

Praying Deep Into Identity, Soul Wounds, Boundaries, Sonship, Rest, and Sustained Freedom.

Heavenly Father, I come before You now by the blood of Jesus Christ, not because of what I have done, but because of what He has done for me. I step out of striving and into truth. I acknowledge You as my Father, not my taskmaster, my source, not my scoreboard, my home, not my judge. I place my spirit, soul, and body fully before You, and I invite the Holy Spirit to preside over this time of deliverance, healing, and restoration. I declare that Jesus Christ is Lord over every part of me, and I willingly submit myself to Your authority and truth, in Jesus name.

Father, I quiet my heart before You. I slow my breathing. I choose to be present. I lay down urgency, pressure, and inner noise. I ask You to create a safe space where my soul can come out of hiding and my heart can stop performing. I declare that I am safe with You right now. I am not being evaluated. I am not being measured. I am being loved. Let Your presence settle over me like a blanket of peace, dismantling anxiety and calming every internal alarm that has learned to associate stillness with danger, in Jesus name.

I humble myself before You and repent deeply for every way I have lived from a distorted image of You. I repent for believing You were demanding instead of delighting, disappointed instead of devoted, distant instead of near. I repent for projecting human authority wounds onto You. I repent for believing that Your love increased when I did more and decreased when I rested. I turn away from these lies now and I turn toward the truth revealed in Jesus Christ, full of grace and truth, in Jesus name.

I repent for every way rejection has shaped my inner world. I repent for internalizing pain and turning it into identity. I repent for believing I was too much, not enough, invisible, or only tolerated. I repent for agreeing with thoughts that told me I had to earn my place, earn love, or earn belonging. I repent for self-rejection—every time I minimized myself, ignored my needs, or abandoned my own heart to keep peace with others. I bring all of this

into Your light, and I receive Your forgiveness and cleansing now, in Jesus name.

I now renounce the spirit of rejection in all its forms. I renounce rejection experienced in the womb, at birth, in childhood, in adolescence, and in adulthood. I renounce rejection from parents, siblings, peers, leaders, authority figures, churches, and communities. I renounce rejection through neglect, emotional absence, favoritism, comparison, criticism, betrayal, and abandonment. I break agreement with every conclusion my heart made in moments of pain. I declare that rejection no longer has the right to define me, in Jesus name.

By the authority of Jesus Christ, I speak directly to the spirit of rejection. You unclean spirit of rejection, and every spirit that entered with you or feeds from you—abandonment, orphan spirit, fear of man, insecurity, shame, self-hatred, inferiority, isolation, comparison, jealousy, loneliness, despair—I bind you together as one. You have been exposed by truth and stripped of your cover. You no longer have legal ground to remain. I command you now: come out of my spirit, come out of my soul, come out of my mind, emotions, memories, and body. Come out now and go where Jesus sends you, in Jesus name.

Father, I now repent and renounce the spirit of obligation. I repent for every way I have lived under pressure instead of peace, guilt instead of guidance, fear instead of freedom. I repent for confusing constant activity with devotion and exhaustion with faithfulness. I repent for believing that my value came from being useful, needed, or always available. I repent for staying in assignments You did not give and carrying burdens You did not ask me to carry. I lay down false responsibility now, in Jesus name.

I now take authority over the spirit of obligation and all its expressions. You spirit of obligation, religious pressure, driven service, performance mindset, false submission, guilt manipulation, and spiritual slavery—I see you clearly. You are not obedience. You are not faithfulness. You are bondage disguised as devotion. I strip you of authority in my life. I command you to loose your hold on my will, my decisions, my emotions, my schedule, and

my body. Come out of me now. Go into the pit and do not return, in Jesus name.

I renounce and cast out the spirit of fear that partners with rejection and obligation. I renounce fear of disappointing people, fear of being misunderstood, fear of being abandoned, fear of saying no, fear of resting, fear of slowing down, fear of losing position or approval. I break agreement with the lie that love is conditional and safety is earned. I command every spirit of fear to come out of my nervous system, my thoughts, my emotions, and my body now. Fear, come out, in Jesus name.

I now command all associated spirits to come out together: people-pleasing, perfectionism, control, manipulation, false responsibility, codependency, enabling, over-functioning, burnout, resentment, heaviness, weariness, condemnation, and self-accusation. You have been identified and judged by the cross of Jesus Christ. I evict you from every area of my life. Come out of my heart. Come out of my mind. Come out of my body. Come out now and never return, in Jesus name.

