



THIS IS A LOT Prayer Reference

Holy Spirit, I come to You as one who has been impacted by the enemy's influence. I have repented of my sin. I have removed what was unclean. But now I need You to do what only You can do.... wash me.

Wash my mind of every lie the enemy planted. Remove every intrusive thought, every dark imagination, every mental pattern that doesn't come from You. Renew my mind with Your truth. Make my thoughts align with Yours.

Wash my emotions of the torment I've carried. Remove the fear, the anxiety, the rage, the depression that the enemy left behind. Heal the wounds that made me vulnerable. Restore peace where there was chaos. Bring joy where there was despair.

Wash my memories of the shame and the pain. What the enemy meant for destruction, redeem for Your glory. Take what was stolen and restore it. Where I've been marked by darkness, let Your light shine.

Wash my body of every physical effect of spiritual oppression. Where there have been nightmares, bring rest. Where there has been unexplained pain, bring healing. Where there has been exhaustion, bring strength. Where there is hypertension, cancer, or immune disorders that are a physical manifestation of stress from Satanic involvement we pray that you would set your people free.

Wash my behavior of every compulsive pattern. Break the muscle memory of sin. Replace old habits with new rhythms of grace. Where I was driven by darkness, let me now be led by Your Spirit.

Holy Spirit, fill every space that was occupied by the enemy. Take up residence in my mind, my emotions, my memories, my body. Don't just cleanse me; inhabit me. I don't want to be empty and clean. I want to be filled with You.

Do the work in me that only You can do. I surrender to Your washing. I receive Your renewal. I trust Your process. In Jesus' name, Amen."