closed. I bind every unclean spirit, every demon that attached itself to me through these alterations, and I command them to leave me now and go to the abyss in the mighty name of Jesus Christ. They have no legal rights to me anymore.

Holy Spirit, I invite You to saturate every part of my being with Your cleansing fire. Fill every space the enemy once occupied. Mark me now with Your holy seal and presence. Let Your love, Your power, and Your identity be the only mark upon my life from this day forward.

Father, I declare that my body is Your temple and I consecrate my body to You afresh. Surround me with Your hedge of protection and block every attempt of the enemy to re-establish any claim over me.

Thank You, Lord Jesus, for setting me free today. I give You all the glory, honor, and praise. In Your mighty name I pray, Amen.

Binding and Casting Off Demons Prayer

By the authority granted to me in Jesus Christ, I revoke all access, rights, or claims that any evil spirit has had over my life—whether through lies, deception, trauma, agreements, or any other means. I break every curse, oath, covenant, and legal right the enemy has held against me. I close every door that I or my ancestors have opened to darkness, sealing them with the blood of Jesus. I now declare that Satan and his demons no longer have any legal right to mislead, manipulate, or control me.

In the powerful name of Jesus Christ, I call attention to every demon attached to me—whether coming, going, circulating freely, or in any way connected to my life. You are now under the authority of the risen Lord Jesus Christ. I bind you and command that you will not harm me or anyone connected to me. You will not hide, leave, seek help from others, or move on to someone else. You will not split, divide, multiply, fragment, clone, or delegate your duties to any other demon. Any parts of you residing in others or elsewhere, I call back now and command you to unite as one.

Now, I command you to immediately repair any damage you've caused to me or those connected to me. Restore all things to their proper order, in the name of Jesus Christ. I command you to pack your belongings, take any equipment, implants, seeds, energetic debris, and fully pull up any roots you have planted. Take it all with you. Gather your entire kingdom, ranks, and all associated members, and unite as one. Now go directly into the abyss or wherever Jesus Christ sends you. Completely release me, in the name of Jesus Christ. You have no legal right to remain. This is a command, and it must be obeyed. Go, now!

If any demons dare to linger or resist, Lord Jesus, I ask that You send Your angels to bind them and torment them by all means necessary until they depart. Escort them to the abyss or wherever they can no longer cause harm to anyone. By faith, I receive freedom from all demonic influences in my life, inherited from both my choices and those of my ancestors.

Holy Spirit, I invite You to fill every part of me. Grant me discernment to recognize Your will clearly, and help me reject the deception of all forces that rebel against You.

Thank You, Father, Lord Jesus, and Holy Spirit, for setting me free. Amen.

Additional Instructions:

If you feel tension or discomfort in specific parts of your body during this prayer, it may indicate that demons are holding on. Repeat the command for them to leave several times until your body feels more relaxed. If they try to control your body or cause mental confusion, say, "I bind all demonic powers in, on, or around me, and I command you to be silent and still, in the name of Jesus Christ." This usually calms the disturbance.

The goal is to bind them temporarily, giving you space to complete the process. Pray for help from the Creator and Jesus to overcome their resistance and to strengthen your courage and faith.

Not a believer in Jesus?

I personally believe that every person has the authority to cast out demons from their body and soul, much like one would command an intruder to leave their home. However, stronger demons may hide or resist, making it hard to release them alone. Without the authority of Jesus Christ—who holds the keys to the demonic realm—they are unlikely to be sent into the abyss. But if you are willing to command the demons to go to the feet of Jesus and trust that He will direct them where He chooses, your chances of releasing them improve. Once they leave, they can only return if there are still open doors that grant them access. The SoulCleanse process helps identify and close those doors, but you must also do your “inner work” by addressing fears, beliefs, and behaviors that leave you vulnerable to demonic influence.

What Can I Expect from Doing This Exercise?

Everyone’s experience is unique, so what you encounter may vary. If there are demonic influences involved, you might feel their presence through anxiety, often manifesting as a sudden headache, a queasy stomach, muscle tension, or other bodily sensations. They may try to delay the process by creating distractions or making you feel drowsy when you attempt the exercise. In some cases, they might use fear tactics, such as inducing nightmares or causing minor pain like pinches or pokes. You may also experience intrusive thoughts such as, “This isn’t real,” “This isn’t safe,” or threats like, “You’re too weak to fight me; you’ll regret this. We’ll hurt your family.” These are lies, and it’s important to reject them.

When demons are released, it’s usually subtle, often occurring through the breath—like deep sighs, coughing, burping, or yawning. Some people feel the demons leave from different parts of their bodies, while others might experience vomiting or expelling a bile-like substance. It’s a good idea to have a plastic bucket and tissues nearby, just in case.

Whether you’re dealing with demons or not, you may experience various changes in the days following the exercise. If demons have been affecting your body, you may feel physical healing taking place. Some people feel more energized, while others may need more rest as their energies realign. Emotional shifts are common as well, and many people report feeling a greater sense of inner peace and clarity.

Remember, this prayer targets demons that entered through one specific door. You might still have others that entered through different doorways. Just like with this prayer, be ready to stop and repent for any wrongdoing on your part. Then, using the prayer as a template, renounce the fear, belief, experience, or activity that allowed those influences to take hold, and repeat the casting-off process.

If you’re already dealing with demons that manifest violently, it’s advisable to have someone with you during this exercise. Fasting and prayer beforehand can help make the process smoother. The most stubborn demons are often the last to leave. If they resist departure, you may need additional support from an experienced deliverance minister to help them go.

If you have Dissociative Identity Disorder (DID), paranoia, or schizophrenia, it’s important to have someone with you when doing this exercise. This is because your true self may be so intertwined with the demonic influences that an “identity crisis” or “inner conflict” could arise. The positive side, however, is that this could be an opportunity for you to rediscover and re-create your true self.

Final Note: Sometimes what seems like demonic interference is actually a result of unprocessed trauma, learned behaviors, fear, or other factors. Therefore, doing “inner work” to release these blocks and close any open doors is key to preventing vulnerability to such influences. At the bottom of my website, you will find many resources to help you to get free and stay free.

If you need more personal assistance, reach out at theresacrabtree.com/contact/

Be blessed!

—Theresa Crabtree