

Prayer of Repentance & Release from Martial Arts and Yoga

Note: *If you have practised Yoga or Tai Ch'i exercises, Transcendental Meditation or Hindu, Taoist, Shinto, Buddhist or occultic meditations or chants, Pranayama breathing, any of the other Martial Arts, most Alternative Health Therapies (all of which are based on Hinduism, Taoism, or other occultism), then aspects of the following prayer will apply to you and you will experience freedom as you pray.*

Please don't just parrot the following prayer but think carefully about what you are saying to God. Please read it through first so you know what is involved. It is best to pray this aloud with a Christian witness or counsellor present. We suggest a brief pause following each paragraph to allow the Holy Spirit to show any additional issues which may require attention.

"Father God, creator of heaven and earth, I come to you in the name of Jesus Christ your Son, and through His shed blood. I ask you for your protection as I pray the following prayer. I come as a sinner seeking forgiveness and cleansing from all sins committed against you, and others made in your image by myself or my ancestors. Please protect me and those whom I love. True Holy Creator God, in the name of the true Lord Jesus Christ, in accordance with Jude 8-10; Psalm 82:1 and 2 Chronicles 18, I request you to move aside all Celestial Beings, including Principalities, Powers and Rulers, and to forbid them to harass, intimidate or retaliate against me, and all participants in this ministry today. I also ask that You prevent these beings of whatever rank, to not be permitted to send any level of spiritual evil as retaliation against any of those here, or our families, our ministries or our possessions.

I believe in my heart that God the Father, raised His Son Jesus from death after Jesus had paid for my sins on the cross at Calvary, once for all.

Jesus Christ is therefore my Lord, my Saviour, my Master and my Deliverer.

I choose to honour my earthly father and mother and all of my ancestors of flesh and blood, and of the spirit by adoption and godparents, but I utterly turn away from and renounce all their sins and iniquities. I forgive all my ancestors for the effects of their sins and iniquities on me and my children. I confess and renounce all of my own sins.

In the name of Jesus Christ of Nazareth, I turn from and renounce the denial by any of my ancestors, of the Gospel of Jesus Christ and of Jesus' work on the cross of Calvary.

I turn from and renounce Satan and all his works and every spiritual power or force of his, affecting me or my family, in Jesus' name.

I turn from and renounce the worship of all false Gods on the basis of Your Word recorded in Exodus 20 verse 3 which states "Thou shalt have no other gods before me" and I declare aloud that "Jesus Christ is my Lord."

I turn from and renounce all occultic aspects and influences brought upon me by my ancestors' acknowledgement of Hindu, Taoist and other occultic Myths and Legends.

I turn from and renounce all divination and witchcraft as an abomination to God, in accordance with Deuteronomy 18:10-16.

I renounce all involvement in Idolatry by myself, my parents and all my ancestors.

I especially renounce the false gods and goddesses of Brahma, Shiva, Vishnu, Durga, Kali, Hanuman, Ganesha, and all the other idols.

I will destroy any objects in my possession which connect me with idolatry, witchcraft and the occult, including objects worn as jewellery for good luck or protection, and all objects of superstition, and I will not covet or keep or give away any precious metals from them.

I renounce the wearing of fetishes and their effects. I renounce all the superstitious fears that held me and my ancestors in idolatry and witchcraft, especially fear of Death, fear of spirits, fear of man and fear of trusting, in Jesus' name!

I renounce calling Brahma, Krishna, Buddha, or any other false god by the title of "Lord", as Jesus Christ alone is "King of Kings and Lord of Lords."

I renounce the idolatrous practice of tattooing of the flesh specifically forbidden by God as the "cutting of the flesh", both as a practitioner and as the recipient, and the associated occultic demonic aspects.

I Renounce the pride which would have led my ancestor into being tattooed or having their flesh cut or pierced.

I renounce the wearing of the "Kali dot" in the centre of the forehead, known as the "Third eye" or "Brow chakra" in occult groups, and I rebuke and reject every spirit of Divination or

false spiritual insight which empowered it. I reject, break and renounce all agreement previously given by myself or my ancestors to be deceived by evil spirits.

I renounce all other witchcraft rituals and all curses spoken by me or my ancestors.

I renounce all talking to the dead and consulting with the dead which is described as the sin of "Necromancy" in Deuteronomy 18:11, and I Renounce the kissing of dead loved ones and any evil spirit that has transferred to me from this practice.

I renounce all guidance by "familiar" or family spirits, especially the spirits posing as spirits of ancestors.

I renounce all songs involving the calling of spirits other than the Holy Spirit of God. I will listen to no other spirit than the Spirit of my Lord Jesus Christ.

I renounce the following of any "Guru" by me or my ancestors, whether as a "devotee" or out of curiosity.

I renounce the burning of Eastern incense because God says in Isaiah 66:3 "He that burns incense is as if he blessed an idol" or false god.

I renounce the false teachings of the "Vedas," the "Upanishads," and of Hindu or Buddhist priests or Gurus. I also renounce the teachings of Maharishi Mahesh Yogi, Satcha Sai Baba, and all other Gurus.

I renounce the taking of revenge on people and the associated guidance of demonic powers and their participation in such practices.

I renounce the entrapping of others and observing the helplessness of captives taken in revenge raids.

I renounce the practice of becoming a warrior and subsequent dedication to any war god idol, and all associated customs and practices.

I renounce the enjoyment of fighting, aggression and violence of all Martial Arts, of every kind and form.

I renounce all war dances and challenges which inspire fear in others.

I renounce the ritual murders or sacrifices of captives, and the fear of violent attack or assault and the fear of revenge.

I renounce the practice of human sacrifice to idols.

