

GENERIC RENOUNCE AND RELEASE PRAYER

This prayer is a guide to help you seek freedom, repentance, and spiritual renewal. Before you begin, read through the entire document carefully. If you are the parent or legal guardian of a child whose mental capabilities are age sixteen or under, you can intercede for them and include them in this prayer.

Pray sincerely and in your own words as you invite God's protection and peace into your life. Include any areas of your life where you feel you have been out of alignment with God—whether these actions were done to you or by you. 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 come with a humble heart, asking for Your protection over me (and my family). I invite Your guidance and ask that You reveal any areas in my life where I am out of alignment with Your will.

I confess that I have (name the offense). I acknowledge this is not in alignment with Your will. I truly desire to turn away from this behavior. I receive Your promise of forgiveness and thank You for cleansing me from all unrighteousness.

I renounce any unhealthy attachments, agreements, or influences—whether made knowingly or unknowingly—that are not aligned with Your will for my life.

I declare null and void any contracts or vows ever made that are not in alignment with Your will. (Name them if you feel led.)

I cut and sever any unhealthy soul ties with humans or non-humans that were formed through choices I have made.

I break every ungodly tie and close every door that should never have been opened. I declare every door to darkness closed.

I withdraw all consent for any demonic power to harass or afflict me in my body, mind, soul, or emotions—no matter how access was gained.

I declare that no darkness has any claim over me or any legal right to me. Creator, I ask that You send Your angels to remove any demonic presence from me, never to return again.

Show me anything else that needs to change so that I (and my underage children) may be fully free from the consequences of unholy choices.

(Pause and listen as His Holy Spirit leads.)

Creator, I ask forgiveness and deliverance from every curse, every spirit of infirmity, addiction, pain, and suffering associated with these choices. Cleanse my spirit, renew my mind, and restore every part of my body affected by them.

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 anew.

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/>