

Day 19

Daily Scripture Reading: Ephesian 6:10-20

Dear God,

Lord, I acknowledge that I need your help to win this mental battle. You did not create your children to be bound and crippled by fear, loneliness, rejection, unforgiveness, lust, bitterness, anxiety, doubt, low self-esteem, guilt, insecurities, addiction, suicidal thoughts, anger, self-defeating and judgmental thoughts. Your desire is for us to live in freedom from the holds of the world and the devil. Teach me to control and conquer my thoughts, and bring them into submission to Jesus Christ, as I aim to please you in every way. Teach me to replace every unhealthy thought with your scriptures and your truth. Help me take on the mind of Christ and focus my mind on things that are beneficial, holy, and true according to what is written in the Bible. Lord, I know that I am not fighting against human beings, but against rulers of darkness in high places, so I ask you to gird me with strength for battle so I can reject every temptation and thought that contradicts the truth of who you are and who I am in you. Help me to be strong in your mighty power, not leaning on my own strength or understanding. Lord, I know I can't break free by my own might so teach me to put on your armor of war so that I can take my stand against the devil's schemes and being equipped with the breastplate of righteousness, the belt of truth, the shield of faith, the helmet of deliverance, shoes of peace, and the sword of your scriptures.

Father, I ask you break down every wall that the enemy has fortified in my mind. In the name and authority of Jesus Christ, I ask you to demolish every high thing, every stronghold, every Goliath, and every mind-oppressing spirit that seeks to keep me bound. As Jericho wall crumbled, I pray that the enemy's plans against my mind will fall and be shattered by your great strength.

In Jesus Name, Amen