I renounce the practice of engraving or carving an image of false gods on talismans, bracelets or other items of superstition and lucky charms.

I renounce all customs associated with the non-eating of certain food unless they had first been offered to idols, including "Vegetarianism".

I renounce all witchcraft/occult activity regarding the asking of those demonic powers to protect a war party and to bring it success.

I renounce the use of the fighting weapons and the associated occult practices and carvings engraved on these.

I renounce all fascination with snakes and serpents and the "seed of that old serpent", the devil.

I renounce all carved items worn & used as lucky charms.

I renounce all occultic dreams & demonic guidance given by evil spirits.

I renounce the belief in spirits dwelling under rivers, seas and harbours.

I renounce the chanted prayers to idols to make the crop(s) grow well, and the offering of foods to idols before eating.

I renounce every position held by an ancestor, whether Guru, teacher, or priest, who practised witchcraft.

I specifically renounce any love of position and power, avarice, or greed associated with the pride of these positions.

I Renounce the calling of any man "Guru" or "Master", for Jesus Christ is my only Master and Lord.

I renounce all Yoga postures and beliefs, especially the “Serpent” posture, the “Cobra” posture, the “Lotus” posture, the “Elephant (Garnesha)” posture, and especially the mood swings and arguments it caused. I also renounce the Buddha posture, and the hip, knee and obesity problems it caused.

I also renounce the Hanuman “Three Little Monkeys” postures of Hear no evil; See no evil & Speak no evil and the spirits of divination associated with them, and the sexual problems it caused; and I will renounce all others by name as I remember them.

I renounce all “Pranayama” breathing exercises.

I renounce all confusion and depression, in the name of Jesus’ Christ!

I renounce all “False peace” associated with Hinduism, Taoism and their practices.

I renounce all fear of insanity, anguish, and death wish, suicide and death, in the name of Jesus Christ. He alone conquered death, and holds the keys of death and hell, and my life is in His hands now.

I renounce all emotional and sexual bondages related to these practices.

I renounce all anger, hidden anger, hatred, murderous thoughts, revenge and retaliation.

I renounce all unbelief, especially unbelief in the Holy Bible as God’s word, and compromise of God’s word.

I renounce treating God’s words as equal with, or of less value than the books of false religions.

I renounce those aspects of the Vedas, the Upanishads and other so-called Holy Books that are not acceptable to God.

I renounce all sickness and infirmity resulting from any of the above practices from which I have repented now.

I renounce and forsake all involvement in all forms of sorcery, divination, astrology, in the name of Jesus Christ.

I ask you Father God, to effectively nail to the cross of Jesus all records and laws written against me.

Holy Spirit, I ask that you show me anything else that I need to do or to pray in order to be free of the consequences of these sins.

In the name of Jesus Christ I now rebuke all evil curses, breaking their power, and I loose myself and my children from them; all inherited or ancestral curses, curses from others; all evil words spoken by parents, teachers, old friends, relatives, spouses, all witchcraft or voodoo assignments, and all curses stemming from my culture. I now break the power of all charms, hexes, spells, psychic powers, bewitchments, witchcraft, sorcery, incantations, impartations, or assignments that have been put upon me or my family line from any person or group, living or dead, or from any occultic or psychic sources, including any familiar spirit assigned to me by Satan at my birth. I rebuke all connected and related spirits and command these to leave me now, in the mighty name of Jesus Christ.

I break every remaining soul tie that is ungodly with persons and groups in my past, in the name of Jesus Christ.

I renounce the ungodly soul tie with (cult group – mention name);

. . . with (mention person's name) who led me into the occultism of Martial Arts, Tai Chi, Transcendental Meditation, Yoga, Alternative Health Therapies, Astrology, Sorcery, Divination, (name practice);

. . . with the hypnotist (name);

. . . with (name) who led me into drugs;

. . . and with (name/s) that I had sinful sexual relations with (adultery, fornication, homosexuality, bestiality etc.) and also with any person whose blood was transfused or whose organ was transplanted into me.

I renounce all these and any other ungodly soul ties (mention other names that are appropriate) and I command the spirits of all these soul ties to leave me now in the name of Jesus Christ. I gather those ungodly soul ties together now and cut them through with the Sword of the Spirit of God. I now ask my Heavenly Father to reaffirm the Godly soul ties that I have with my spouse, children, and with members of the Body of Christ.

Now dear Father God, I ask humbly for the blood of Jesus Christ, your Son, to cleanse me from all these sins I have confessed and renounced, to cleanse my spirit, my soul, my mind,

my emotions and every part of my body which has been affected by these sins, in Jesus' name!

I renounce every evil spirit associated with all these areas and all other sins, and I command in the name of Jesus Christ for every evil spirit to be bound and to leave me now, harmlessly on my natural breathing, touching or harming no-one, and go to the place appointed for you by the Lord Jesus Christ, never to return to me or my family. I call on the name of the Lord Jesus to be delivered of these spirits, in accordance with the many promises of the Bible. I ask to be delivered of every spirit of sickness, infirmity, curse, affliction, addiction, disease or allergy associated with these sins I have confessed and renounced. I surrender to God's Holy Spirit and to no other spirit all the places in my life where these sins have been. I ask you, Lord, to fill me with your Holy Spirit now, according to the promises in your Word. I take to myself the whole armour of God in accordance with Ephesians Chapter Six, and rejoice in its protection as Jesus surrounds me and fills me with His Holy Spirit. I enthrone you, Lord Jesus, in my heart, for you are my Lord and my Saviour, the source of eternal life. Thank you, Father God, for your mercy, your forgiveness and your love, in the name of Jesus Christ, **Amen.**"