

# Deliverance from Regret and Hopelessness

Today I'm going to be praying for your deliverance. I'll be praying against the spirits of regret, hopelessness, despair, self-defeatism and a negative attitude. Many people may not realize they need deliverance from those. They might not think this topic applies to them.

I want to let you know up front, overcoming demons is not done exclusively through deliverance prayer. Being set free also involves effort on your part. That includes effort to stop sinning, to read the Bible, to pray and seek God, and effort to worship God. If a person begins doing those things, deliverance prayer is more effective.

Deliverance Revolution Ministries can help with the prayer, plus encourage you with the hard parts, too. Our website has prayers on many topics you can use. You could attend regular deliverance groups in Zoom. During the online groups there is Bible-based mentorship, worship, deliverance and prayer, plus weekly communion and weekly baptism. If you would like to contact us, go to [DeliveranceRevolution.org](http://DeliveranceRevolution.org). If you fill out a Contact Us form, then we'll know how to contact you and how to pray for you.

First, a comment about negative circumstances and bad feelings. Everything that a believer could possibly go through as a Christian, God CAN and WILL turn it around for the good. You don't have to know *how* it is going to work out. Your role is to trust Him and His goodness. He will work it out for good. The mindset of faith in God will help you overcome these spirits.

Before we begin the prayer, let's thank God. Lord, thank you for Your faithfulness, Your grace, Your kindness and willingness to help us. We praise you for Your mighty power and majesty. You are worthy of all praise and glory. Thank you for providing a way to the Father through the cross of Jesus Christ.

Father, in Jesus's name, I thank You for my brothers and sisters. I pray for their deliverance in Jesus's mighty name. Every demonic spirit that hears the sound of my voice, I command You release them in Jesus's name.

Come up and out. You demons already know they clicked on this prayer, so you have to go. The word of God says that all who call upon the name of the Lord shall be delivered. Father, I thank You that Your children were seeking You before they clicked on this prayer. Lord, Your anointing will cause these demons to manifest.

Every strong man that hears the sound of my voice, I bind you now. All demons of hopelessness that came through some failure or disappointment, I break them off in Jesus's name.

Right now, every demon that says things like, 'what's the point, you should just kill yourself,' come out. Spirits that give thoughts of suicide, that tell them to give up, come out from this child of God. Every demon that speaks curses over them, like 'your marriage will never be happy, you'll never get married, you'll never overcome sin,' I command you spirits to come all the way out in Jesus's name.

Regret over past sins...shame and guilt over past sins, I break it off in the name of Jesus. The word of God says the blood of Jesus cleanses our consciences from dead works to serve the living God. Every demonic spirit that's holding onto those dead works, come out right now in the name of the Jesus.

Father, we bind every demonic spirit trying to get them to live in the past. Your word says to forget the things that are behind and press toward the high calling in Jesus Christ. I rebuke these wicked spirits. Every dead fly that's attached to their life, I break it off in Jesus's name. We can be full of hope and glory because of the promises in Your word, and your love, power and faithfulness.

I come against every demonic spirit that makes them doubt the promises of God. I command every spirit of doubt to release them right now. The word of God says that all the promises of God are yes and amen to the glory of God the Father. I thank You for the great hope we have in Your promises, Father.

We are to walk by faith and not by sight. In Jesus's mighty name, release them right now. Come out, spirits of hopelessness, spirits of despair, spirits of depression, come out in the name of the Lord Jesus Christ. Hopelessness that leads to doing things in your own strength and effort, I break it off their lives in the name of Jesus. Release their minds, release their souls; come up and out right now.

You cannot keep these children of God bound in hopelessness, self-torment, self-abuse or self-destruction. Demons, we loose God's judgment on you. We loose the fiery destruction of God's wrath on every demon in the sound of my voice in Jesus's name.

Every demon that gets people to do self-destructive things, come out. All doubt, unbelief, low self-esteem and anxiety, come out. Spirits of pessimism and impatience, I command you to release them. Come out in the name of Jesus right now. I fight against you demons. Release them. We break your dark cords. We break every chain off them in the name of the Lord Jesus Christ.

Demonic spirits of drug use, depression, sadness, negativity, come out. Nostalgia spirits that tempt people with the passing pleasures of sin, I break them in the name of the Lord Jesus Christ. Come up and all the way out. Release them in Jesus's name. We pray that they will be delivered from every demon that tells them they can't be delivered. The devil is defeated, and Jesus is Lord.

Father, I break off every demon of hopelessness about serving God. I break off skepticism about the possibility of change. Let the curtains of darkness be drawn back, let the Light of God shine in their minds. Let the darkness flee. I break the spirit of hopelessness, doubt and unbelief off their minds in Jesus's name. Jesus came to bind up the broken hearted and set the captives free.

Father God, we break the Father of Lies right now in Jesus's name. Every demon trying to get them to agree that the demonic thoughts are their own thoughts, I curse it. Come up and out, spirits right now. Every spirit of doubt that tries to derail their faith, I command it out in the name of Jesus. Release them and come out right now, spirits. Up and out in the mighty name of Jesus.

We pray Lord, for you to ignite a furnace of Holy Spirit fire in them. We pray a fiery furnace of Holy Ghost Fire burn in them. Your word says that You are in all-consuming fire. Your word is like a hammer that breaks the rocks in pieces. We break the strongholds down. Your word is like a sword, and it pierces the fleeing serpent. We cut the head off every serpent right now in the name of the Lord Jesus Christ.

All spirits of hopelessness and regret, come up and out. Spirits that remind them of past sins, past failures, wasted time, we curse those demons now. They are the righteousness of God in Christ Jesus.

