



A Prayer to Tear Down Strongholds

Lord,

I ask that you will renew my mind according to your Word (Romans 12:2). In your name, I demolish and cast down all negative thoughts, pretensions, false arguments, accusations and every lofty idea that exalts itself against your Word of truth
(2 Corinthians 10:4-5).

Through your power, I take captive every thought and make it obedient to Christ. I submit all anxious and fearful thoughts to you. Through my prayer and petition, I will present my requests to you, as you guard my heart and mind in Christ and fill me with your peace (Philippians 4:6).

I praise you that I have the power to think about whatever is true, noble, right, pure, lovely, and admirable. If anything is excellent or praiseworthy, I will dwell on these things and have freedom and peace in my heart and mind (Philippians 4:8).

Amen.