

## **FIVE KEYS PRAYER**

Lord, Jesus Christ, I come before you just as I am, sorry for my sins. I repent for every one of them—please forgive me.

I accept you as my Lord and my Savior; I give you my entire self now and forever. Cover me with your precious blood and fill me with your Holy Spirit, the spirit of power and of peace.

Because you have forgiven me and because you command it, I forgive others for the wrongs they have done to me, the ways they have hurt me, the damage they have caused in my life. I offer this forgiveness in union with the forgiveness you offer from the cross, knowing that I cannot do it on my own. "Father, forgive them!"

In your name, I now renounce Satan and all evil spirits: their works, their lying ways, and their empty promises. I reject all the strategies the enemy uses to deceive and destroy me, and I tell him and his evil angels to leave me alone.

Jesus, teach me to know the Father and how to receive his blessing. Heal me, change me, and strengthen me, that I might follow you more faithfully every day. I want to become the person the Father created me to be, living the life I was made for.

I love you, Lord. Thank you for my freedom!

AMEN.

***Make every breath a prayer!***

***In: I receive mercy. Out: I plead mercy for others.  
The space in between: I need mercy.***

For Catholics, we also recommend the **Prayer to St. Michael**, the **Litany of St. Joseph** or **The Prayer to St. Joseph from the First Century**, and the **Novena to Our Lady, Undoer of Knots**.

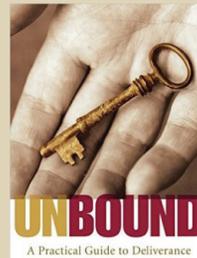
These are all easily found online with a Google search.

To learn more about

## **The Five Keys to Freedom**

visit

**HeartoftheFather.com**



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## **GOT UNBOUND?**

Pray it deeper.



# **STAY FREE**

**Prayers for spiritual battle**

The prayers in this brochure reinforce the principles of Unbound's "Five Keys to Freedom" – **Repentance and Faith, Forgiveness, Renunciation, Authority, and Blessing.**

We hope these prayers help you receive freedom, stand in freedom, share freedom.

However, please remember that you don't win victory over your enemies by saying just the right sentences. If your words don't name reality, they are empty, just sound waves fading into space.

God knows your heart. In the same way, the devil recognizes the spiritual attitude you take when you stand against him. Most important, he recognizes *Christ in you*.

When you pray "in the name of Jesus," you simply express the truth that you are acting in union with his will, securely rooted in him.

Whether you are limping or halting, whether you are decisive or desperate, whether you recite an eloquently expressed prayer or you just whisper "help," what matters is that you know who you are.

You are loved.  
You are a child of God.

**LIVE FREE!**



**My Lord, as I wake this morning**, I surrender to you my body, mind, heart, and soul. Fill me with the light of your presence even as the world fills with the light of the sun! Banish the darkness of doubt, fear, and selfishness with the brightness of faith, hope, and love.

Help me to follow you today. You are the Good Shepherd leading me home—don't let me follow anyone else. Close my ears to the voice of your enemy; strengthen my heart against the pull of temptation. I don't want to bow down to anything false in fear or fascination. Nevertheless, help me to remember that true victory does not mean becoming perfect; it means accepting weakness without losing my peace, understanding that apart from you, I can do nothing.

In this morning offering, I recall all those you have given me: my family, my friends, those I work with, those I pray with, and all those I will connect with in the course of this day. Cover us all with your blood for the forgiveness of our sins and protection from the Evil One. I ask you to rouse those who pray for me, too. Stir their hearts now on my behalf, so that I may receive all the spiritual covering you desire.

Thus, covered with your blood and sheltered in the communion of your saints, I have nothing to fear from the enemy. So in this morning prayer, I renounce Satan, all his evil works, and all his empty promises. Hidden in the heart of Jesus and with his authority, I now command every evil spirit aligned against me and against those I pray for to leave us alone. I declare that Satan cannot hurt or harass us any more than God allows for our good and for His glory.

My Lord, I know that evil seeks to fill the gaps in our hearts, the wounds, the needy places. So I pray that you would fill those gaps with your abundant grace and healing today. Show us the Father as you promised, and teach us that we are God's children. Therefore we have nothing to fear, nothing to want for, and everything to hope for.

Let me live in this joyful confidence today, so that at the end of it I may cry, "I sing for joy in the shadow of Your wings, for You have been my help!" (Ps. 63).

I consecrate this day to you and to the praise of your glory, embracing your will, accepting your providence, for truly "everything is grace" (St. Therese).

**Heavenly Father, as this day ends,**

I quiet my soul before you and thank you for all your mercies, remembering that You were with me throughout this day even at the times I didn't feel you near. Open my eyes to your providence and make me truly grateful for how you protected and blessed me. Open my eyes to see also the ways I offended you today, how I missed opportunities to love: grant me the grace of a deep and true repentance.

Infuse my memories of the day with the sweetness of your Holy Spirit. Where there was deception, correct it with your truth. Where there was doubt, inspire confidence. Where there was fear, replace it with trust. Where there was sin, cover it with mercy. Where there was hurt, any wound to my heart, heal me. And wherever there was love or goodness or faith, multiply it and make it bear fruit in eternity.

If I have disappointed or harmed others today through sin or weakness, please heal them, provide for them, and fill the gaps between what they needed and what I gave. I trust you to bless these, your children, even through their experience of my faults.

For my part, I forgive all who have hurt me. Give me the humility to accept all wrong, all misunderstanding, all insult, all neglect with patience, knowing that I have injured others in my turn. I resolve to leave the difficulties of this day in your hands. I will not nurse any grudge by meditating on it or sharing it and so allow a root of bitterness to grow in me.

I remember here before you my loved ones, and all those I connected with or prayed for today, lifting them to your merciful heart. Grant us the gift of peaceful rest and watch over us through the night. In the morning, fill us again with grace, "renewing our youth like the eagle's, to run and not grow weary, walk and not faint" (Is. 40) and so make our way home on the "highways to Zion" that you build in our hearts (Ps. 84).

I love you, Lord. You are the deepest desire of my heart and I cannot wait to see you face to face. Thank you that through daily union with you, I can begin the life of heaven here and now, a life where with the saints and angels. I will praise you forever.