

# Receive Deliverance from All Bondages

ובשם יהוה אקרא אנה יהוה מלטה נפשי  
Then I called upon the name of the Lord,  
“יהוה, I beseech You, deliver my soul!”

Psalm 116:4

יהוה my God,

Please reveal to me what lurks in the darkness and bring it to light. I ask that whatever has restricted me and kept me in bondage be made known. If it is an incorrect mindset or a lie that I am believing about myself, the world, or You, please show me the errors of my thinking. If it is a bad habit or a negative pattern, please show me how to break it, and teach me how I can keep the door shut to it permanently. Regardless of if this has gone on for years and just feels normal, comfortable, and familiar at this point, I want to be free. I want to be released from whatever internal enemies are holding me captive and tying me down. If it is a product of someone having hurt me intentionally or unintentionally, I first forgive them, as I would want to be forgiven myself. I come before You, God, for You are the One who provides true freedom, and with You by my side, I stand against anything that is causing me physical, mental, emotional, or spiritual pain, oppression, or distress. I ask for Your counsel to know what is needed for me to break through any obstacles to emerge as a newly healed and stronger person. As I go forth, may I never forget that You are the One who leads me to victory over the things that I am unable to conquer on my own. May I no longer be a victim, but instead arise, shake off this dust, and put on new garments. I pray that You send Your Holy Angels to protect me and deliver me. I thank You for leading me out of my personal Egypt and into my inheritance, Your Promised Land.

ואנכי וביתי נעבד את־יהוה

As for me and my household, we will serve You, יהוה.

Excerpt from *Praying the Jewish Scriptures* by Rabbi Jerry Kudan



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