

Self-deliverance List

Forgiveness: Ask God to forgive you for committing the sins below or coming into agreement with the abomination against Him

Break the Covenant: Ask God to break the covenant, curse, and altar regarding to the sin WITH THE BLOOD OF JESUS

Separate from it: Tell God and the devil that you renounce, denounce, and divorce yourself from every covenant, curse, and altar relating to these sins and ask God to break the connection points with the BLOOD OF JESUS

Cut all ties: Ask God to break all ungodly soul ties, body ties, and connection points to all ungodly covenants, curses, and altars

Replace: Tell God and the devil that you are now in the new covenant with Jesus Christ according to [John 3:17](#) , [Romans 10:9](#), and [Luke 22:20](#). Also ask God to restore the purposes and plans that He has declared over your life according to [Romans 11:29](#), [Jeremiah 29:11](#), and [Ezekiel 16: 6-7](#)

In the name of Jesus Christ, Lord I ask that You would forgive me of these sins and pull up and destroy the following roots in my bloodline. I renounce, denounce, and divorce myself from:

discrimination	deception	white magic	rape
trauma	delusion	black magic	exploitation
divorce	insecurity	workaholism	trafficking
lying	fear	debt	false evangelism
manipulation	shame	believing fallacies	rejection
distraction	anger	news watching	disorganization
abortion	physical abuse	crystal	idolatry of relationships
greed	abandonment	new age	idolatry of food
idolatry	worthlessness	yoga	voo doo
adultery	poor eating	occult	hoo doo
perversion	emotional abuse	divination	seances

coveting	taunting	going to or being a psychic	halloween
judgment against others	rejection	abortion	Idolizing my beauty/appearance/body
despising my child	wiccan	not finishing things	lack of vision
arrogance	tarot cards	laziness	letting dreams and gifts die
pride	astrology	rebellion	unbelief in my beauty/worth
perversion	zodiac signs	poverty	not caring for my temple
pedophilia	ouija boards	slavery	coffee addiction
murder	marrying into narcissism	oppression	food addiction
bitter envy	being a narcissist	gossip	drug use
self-seeking	complacency	lying	depression
kidnapping	disobedience	pornography	anxiety
prostitution	hexes	masturbation	cancer
engaging chiropractic care	vexes	molestation	arrogance
fatherlessness	college covenants	stealing	fear of travel
addiction	alcoholism	cheating	immobility
sororities	Addiction to sweets	lust	single motherhood
fraternities	Premarital sex	fornication	shallow faith
enmity in mom/daughter relationships	tv addiction	social media addiction	lack of stewardship
conforming to the world	african masks	neglecting orphans, widows, and the poor	cigarettes
tobacco	hookah	emotional hardness	apathy
retaliation	vengeance	murder	torment

bullying	slavery	suicidal ideation	suicide
bitter root judgment	pride	idolatry	squalor
filth	child abandonment	homosexuality	offense
seducing spirit	Jezebel	self sabotage	

Please note that not all of these are explicit sins from the Bible (ex. Single motherhood has not been listed as a sin in the Bible but it may be a generational curse that needs to be broken). Feel free to add to this list on your own document and use it for your personal prayer time.

You may also feel like you do not need to pray the entire list, however, you may not be aware of the curses that were opened on your bloodline several hundred generations ago. You better believe that the enemy will use any and every opportunity to wreak havoc in your life thus it may be wise to renounce, denounce, and divorce the entire list above rather than chancing it.