

## CONFESSIONS AGAINST BAD HABITS AND ADDICTIONS

I confess that I am a covenant child of God and I meditate daily on his word; therefore, I receive His lights into my spirit, soul and body.

I boldly declare that I am full of the Holy Spirit; therefore, my spirit is fervent; my mind is blessed; my body is blessed, and I think only pure thoughts. By the power of the Holy-Spirit, my flesh stays subdued so my spirit rules and wins all the time.

I receive God's grace to renounce ungodliness and worldly passions and to live a self-controlled, upright and godly life. As a result, I declare that light has come to me, therefore; I command every darkness of addiction: disappear!

I cast off the works of darkness and put on the armor of light. I refuse to be conformed to this world, but I am transformed daily by the renewal of my mind. I am physically, mentally and spiritually dependent on the Holy-Spirit and as such I prioritize my time, resources and intellect for the benefit of God's agenda.

In the name of Jesus, I break free from the lust of the flesh, the lust of the eyes, the pride of life and every sin that easily besets. I am controlled by the Spirit and freed from the clutches of addiction; I make no provision for the flesh and do not gratify its desires!

In the name of Jesus, I declare that (XXX insert the addiction you are struggling with) does not have control over me, by the powers of the Spirit, I have control over it. I am the righteousness of God in Christ Jesus, I daily crucify my flesh with its passions, appetites and desires and I fully manifest the fruit of the Spirit in its various expressions. The Son of Man has set me free and so I am free indeed!

*For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. – Mark 11:23.*