

Mark & Patti Virkler authored a book entitled Prayers That Heal The Heart with subtitle (Prayer counseling that breaks every yoke)

Seven possible roots to sin and the operation of evil spirits in our lives

1. Generational sins and curses
2. Ungodly soul ties
3. Negative expectations
4. Inner vows
5. Traumatic events and negative memories
6. Demonization (under the influence of a demon)
7. Enslavement to sin (habitual failure to repent of sin)

1. Generational sins and curses

- A. I confess and repent of the sins of my ancestors, my parents, and my own sin of ___ and of my anger and resentment against you, God, for allowing this to happen in my life.
- B. I forgive and release my ancestors for passing on to me this sin and for the resulting curses of _____. I ask you to forgive me, and I receive your forgiveness. I forgive myself for participating in this sin
- C. I place the Cross of Jesus Christ between my ancestors and myself, as a baby in my mother's womb. I command the sin of _____ and all accompanying curses to be halted at the Cross of Jesus Christ, and for freedom and release to flow down from the Cross of Jesus Christ to that baby in the womb.

2. Ungodly soul ties

- A. Lord Jesus, bring to my memory every person with whom I have had a close committed relationship with that was unhealthy, dominating, controlling, or manipulative.
- B. Lord Jesus, please remind me of everyone with whom I have had a sexual encounter of any kind.
- C. Lord Jesus, were there any sexual encounters in my early childhood that I was too young to remember?
- D. I confess and repent of my sin of an ungodly soul tie with _____, and of my anger and resentment against you, God, for allowing this to happen in my life.
- E. I forgive _____ for their involvement in this sin. I ask you to forgive me and I receive Your forgiveness. I forgive myself for participating in this sin.
- F. Lord, sever the ungodly soul tie between me and _____ and restore the broken or torn portions of my soul. Lord, destroy anything that has come into me through this soul tie, and Lord, bring back anything godly that has been stolen from me.

3. Negative Expectations

- A. Lord Jesus, what negative confessions have come out of my mouth?
- B. Lord, what negative expectations are in my heart?
- C. Lord, what things do I believe that do not line up with what the Bible and Spirit are revealing to me?
- D. Lord, what expectations rob me of love, joy, and peace?
- E. What expectations keep me from giving thanks for all things and in all things (Eph 5:20, 1 Thes 5:18)
- F. I confess and repent of my sin (and my ancestor's sin) of believing the lie that _____ and for the ways I have judged others and/or institutions based upon this negative belief.
- G. I forgive _____ for contributing to my forming this negative expectation/belief. I ask you to forgive me, and I receive your forgiveness. I forgive myself for believing this lie.
- H. I confess the countering divine truth that _____

4. Inner Vows

- A. Lord Jesus, what do I promise I will do?
- B. Lord, what do I promise I won't do?
- C. Lord, what do I promise about myself?
- D. Lord, what do I promise about others?
- E. I confess and repent of my sin of vowing that _____
- F. I forgive _____ for contributing to my forming this vow and myself for making this vow.
- G. Instead, I now purpose by the power of the Holy Spirit to _____

5. Traumatic events and negative memories

- A. Lord Jesus, what negative pictures are in my mind?
- B. Lord, what traumatic pictures have I tried to block out?
- C. Lord, what negative pictures come up in my dreams?
- D. I confess and repent of any anger and bitterness I have against you, God, for allowing this event to happen in my life. I ask You to forgive me, and I receive Your forgiveness
- E. Lord, please take me back to the appropriate memory that is underlying this issue in my heart (see the scene. If it was a rape or other extremely traumatic scene, you may go back to just after it is over)
- F. Lord, show me where You were in this scene. (Look and see where Jesus is/was)
Holy Spirit, take over this scene and give me a vision, showing me what Jesus was doing. (Respond to what the Lord is showing and doing)

6. Casting out demons

- A. Lord Jesus, what compulsive pressures are within me?
- B. Lord, what sins can I not defeat
- C. Lord, what stumbling blocks occur over and over?
- D. Make sure the demon's house is thoroughly dismantled and his anchors completely pulled up by praying through the above 5 prayers. If the demon does not come out, go back to the above prayers - something has been missed. Ask God what has been missed and honor what flows back in response.
- E. In the Name of the Lord Jesus Christ, I renounce and break all agreements with the demons (strong-holds) of _____, _____, etc
- F. I take authority over the demons (strongholds) of _____ and I bind you and command you to leave me now in the Name of the Lord Jesus Christ.

7. Freedom From Enslavement To Sin

- A. Lord Jesus, what sins am I attacking with my will?
- B. Lord, what sins continue to trouble me?
- C. Jesus, the power to overcome the sin of _____ is in you, the One who live in me.
- D. I choose to turn away from my self-effort to overcome this sin, and embrace the power of the Holy Spirit who flows within me.
- E. Jesus, I release the flow of the power of the Holy Spirit out through me, to overcome completely the sin of _____. (May use vision, seeing this happen)

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