

**Prayer to Release and Remove Ungodly Thought Processes,
Mindsets, Devices, Defense Mechanisms, and Wrong or Unbiblical
Reactions**

Heavenly Father, in the Name of Jesus Christ, I _____ ask You to forgive me for the sin of failing to cast my cares upon You because I did not know how to cast my cares upon You. There have been times in my life when I suffered from a lack of knowledge of knowing how to handle life's situations, difficulties, decisions, traumas, and not casting my cares upon Jesus as Your Word says to do. I confess I have used ungodly thought processes, mindsets, devices, defense mechanisms, and wrong or unbiblical reactions. I confess that I sought to handle and control my own problems in my own ways. I devised methods and systems for my self-preservation. Now, I choose to ask You, Lord, to gather and remove the devices I have created and used to get through life's difficult circumstances. I repent for the control I used in creating these devices instead of trusting in You. I release all control, anger, revenge, unforgiveness, and judgments, and all altered states of mind into which I entered to handle trauma in my life. I relinquish my self-preservation, and I trust You for my life and choices.

I release to You all trauma, known and unknown. I bind and break the power of all soul tie attachments, longings, emotional bondage, enslaving thought patterns, and dependencies in the name of Jesus Christ. I now purpose in my heart not to reenter these altered states of mind, devices, and mindsets that I have become accustomed to using.

I pray in the name of Jesus that You give me the renewal of mind to recognize these devices when they reappear due to life's circumstances. I release to You all disappointment, bitterness, and resentment about my past. I choose to renew my mind through the ongoing study of Your Word. I choose Your truth instead of altered states of mind that have caused me to revisit painful feelings or paralyze and distort my response to abuse or other behavior patterns toward me.

So, I speak to all altered states of mind, ungodly thought processes, mindsets, defense mechanisms, devices, and conditioned reactions. I command all such devices to align themselves with the Word of God and release their power over me, my mind, my emotions, my personality, and align with my will in the name of Jesus Christ. I desire as the head and not the tail (**Deut. 28:13**)

to have Jesus Christ and Your Holy Spirit come into me and restore my soul. I forgive, release, and bless everyone who has hurt, abused, or misled me. I repent and ask forgiveness for the sin of carrying any unforgiveness or judgment toward these people. I ask You to bless them and give them what they need. Please bring me into a place where I am fully restored and made whole in spirit, soul, and body. I ask You to renew my mind so that I will not return to these old ways of thinking. I thank You for teaching me to take captive every thought to make it obedient to Jesus Christ (**2 Corinthians 10:5**). I ask You to give me the renewed ability to maintain this fresh way of thinking for my new godly lifestyle.

According to James 1, I can ask You, Lord, for wisdom, and You will give generously to all without finding fault. I ask that You give me the wisdom to maintain godly thought processes in this new season of my life and not return to the old, ungodly thought processes.

I desire that all of me be able to worship You in spirit and truth (**John 4:23-24**). I desire to worship You with a sound mind, undivided heart, and clarity. I thank You and ask these things in the name of Jesus Christ. Amen.

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