Christians need to take a pro-active approach for protecting themselves instead of a reactive approach. Pro-active being prepared and coming against attacks before they begin. Reactive being our response to the attack whilst in the midst of it. Stop attacks before they begin by applying these simple steps that God has equipped every believer with. You may need to use them all or just some. Some may need to be done daily, others weekly. Pray to God and ask Him to show you your very own Warfare Strategy that applies to you and your family. The first and foremost thing you should do after you have made the decision to accept Jesus Christ as your Lord and Saviour, is consecrate (dedicate) yourself, family and all your belongings to the Lord. Pray blessings over every room in your home including the possessions and ask the Lord to cover all with his precious blood. You may even get a prompting to pray a specific scripture over certain rooms.
Strategies

1) Pray to God morning and night and ask for protection over your family, extended family, home, possessions, pets, places of work, finances, etc... and thank him for all he has done for you. Pray for each family member to be protected, blessed and covered with the Blood of Jesus Christ. If you are entering into a new Ministry or a new job ask the Lord to protect and bless the Ministry/business/job and that His will be done in it.

2) Claim the Blood of Jesus and plead it over everything within your sphere of influence. If you would like to download our prayer claiming the Blood of Jesus click here: Pure and Precious Blood of Christ

DAILY PRAYER PURE AND PRECIOUS BLOOD OF JESUS CHRIST

“Father God, in the name of and under the authority of Jesus Christ I plead the Blood of Jesus Christ over myself, my husband and our children. I pray that You would immerse our spirits, souls and bodies in the precious and pure Blood of the lamb. I plead the Blood of Jesus over our pets, home, property, belongings, car, business, Ministry, health and well-being.

I plead the Blood of Jesus against any demonic spirits who are coming against us. I plead the Blood of Jesus against all accidents, attacks, misadventure and catastrophes that may try to come against us. With the Blood of the Lamb I dismantle every enemy assignment operating against us. Please reveal to us each day any open doors that allow the enemy access to us.

I plead the Blood of Jesus against any diseases, viruses, infections or illnesses that are coming against us.

I ask for a covering of the Blood of Jesus to be placed between us and any people who are coming against us and our lives. I forgive these people for any attacks against us and I ask You Father God to bless them. I dismantle every curse and attack coming against us in the name and power of Jesus Christ and I declare Isaiah 54:17 “That No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment
thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD”.

Thank You Father God I now have full faith and belief that the Blood of Jesus will fully protect us and everything within our sphere of influence.

3) Commit your plans to the Lord every morning and pray if there is anything within your plans that do not line up with the will of God for Him to show you and lead you onto the right path. Come now, you who say, “Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit”; whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. Instead you ought to say, “If the Lord wills, we shall live and do this or that.” But now you boast in your arrogance. All such boasting is evil (James 4:13-15, NKJV).

4) Put on the Armor of God:- Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armour of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand.

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak. (Ephesians 6:10-20 NKJV)

Pray and meditate on Ephesians 6 as this is your spiritual armour. Ask God each day to clothe you in this armour. In a prophetic act and declaration out loud clothe yourself in each piece. We need to understand also that this scripture is an ‘action’ scripture about how we should live
How to Protect Ourselves

each day.
Simply put, you believe, have faith, and "WALK in the Word of God.

Learn about what the different parts of God’s armour means and how to appropriate it.

(Prophetic Act and Prayer) - "I put on the whole armour of God to stand against the wiles of the devil. I put on the belt of truth to expose deception. I put on the breastplate of righteousness to thwart condemnation and restore self-worth. I declare that only through the putting on of the righteousness of Christ that I am worthy. I shod my feet with the preparation of the gospel of peace as comfort, to remove all worries and burdens. Thank You for all the trials so the works of God could be made manifest. I take up the shield of faith to trust and believe in the unseen things of God, and to quench the fiery darts of the enemy. I put on the helmet of salvation as a seal for eternal life, and as protection for my mind and soul. I take up the sword of the Spirit, the Word of God as my weapon and will use it against the lies of the enemy. Help me Holy Spirit to pray and show me who and what to pray for. I ask that utterance may be given to me so I can open my mouth boldly, to speak Your truth into the lives of others and to make known the mysteries of the gospel”. These things I pray in Jesus name, Amen.”

