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Religious spirit

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A Prayer for the religious spirit

(You may use this prayer and incorporate your family members names in this prayer as well.)

Abba Father, I come before You in the name of Yeshua, with a heart that desires to know You as You truly are. I surrender every religious idea, mindset, tradition, expectation, and perception that has distorted my understanding of Your character.

Wherever I have learned to relate to You through fear, performance, striving, condemnation, obligation, or the need to prove that I am worthy, I bring these things before You. Forgive me for the places where I have unknowingly allowed human traditions, painful experiences, the opinions of others, or my own assumptions to speak louder than Your Word and Your Spirit. I renounce every false image I have carried of You—as distant, harsh, impossible to please, constantly disappointed, unwilling to forgive, or waiting for me to fail. I ask You to tear down every false belief that has become a barrier between my heart and Yours.

Abba, reveal Yourself to me according to Your truth. You are merciful and gracious, compassionate and slow to anger, abounding in steadfast covenant love and faithfulness. Teach my heart to know You not merely through information about You, but through relationship with You. Where religion has taught me to hide, teach me to come near. Where religion has taught me to perform, teach me to abide. Where religion has produced fear, let Your perfect love bring freedom. Where I have believed that my value depends upon how well I perform spiritually, remind me that I have been brought near through the blood of Yeshua and saved by grace through faith. I receive the truth that I am no longer a stranger or outsider, but a member of Your household through Messiah Yeshua.

Ruach HaKodesh, search the deepest places of my heart and expose every religious perception that I may not even recognize. Show me where Scripture has been filtered through fear, trauma, rejection, shame, control, disappointment, or wounds from authority figures. Separate Your character from the failures of people who may have represented You incorrectly. Renew my mind according to Your Word. Teach me to recognize Your voice and to discern between conviction that draws me toward You and condemnation that causes me to hide from You. Remove the heavy burden of spiritual perfectionism and teach me the obedience that flows naturally from love, trust, and intimacy with You.

Yeshua, You said that whoever has seen You has seen the Father. Therefore, I choose to look at the Father through the revelation of Yeshua—His compassion toward the broken, His mercy toward the repentant, His patience with those who were learning, His welcome toward those who returned, and His unwavering commitment to truth. Let the picture of the Father running toward the returning son become deeply established within my heart. Where I have expected rejection, teach me to expect Your embrace. Where I have approached You like a servant trying to earn a place in Your house, teach me to receive the identity of a beloved child who belongs in the Father's household.

Today I release every false image of You that I have constructed or received from others. I release the belief that I must earn Your love. I release fear-based obedience, comparison, spiritual competition, condemnation, yadayahcounseling@gmail.com www.yadayahhealthandcounseling.com

perfectionism, and the need to prove myself. I surrender every religious mask and every attempt to appear spiritually strong while hiding the places where I need Your love and restoration. I choose truth over tradition where tradition contradicts Your Word, relationship over empty performance, grace over striving, and intimacy over fear.

Abba Father, rebuild my understanding of You from the foundation of Your Word and Your covenant character. Write Your truth upon my heart. Let me know Your goodness, holiness, justice, mercy, faithfulness, and love without distorting one attribute through another. Teach me healthy reverence without terror, obedience without bondage, repentance without shame, holiness without self-righteousness, and freedom without compromise. I want to know You—not the version of You created by my fears, wounds, experiences, or religious expectations, but **You as You truly are**.

I receive the truth of Ephesians 2: I have been made alive with Messiah, raised with Him, saved by grace, created as Your workmanship, brought near by the blood of Yeshua, reconciled, given access to the Father through the Ruach, welcomed into Your household, and built into a dwelling place for Your Spirit. Let these truths become more than words I understand intellectually; establish them deeply within my identity. From this day forward, teach me to walk with You from belonging rather than striving, from covenant rather than fear, and from intimacy rather than religion. **Abba, restore the true image of who You are within my heart, and teach me to know You, trust You, love You, and walk with You in freedom and truth. In the name of Yeshua, Amen.**