Father, I choose to forgive from the heart. I forgive every person who rejected me, used me, overlooked me, or benefited from my over-giving. I forgive leaders and systems that normalized pressure and ignored rest. I forgive those who mistook loyalty for exhaustion and obedience for silence. I forgive myself for not knowing what I was never taught. I release all bitterness, resentment, and offense into Your hands. I choose freedom over holding on, in Jesus name.

Lord Jesus, I invite You now into the deepest wounds of my soul. I invite You into moments where I learned to disappear, perform, or overachieve to survive. I invite You into the memories where I felt unsafe to rest, unsafe to speak, unsafe to say no. Speak truth where lies were planted. Heal the parts of me that learned love was transactional. Restore what was lost. Let Your presence fill those places now, in Jesus name.

Holy Spirit, come and gently minister to my inner child. Go back to the earliest places of fear, rejection, and confusion. Re-parent my heart with

truth, safety, and affection. Teach my soul what it feels like to be secure, wanted, and protected. Calm my body where it learned to stay hyper-vigilant. Release stored tension, stress, and trauma. Let deep rest enter places that have never known rest, in Jesus name.

I receive the Spirit of adoption right now. I declare that I am no longer an orphan. I am no longer a slave. I am a son. I am a daughter. I belong. I am wanted. I am chosen. I do not need to earn my place in God's family. I do not need to prove my devotion. I cry out, "Abba, Father," and I let that truth settle deeply into my heart and identity, in Jesus name.

Father, restore my identity in Christ. Separate who I am from what I do. Untangle my worth from my output. Heal my conscience where it has been trained by guilt instead of grace. Renew my mind with truth. Replace striving with trust, pressure with peace, and fear with love. I receive clarity about who I am and confidence in how You lead me, in Jesus name.

Teach me healthy boundaries, Lord. Heal my ability to discern what is mine to carry and what is not. Teach me how to say yes with joy and no with peace. Remove false guilt from rest and false fear from obedience. Train my heart to recognize Your voice above every other demand. Establish rhythms of rest, intimacy, and obedience that sustain life instead of draining it, in Jesus name.

I declare that I am led by the Spirit, not driven by guilt. I serve God because I love Him, not because I am afraid. I obey from freedom, not pressure. I rest without apology. I move without striving. My yes is Spirit-led, and my no is protected. I walk in wisdom, clarity, and peace, in Jesus name.

I decree that every root of rejection is uprooted, every chain of obligation is broken, and every lie of slavery is silenced by the blood of Jesus Christ. My mind is renewed. My heart is healed. My body is learning safety. My soul is coming into alignment with truth. I remain free as Christ has made me free, in Jesus name.

I seal this deliverance, healing, and restoration with the blood of Jesus. I forbid any returning, retaliating, or replacement spirits. I declare that my

house is clean, filled, guarded, and occupied by the Holy Spirit. My identity is anchored. My boundaries are restored. My future is secure. All glory, honor, and authority belong to Jesus Christ alone, now and forever, in Jesus name.


Pastor Nate Thompson
Deliverance Revolution Ministries

 **DeliveranceRevolution.org**


 **Need deliverance? Contact us:**


<https://deliverancerevolution.org/contact-us/>

Are You Ready to Be Set Free and Step Into Your Calling?

Deliverance Revolution Ministry isn't just another ministry—we are a **frontline movement**, raising up **Full-On Jesus warriors** for the Kingdom of God. 

Join us **daily at 11 AM and 7 PM Eastern** (except Sunday mornings) for powerful **Zoom deliverance sessions**. These aren't just meetings—they are **encounters with the living God**. We minister deliverance, provide discipleship training, and equip believers to walk in **freedom, boldness, and purpose**.

 Whether you're battling **oppression, possession, depression, or suicidal thoughts**, we've seen Jesus radically transform lives. Our **YouTube channel** is filled with real testimonies—people who came in broken and walked out free.

Our website, **DeliveranceRevolution.org**, is packed with **life-changing prayers, training, and tools** designed to help you grow into everything God has called you to be. 

But hear this clearly: **your freedom begins with your will.** You must want it. Pursue Jesus with your whole heart, and He will meet you. He will break every chain. This isn't about religion—it's about **relationship** and a **relentless pursuit of the King of Kings.**

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

➡️🔪 **Don't wait. Get connected. Get trained. Get free.**
Full-On Jesus is the only way.