

## **BREAKING DEMONIC STRONGHOLDS**

### ENDING THE COVENANT WITH BITTERNESS

Holy Spirit, I invite you in to be my comforter. I am coming to you ready to receive healing, deliverance and liberation from bitterness. Father, if there is anything in me that will hinder you from hearing my prayers please forgive me and create a clean heart within me. I know that we wrestle not with flesh and blood but of principalities, powers and the darkness of this world so I ask that you create a hedge of protection over me and my family during this fast. I am confessing and asking for forgiveness for harbouring thoughts and feelings of bitterness towards \_\_\_\_\_. I understand that I need to release any injustice, resentment, anger and vengeance for the people who have hurt me, and release it all to you. This weight has been heavy and painful to carry. You tell us that your yoke is easy and your burden is light, so I choose to lay these feelings at your feet.

My heart has become hardened because I have allowed a root of bitterness to take place in me. So I ask that you would replace my heart of stone with a new heart of flesh. Please teach me how to operate in my new heart. Teach me how to trust and forgive those who hurt me so I do not revert to bitterness and resentment. Please give me divine revelation on how bitterness entered in with any trauma or pain and give me strategy on how to address these issues. Bring names and situations back to my remembrance.

I come out of agreement and renounce any word curse that was spoken over me in my youth or as an adult. Lord you knew me before I was placed in my mothers womb and created me with purpose and an identity. I come into agreement with the destiny you have set for me.

You tell us to forgive others of their trespasses so that you will forgive us of ours. So I bind any spirit of pride or rejection that would try and keep me bound in bitterness. I forgive \_\_\_\_\_ for hurting me. I forgive anyone who has violated, abandoned, broke covenant, betrayed, gossiped or who has abused me.

I speak blessings over these people. I pray that they know you Jesus and will turn from sin and will repent and come into the fullness of who you have created them to be. I pray for deliverance. Any spirit of depression, unforgiveness, bitterness, resentment, anger or rejection, leave right now in the name of Jesus. You have no authority to be here. Jesus is my Lord and Savior so you are commanded to leave right now! Thank you Jesus for setting me free.