*** Ask God if there are any parts of the armour you are missing and how to attain them.

If you want a PDF version to print out of this prayer click here: - Armour of God

5) Warfare Prayer - The following prayer is a heavy duty prayer which can be prayed when needed, particularly if you feel under attack: If you would like a PDF of this prayer click here: Battle Prayer of Protection.

Ephesians 6:12 NKJV - For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

PRAYER: "Dear God, I call upon Your love and light to flow in the name of Jesus Christ. I ask for a spiritual hedge of protection, the covering of the blood of Jesus and your warrior Angels to guard all that which is within my sphere of influence. I ask You Father God to clothe me and my family in the full armour of God mentioned in Ephesians 6 to stand against the wiles of the devil. Teach us how to stand in this armour and teach us how to pray. I ask also that You would equip us with any specific weapons or gifts required for any battles we might face. We
thank You Father God for all angels assigned to us and ask that You would despatch them at Your discretion.

I repent for all sins I have committed, and on behalf of my family, that has allowed the enemy access to us. I ask that you would show us specific sins where we have allowed the enemy access, so we can repent and cover it with the blood of Jesus. I ask for all demonic access points to be closed so demons can only exit and not re-enter in Jesus name.

I speak to all demonic thrones, dominions, principalities, rulers of darkness, spiritual hosts of wickedness in the Heavenly places, strongmen and all other demonic spirits and command you in the name and power of Jesus Christ to immediately cease all attacks against me, my family, our pets, our Ministry, our house, home and property, our business and our belongings. I specifically command you to cease all attacks against our health and well-being. I call upon Jesus Christ and His Heavenly forces to disarm you and declare 'The Lord rebuke you'. I command every demonic spirit who has access to us to leave now in the name and power of Jesus Christ. I cut of your power to astral travel to me, my family and my home in Jesus name. I bind the demons who give you this power to astral travel in Jesus name. I break all ungodly soul ties connected to myself, my home, pets, family and belongings that give demons and astral traveller’s access to us. We ask You Jesus to deal with any demons and astral travellers who are refusing to leave. I address all those who conspire against us and declare that I forgive you and ask Jesus Christ to bless you. I claim Isaiah 54:17 and declare that ‘No weapon formed against us shall prosper’.

In the name of Jesus Christ I break every curse, spell, voodoo, incantations or hex that has been put out against any one of us. I break the power of any curse that has come down through our inherited blood-lines, and every enemy assignment or curse from any person, witch, or Satanist. I forgive all those people who have cursed us and ask You God to bless them. I specifically reject and repel infirmity, pain, infection, inflammation, malignancies, allergies and viruses. I pledge the Blood of Jesus Christ to dismantle all enemy assignments against us. I put the Blood of Jesus between us and anyone or anything that seeks to harm us. Thank You that we have passed out of the curse into the blessed life purchased for us by Jesus. I ask for these blessings to be bestowed upon us, our businesses, our health, our finances and Ministries.

Heavenly Father, I pray that your will and purposes be done in all our lives and Ministries. I ask that You release a greater anointing of Your Holy Spirit into us all - that we would know Your kingdom come and Your will be done on earth as it is in Heaven. Thank you Jesus, Amen.”
Please note: When warfaring against satan and his demons we recommend staying within our God given boundaries such as our homes, families, belongings, businesses, Ministries and property. Operating outside of this realm of authority and attempting to tackle satan over larger areas usually results in unnecessary attacks. There is usually an anointing given from God with instruction to do so if strategic level warfare is to be done!

6) Pray the Lord's prayer each day. “And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. “Therefore do not be like them. For your Father knows the things you have need of before you ask Him. In this manner, therefore, pray:

"Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen" (Matthew 6: 5-13, NKJV)

7) Renew your mind by declaring out loud at least 10-15 minutes of Scriptures daily, preferably from NKJV because I believe the Lord showed me overall this was one of the most accurate versions of His word, with the original KJV being even more so. Finding Scriptures that pertain to weaknesses in your life whether it be depression, fatigue, fear, confusion, trials, patience, addictions and keeping a journal of these Scriptures can help you memorize them when you need to come against the enemy.

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart." (Hebrews 4:12 NKJV). An example of this is if you find yourself in a chaotic situation then proclaiming peace Scriptures
can help.

