

BODY ALTERATIONS RENUNCIATION PRAYER

Tattoos, Scarification, Piercings and Body Alterations: Some 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. Spiritual Teachings

Many spiritual teachers and testimonies suggest that certain tattoos, scarification, piercings, and body alterations are more than physical — they can open doors to demonic interference.

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. These acts 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) that opens doors to demonic influence.
- 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

Before beginning the Renunciation Prayer, take time to thoughtfully review each of your tattoos, markings, or body alterations. Reflect on anything you consciously chose to do to your body, paying attention to the intention behind it. If you realize you are no longer in agreement with that intention or the symbols, and sense that it may not align with God's will, include it in the renunciation prayer.

If the body alterations were forced on you, include these in the prayer. If you haven't forgiven the person(s) who were responsible for this being done to you, it is important to work towards forgiveness of them so that you can also release any anger and bitterness that may have opened other doors.

If you feel uncertain about any marking or symbol, pray and ask God to reveal the truth and show you what you need to understand about it. Also pray to be shown anything else that hasn't come to your conscious mind that needs to be released.

Renunciation and Cleansing Prayer for Tattoos and Body Alterations

This prayer is a guide to help you seek freedom, repentance, and spiritual renewal. There is no "right" formula—pray sincerely and in your own words as you invite God's protection and peace into your life. When you are ready to begin, speak the prayer aloud with faith and conviction.

Dear Creator of Heaven and Earth,

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.

I acknowledge that my body is Your gift and Your temple. If I have marked, altered, or treated it in ways that dishonor You, I repent and ask for Your forgiveness. Cleanse me from all unrighteousness and purify my heart.

I release every symbol, memory, or association connected to past choices. (You can list them, if you choose.) I revoke every blood covenant, curse, spoken word, or generational pattern that is not in alignment with your will for me.

I renounce any unhealthy attachments, agreements, or influences—whether made knowingly or unknowingly—that are not in alignment with Your will for me. I break every ungodly tie and close every door that should never have been opened. I declare that no darkness has any claim over me.

I cut any and all unhealthy soul ties to humans and non-humans that were created as part of these alterations. Any demons that have attached to me no longer have any "legal rights" to me anymore. I declare every door to darkness closed. Creator, I ask that you send angels to force these demons from my presence, never to return to me again.

Creator, fill every part of me with Your presence. Replace anything unhealthy with Your truth, light, and peace. Mark my life with Your love alone. I consecrate my body, mind, and spirit to You afresh.

Surround me with Your protection and establish me firmly in Your identity. I give You all glory, honor, and praise. Amen.

This prayer is a private conversation between you and God. However, If you are dealing with demons that manifest violently, consider a Catholic priest or qualified deliverance minister to help you to evict any attached demons. It is best to choose one that works with Jesus Christ. There are many healers who knowingly and unknowingly draw their powers from demons may cause more harm than good.

If you have Dissociative Identity Disorder (DID), paranoia, or schizophrenia, have a trusted person present. In some cases, identity confusion or inner conflict may arise if demonic influences are deeply intertwined. However, following up with appropriate inner work and counseling can create an opportunity to rediscover and reestablish your true self.

Everyone's experience is different. When you become more in alignment with the Creator, you begin to close doors to demonic interference. While this may agitate oppressive influences, it establishes your authority and cancels their legal access. If you are being actively harassed by demons, you may notice resistance before beginning—sudden distractions, doubtful thoughts, unusual fatigue, headaches, muscle tightness, or queasiness. Reject thoughts of fear, intimidation, or accusation.

Weaker entities may release subtly—sometimes through sighing, coughing, yawning, or burping. If you feel tension or discomfort in your body during this prayer, it may indicate there are some demons holding on. If they interfere while you are doing this exercise, make a statement such as, "Any demonic powers in, on, or around me, I command you to be silent and still." This often calms the disturbance.

It is important to remember that not every struggle is spiritual in nature. Trauma, stress, learned patterns, or mental health challenges can affect how you feel. Feeling off balance can also indicate you are not fully ready to release something connected to the topic of this exercise. Over the next few days, pray to be shown any areas in which you are resisting. Ask to be shown God's will for you and the courage to move forward to be more in alignment with the Creator. Also important is addressing other open doors such as fear, false beliefs, or harmful behaviors.

Whether demons are involved or not, you may experience changes in the days following the exercise. Many feel more inner peace and clarity. One may notice healing or increased energy. Others may need additional rest as their body and emotions recalibrate. Emotional shifts are common. Temporary discomfort, tiredness, or emotional processing can also occur as you let go of past experiences.

Remember, this prayer addresses demons that may have entered through one specific door. Other doors may still need to be closed. Use the seven steps below as a template.

REFLECT on your motives and desires that are out of alignment with the Creator.

REPENT before God, offering a heartfelt apology for your wayward thoughts, words, and deeds.

RENOUNCE the distractions and forces that pull you away from loving and relying on the Creator.

REVOKE and release all demonic influences seeking to disrupt your peace.

REJOICE, expressing gratitude to the Creator, for His guidance and protection.

REVIEW your weaknesses each night, be intentional about what still needs work.

RESOLVE to change the thoughts, words and deeds that pull you away from God.

Sometimes what appears to be demonic interference is actually unprocessed trauma, learned behaviors, fear, or other emotional wounds. Addressing these through intentional inner healing is essential to closing doors and preventing future vulnerability.

If you have not experienced a SoulCleanse, consider requesting one today so we can go deeper into healing the trauma that may be contributing to the blocks you are currently facing.

Additional resources for freedom and continued growth are available at the bottom of my website. If you are seeking a personal deliverance minister, trusted referrals can be found here:

<https://www.theresacrabtree.com/referrals/>