

Rebuking a Known Spirit (or emotion)

In the name of the Lord Jesus Christ, strengthened by the intercession of the Immaculate Virgin Mary, Mother of God, of Blessed Michael the Archangel, of the Blessed Apostles Peter and Paul, and all the Saints and Angels of Heaven, and powerful in the holy authority of His name, I ask of the heavenly Father to rebuke this spirit of (NAME SPIRIT OR ATTRIBUTE ASSOCIATED WITH SPIRIT, SUCH AS FEAR, DEPRESSION, LUST, ANGER, ETC) and to command it in the name of the Lord Jesus Christ to depart from me, now, quietly, without harm to anyone.

I bring the power and the protection of the blood of our Lord Jesus Christ over my life. Satan has no part with me as I am sealed with the saving blood of the Lord Jesus Christ.

Heavenly Father, forgive me for not being all I should be in Your eyes. Let the cleansing, healing waters of my baptism wash over this me and cleanse me from all unrighteousness.

Lord Jesus Christ, fill me with Your (USE OPPOSITE WORD(S) TO ORIGINAL EMOTION) to replace the (USE ORIGINAL FEELING).

Lord Jesus, bring to bear my guardian angel, and all the angels of heaven, against the forces of evil that seek to cause trouble for me.

Saint Michael, be my protection against the wickedness and snares of the devil. Blessed Virgin Mary, Mother of God, and our Mother, pray for me that I may not fall into the devil's temptations.

Thank You, Heavenly Father, for setting me free. I praise You, I bless You, I worship You. Thank You for the wisdom and light of the Holy Spirit.

Thank You for enabling me to be aggressive against the works of the enemy. Thank You for Your hope, that takes away discouragement; thank You for ongoing victory. "

...in all these things we are more than conquerors through Him who loved us" (Romans 8:37).

Amen.