

Prayer To Overcome Struggle With Repeated Sin

Father God,

I come before You in the mighty Name of Jesus Christ, humbled and desperate for freedom. Lord, I confess that I have struggled with repeated sin. I have known what is right, and yet I have felt pulled into the same cycle again and again. But today I refuse to accept that this cycle is my destiny. I refuse to believe that I must live bound until the day I die. I come to You because Your Word declares that freedom is possible now.

Lord, I thank You that Your Word makes a difference between sins and sin. Your Word says in **1 John 1:7 (NKJV)**, “But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.” I thank You for the blood of Jesus that cleanses me from my sins—every act, every failure, every fall. Your blood washes me. Your blood forgives me. Your blood removes my guilt and shame.

But Father, I also thank You that the Gospel goes deeper than forgiveness of sins. Your Word says in **Romans 6:6 (NKJV)**, “Knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.” Lord, I thank You that not only were my sins forgiven, but my old man was crucified with Christ. The very root, the principle of sin, the nature that produces repeated sin—You nailed it to the cross.

Today, I choose to KNOW this truth. Your Word says in **Romans 6:3 (NKJV)**, “Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death?” Father, I declare that I was baptized into Christ’s death. I do not have to wait until physical death to be free from sin. By faith, I look back two thousand years to the cross, and I see that I was included in Christ. When He died, I died. When He was buried, my old nature was buried. When He rose, I rose in newness of life.

Lord, renew my mind with this truth. Break every lie that says I must always be a slave to repeated sin. Your Word says in **John 8:32 (NKJV)**, “And you shall know the truth, and the truth shall make you free.” I ask You to plant this truth deep in my spirit: I am not a helpless sinner doomed to repeat the same failures. I am a child of God who has been crucified with Christ.

Father, I confess that deliverance from demons is not the same as deliverance from sin. Even if every demon fled, my flesh would still need to be crucified. Even fasting cannot kill my flesh; it can only subdue it. But Your Word shows me that only death kills sin. And I thank You that the death of Jesus is sufficient for me.

Your Word says in **Galatians 2:20 (NKJV)**, “I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” Father, I declare this over myself: I have been crucified with Christ. It is no longer the old me who lives. Christ lives in me. The power of repeated sin is broken because the old man has been crucified.

Today, Lord, I RECKON myself dead to sin. Your Word says in **Romans 6:11 (NKJV)**, “Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.” Father, I choose to reckon it so. Even if I do not feel it, even if my emotions argue, even if my history screams otherwise, I align myself with Your Word. I count it as true. I consider it settled. I am dead to sin and alive to God.

I see my old man where You see him—on the cross. I refuse to dig up what You have already buried. I refuse to identify with what You have crucified. I declare that repeated sin no longer has legal authority over me because the slave has died. And Your Word says in **Romans 6:7 (NKJV)**, “For he who has died has been freed from sin.” Lord, I thank You that death has freed me.

Father, from this place of death and resurrection, I now PRESENT my body to You. Your Word says in **Romans 6:13 (NKJV)**, “And do not present your

members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God.” Lord, I present my eyes to You. Let my eyes be instruments of righteousness. I present my ears to You. Let my ears reject what feeds temptation. I present my mouth, my hands, my feet, my mind, my imagination to You. Let every part of me serve righteousness.

I declare that I am alive from the dead. I am not trying to become alive—I am alive in Christ. Therefore, I do not present myself to sin as a willing instrument. I refuse to cooperate with temptation. I refuse to entertain what once mastered me. Instead, I yield myself to You.

Holy Spirit, I ask You to fill me and lead me. Your Word says in **Romans 8:9 (NKJV)**, “But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you.” I thank You that I am not in the flesh but in the Spirit. Sin is no longer my dwelling place. I am a temple of the Holy Spirit. The same Spirit who raised Jesus from the dead dwells in me.

Your Word says in **Galatians 5:16 (NKJV)**, “I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.” Father, teach me to walk in the Spirit. Help me to cultivate relationship with You daily. When temptation comes, remind me that I am not obligated to obey it. Empower me to choose the Spirit over the flesh.

Holy Spirit, energize me. Prompt me. Warn me. Strengthen me. Produce in me the fruit of self-control, love, and holiness. Let intimacy with You replace the cravings of the flesh. Let worship silence temptation. Let prayer weaken every sinful impulse.

Father, I also choose to cut off the triggers that lead me back into repeated sin. Your Word says in **Romans 8:13 (NKJV)**, “For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.” By the Spirit, I put to death the deeds of the body. I ask You to show me what environments, conversations, media, relationships, and habits are feeding my old patterns.

Your Word says in **Colossians 3:3 (NKJV)**, “For you died, and your life is hidden with Christ in God.” Because I have died, I now choose to put to death what belongs to my earthly nature. As it says in **Colossians 3:5 (NKJV)**, “Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.” Lord, I renounce these things. I cut them off. I do not negotiate with them. I do not justify them. I put them to death from a position of already being dead with Christ.

Father, I reject the lie that holiness is impossible. I reject the lie that I must live in constant defeat. Your Word says in **Romans 6:14 (NKJV)**, “For sin shall not have dominion over you, for you are not under law but under grace.” I declare that sin shall not have dominion over me. I am under grace. Grace is not permission to sin; grace is power to live free.

Lord Jesus, I thank You that You did not die merely to give me a ticket to heaven. You died to transform me. You died to redeem me. You died to make me a new creation. I receive that transformation. I receive that new identity. I am not defined by my past failures. I am defined by Your finished work.

When temptation whispers, remind me: I have been crucified with Christ. When guilt tries to crush me, remind me: the blood has cleansed my sins. When my flesh tries to rise, remind me: it was nailed to the cross. When I feel weak, remind me: Your grace is sufficient.

Father, I commit to going back to the cross daily. Not as a place of shame, but as a place of victory. I trust in the cross. I stand in the cross. I hide in the cross. I declare that the spider has been killed, not just the spiderweb brushed away. The root has been dealt with. The old man has been crucified.

I receive the abundance of grace and the gift of righteousness. I declare that I will reign in life through the One, Jesus Christ. I will not merely manage sin; I will be delivered from it. I will walk in dominion. I will walk in

freedom. I will walk in holiness—not by my strength, but by faith in the Son of God.

Father, seal this truth in my heart. Let it go deeper than emotion. Let it become revelation. Let revelation become conviction. Let conviction become transformation. I thank You that freedom is not a distant hope but a present reality in Christ.

I declare today: I am forgiven by the blood. I am crucified with Christ. I am dead to sin. I am alive to God. I present myself to righteousness. I walk in the Spirit. I cut off the triggers. I live from the cross. I reign in grace.

In Jesus' mighty Name, Amen.

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🙏 So, in the mighty name of Jesus, I pray right now: Father, surround them with Your protection, stir their hunger, and draw them into deeper freedom, in Jesus' name. Amen.