

## Foundational Daily Prayers

### A. Morning Prayer

Upon awaking, pray: Heavenly Father, in the Name of Jesus, I am not aware of any sins since the last time I confessed my sins, so right now I am thanking you that you have forgiven me of all my sins and cleansed me from all unrighteousness, which includes my unknown sins (1 John 1:9). In the Name of Jesus, I receive forgiveness for all my sins and I renounce all the demons, devils and evil spirits behind these sins (CRRB). In the Name of Jesus, I ask the Holy Spirit to fall afresh on me. (Isa 11:2)

In the Name of Jesus, I bind all the forces of satan from my life, my family, the ABC family and all that concerns me. In the Name of Jesus, this day, I loose into my life, my family and the ABC family the will of my Heavenly Father, the life of God, the powers of Heaven and the angels of God for what we need in our lives today, (Matt 18:18)

In the name of Jesus, I present myself as a living sacrifice. I give to the Holy Spirit my heart, soul, mind, brain, memory, 5 senses, eyes, ears, tongue, lips, every cell, every organ, every system and all my members as a willing vessel for you today. Help me Holy Spirit not to take myself back.

### B. Foundational Prayers

Pray these daily or twice daily for yourself and family members. Pray aloud and personalize it (i.e., place the family names [or we or us] wherever the prayer uses the word “you”). Always address your prayers to your Heavenly Father in the Name of Jesus.

- Psalm 23, 91
- Ephesians 1:17-23
- Ephesians 3:14-21
- Colossians 1:9-11

### C. Forgiving Others

1) If you have the slightest doubt that you may have been offended, forgive the person: Heavenly Father, in the Name of Jesus, I forgive \_\_\_\_\_(or every person), from my heart, who has offended me and I pray blessings on them from my heart.

**Note:** Since unforgiveness is very deceptive, it might be more easily recognized if you check for a loss of joy, peace, or patience.

2) If the memory of a previous offense comes to mind, treat the memory as a sin, pray: Heavenly Father, I have already forgiven this person, so this memory is a temptation from the enemy and I confess it as a sin and renounce the demons, devils and spirits behind it. Then continue to CRRB. If the thought comes again, repeat the prayer as many times as needed for the memory to go.

### D. Affirmations

1) Highly Recommended

- In the Name of Jesus, I have the mind of Christ (1 Cor 2:16). Do 20-100 times per day.
- In the Name of Jesus, God has made the words of my mouth and the meditations of my heart pleasing to Him (Ps 19:14). Do 20-100 times per day.

2) Optional

- I have, or My \_\_\_\_\_ ( e.g. my foot) has, been healed by the stripes of Jesus (1 Peter 2:24).
- My God supplies all my need according to His riches in glory through Christ Jesus (Phil 4:19).

**Suggestion:** These prayers help only if you do them, so make several copies of this sheet and place them in easily accessible places.

ABC Healing School  
Semester 1 Module 28  
Foundational Daily Prayers  
Homework Assignments

1. Commit yourself to pray the Foundational Daily Prayers each day.
2. Write out and bring with you to class on Sunday April 28 a list of curses/sins:
  - a. **Substance Abuse/Addiction:**
    - *Possible high level categories:* Alcohol, illegal drugs, prescription drugs, sugar, video games, television, hard rock, sports etc.
    - *Details within each category:* Used to binge drink in college, always had the radio on to jazz music in the car, every night played Dungeons and Dragons on computer, always stayed up too late watching TV, smoked 3 packs a day, etc.
  - b. **Generational:**
    - *Possible high level categories:* Illnesses common to family line, Sins common to family line (e.g., adultery, alcoholism, anger, unforgiveness) etc.
    - *Details within each category:* Breast cancer in the family, heart attacks in the family, fear of man, anger, greed, jealousy (your specific involvement with these sins) etc.