

Steps for Intercessory Prayer and Breaking Spiritual Strongholds



1. **Begin with Repentance for Others**

Scripture Reference: 1 John 5:16

- If you are praying for someone who may be struggling with sin or spiritual attack, start by repenting on their behalf. This does not mean you are taking away their personal responsibility, but you are interceding for them, asking for God's mercy.
- Pray:
"Lord, I repent on behalf of [person's name]. I ask for your mercy and forgiveness for any sins they may have committed knowingly or unknowingly. I ask that the blood of Jesus speak in their favor."

2. **Personal Repentance**

Scripture Reference: Proverbs 18:21; James 3:9-10

- After repenting on behalf of the other person, examine your own heart. Negative or critical words you have spoken can be used by the enemy against the person you're praying for.
- Pray:
"Lord, I repent for any negative or critical words I have spoken about [person's name]. I ask that those words be annulled and made void in the spiritual realm. Let your blood cover those words, and I ask that any power the enemy is using through them be broken."

3. **Prophecy Their Destiny**

Scripture Reference: Psalms 139:16; Daniel 7:10

- After repentance, declare the person's God-given destiny. Use scriptures or promises that speak to their future and calling. God has written a purpose for every life, and we can speak these into existence.
- Pray:
"Lord, I declare your word over [person's name]. According to your Word in Psalms 139:16, you have written their days in your book. I proclaim that they will fulfill their kingdom purpose and walk in the destiny you have planned for them. I prophesy that they will bring good news, walk in high places, and have great influence for your kingdom."

4. **Rebuke the Spirit or Stronghold**

Scripture Reference: James 4:7;

- After the legal issues (sin, negative words) are dealt with through repentance, rebuke any spirit or stronghold holding the person back. This could be a spirit of depression, fear, addiction, etc.
- Pray:
"In the name of Jesus, I take authority over the spirit of [name the stronghold, e.g., depression]. I declare that its power is broken over [person's name]. I command it to leave them now, and I declare freedom in their life according to the authority given to me in Luke 10:19."

5. **Trust in God's Work**

- After completing these steps, trust that God is working in the spiritual realm. Changes may not always be immediate, but by faith, you believe that God has moved in the situation.
- Pray:
"Lord, I trust that as I have followed your leading, you are bringing about the freedom and transformation needed in [person's name]'s life. I thank you for your faithfulness."

*Based on Robert Henderson's Courts of Heaven teaching:
<https://youtu.be/A-MANcuJwVo?si=e9OadSvHVChzZtAk>*