I break every spirit that wastes people's time with fruitless fantasies about having made different decisions. Every demon that gives imaginings about having married somebody else, gone to a different school, started life differently, born to different parents, we break those evil thoughts. Every spirit of fantasy and escapism, I command it to release their mind right now in the name of Jesus.

Thank you, Lord, for the armor of God that you have given them to wear. Jesus, I pray that You would give them a breakthrough in their prayer life. Thank you that we do not have a High Priest who is unable to sympathize with our weaknesses. They can come boldly to the throne of grace to obtain mercy and grace to help in time of need.

Any spirit of dread that makes them fear the future, come out. Every spirit that invites comparing their lives to others and invites envy, I command it to release them. If they have any anger towards God about their circumstances, I pray that anger, frustration and resentment come out in Jesus's name.

In Jesus's name, I break self-hatred or resentment off them now. Bitterness towards themselves, beating themselves up, I break those off their life right now in the name of the Jesus. I command those spirits to come out now through the mouth, the nasal passage, the eyes, all the body gates. Wherever you spirits have to go. Go where Jesus Christ is sending you spirits right now.

This child of God believes in biblical truth, in the promises of God's word. They believe in Jesus. Every faith-stealing spirit, we break it off in the name of the Lord Jesus Christ. Right now, all unbelief, we cast you out. Give them faith through the renewing of their mind. Let their minds be edified and built up through your word. Let their mind and mouth be filled with the good and precious promises of God.

Every demon that tells them God will use other people but not them, we curse it. Every demon that tells them that God loves His other children, but doesn't have many plans for them...we break it off in the name of Jesus. Every demon that invites negative comparison with others, we rebuke it.

Father, I pray they would be grateful for the life You've given them, for the circumstances You've put them in. Father, I pray that they would also be joyful about the life that You've given them. Your word says, Father, that they are appointed for such a time as this. I thank You that You've equipped and ordained them to overcome the tests, trials and temptations that they find themselves in.

I command any spirits of murmuring and complaining to come out. All self-pity, I command it to be broken off in Jesus Christ's mighty name. Self-pity, release them now in the name of the Jesus. Come up and out. I break off all negative spirits. I command them be broken off in Jesus's name. Come out, spirits. Get out, hopelessness. The Bible says we are not as those without hope. The Bible says Jesus Christ is the hope of glory.

We thank You, Father God. Your word says these three remain – faith hope and love. Father, may they be filled with faith, hope and love in Jesus Christ's name by faith. Father God, I pray and impart faith, hope and love in Jesus Christ's mighty name. I pray they would be full of faith, hope and love in the name of the Lord Jesus Christ.

Every demon that comes against faith, hope and love, I break it off in the name of the Lord Jesus Christ. Come up and out. Every spirit of hopelessness, come up and out. Every spirit of isolation making them not want to fellowship with Christians, come out. Every demon that makes them have a low opinion of themselves, come out.

Every demon that gets them to doubt what God can do or to put limits on God, we break those spirits off in the name of Jesus. Every demon that tries to limit their perception of the power of God, Father, we break it off in the name of the Lord Jesus Christ. I command you spirits to keep coming out, out, out. Go where Jesus Christ is sending you. Come up and out in Jesus's name.

Evil spirits, come out through shivering, through headaches, tension in the mind, through nausea, coughing, yawning, burping, sneezing, vomiting...come out right now in the name of Jesus. Release the people of God right now in the name of the Lord Jesus Christ. Loosen them and loosen their minds right now.

Every mind-binding spirit that gives feelings of hopelessness, despair and negativity, we break those lines of thinking in the name of the Jesus Christ. Come up and out, come up and out, spirits of negativity. Release them in the name of Jesus. We tear you loose and command you to go from them. We release civil war on these demons. We command the enemy to attack each other now. May they be completely uprooted.

Father, please soften their hearts to believe Your word. Please soften their hearts that they would have fresh faith, renewed faith in You. Father, I pray that their faith will be stirred up in what You can do, Father. Your word says that eye has not seen, nor ear heard the things that God has prepared for those who love Him. Your word says, 'Call unto me and I answer You, and show You great and mighty things which you know not.'

We thank You for Your goodness, despite our shortcomings. Father, You still have great plans our lives, so I pray they would not have regret about *having felt like* God's plans crumbled for their life. The word of God says He works all things together for the good of those who love him. I thank You, Father, that You can turn around even our shortcomings for the good and work it out in Your plan for our lives.

I pray that they may they have hope and faith in the plans You have for their lives, Father. Your word says that You 'have plans to prosper us, to do good unto us and not to harm us.' We thank You, Father. Every demonic spirit that is still manifesting, I command You to release them right now. Come up and out spirits.

I call down the Fire of God against You in Jesus's name. Burn up, burn up in the chest, come out of the mouth, come out through the lungs in Jesus's name.

Every demonic spirit has to go. Come up and out, devils. Come up and out. Father, I pray that You would fill this saint with Your Holy Spirit in Jesus's name. Please fill every empty place with the light yoke of Jesus Christ. Your word says that Your burden is light. Father, we thank You and give You praise in Jesus's name.

Father God, may they have restored hope in what You are doing, Father God. We do not doubt Your plans because we do not doubt Your character, Your power or Your wisdom. I pray, Father that they would have a high view of who You are, Lord. I pray that they would see You high and lifted up, that they would see the beauty of Your holiness.

I pray that they would see that You are doing great and mighty things, that You are faithful to finish the work You started. Your work also includes the small details of our lives. You will work those out as well. We thank, You Lord. We pray all of these things in the powerful name of the Lord Jesus Christ. Amen.

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