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You" (Isaiah 26:3 NKJV).

*Click here for a free booklet of Scriptures and Declarations*

8) Dismantling wrong partnerships and releasing correct ones
This is good to pray when we are in a place where we are partnering with negativity and need to see a release of the power of Jesus.

**PRAY** - “In Jesus name I break and renounce all partnerships I have formed with (eg: pride, fear, lack of trust)

I partner with and release (eg: humility, trust, peace, love).................................

For more examples see: [Dismantling wrong partnerships](#)

9) Play godly Christian music full of worship and praise, but most importantly praise and worship the Lord daily, especially when feeling oppressed as worship, is our biggest weapon as it immobilises the enemy.

10) Pray Psalm 91 out loud each day over your home and family.

11) A prayer that the Lord gave us for the times we feel we may be backsliding:
“Dear Father God in the name of Your Son Jesus Christ I submit to You and give You authority to minister to me. I love You and I trust You. I dedicate my life, spirit, soul and body to You. I dedicate my family, home, business, finances, belongings and pets to You. I ask for all thoughts, emotions, influence and endeavours I have to come into alignment with Your will and purposes for me. I commit my works to You LORD, so Your thoughts will be established. I ask the Holy Spirit for a fresh infilling to help me to discern Your voice, to lead me and guide me into the life You have planned for me. I give you authority to conform me into the Christ-like creation You have predestined me to be - Amen”.

12) **Breaking Soul Ties** - The soul of man is also known as the spirit and also the heart. The Bible will sometimes reference the heart, the spirit and the soul interchangeably making it
difficult to understand which part is being referred to.
Both words for soul (Psuche - Greek and Nephesh - Hebrew) and spirit (Pneuma - Greek and Neshamah - Hebrew) are referred to as breath of life, seat of passions, thoughts and desires, and heart. The heart in Greek is Kardia and also means seat of passions, thoughts and desires. We see by these descriptions that they are one and the same. To make it easier to understand the heart of man was segregated from the spirit of man at the fall of Adam. Most people reference this as a separation between spirit and soul (heart).

A soul tie ties two souls/spirits together in the spiritual realm. There are Godly soul ties and ungodly soul ties. Godly soul ties operate spirit to spirit meaning they nurture and provide sustenance to the spiritual parts of man with holy things and they can be between you and people God has given to us to feed our spiritual wellbeing. When the spirit and soul are thriving the physical body will too. Ungodly soul ties are soul to soul meaning they are soulish and carnal which feed the fleshly parts of man with unholy things. Soul ties are formed through close connections with other people, objects or things. Godly soul ties are good relationships with good fruit and blessed by God. An example of a Godly soul tie is seen between Jonathon and David. And it came to pass, when he had made an end of speaking unto Saul, that the soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own soul (1 Samuel 18:1, KJV).

The word knit means to tie together - so we must assume soul ties are actual ropes or twining. Ungodly soul ties are relationships formed with unholy bonds and come as a result of wrong motives. God has shown me ungodly soul ties as ropes, barbed wire and even chains. Ungodly soul ties can serve as bridges between two people to pass demonic spirits through. This can also be known as transference of spirits. Transference of spirits can only happen when there is a legal right. Demons cannot transfer from one to the other without a just cause. Any covenant, agreement, activity or act we have made with another person no matter how innocent makes that contract legal binding if it is against the word of God.

Know ye not that your bodies are the members of Christ? Shall I then take the members of Christ, and make them the members of an harlot? God forbid. What? Know ye not that he which is joined to an harlot is one body? For two, saith he, shall be one flesh. But he that is joined unto the Lord is one spirit (1 Corinthians 6:15-17, NKJV).
The word harlot is translated as a metaphor for an idolatress - one who yields herself to defilement for gain or lust. We can receive as many demons as the person has that we have developed an ungodly soul tie with. We can even develop soul ties with inanimate objects if they are idols in our lives. When soul ties are broken they will cause a tremendous amount of
devastation and damage so we need to ask God to heal any damage. The word break in Hebrew is Paraq and it means to tear off from one self. When Godly ties are broken by us and not God this is also detrimental as the nurture needed for our spirits from those God has chosen to feed our souls ceases. In its place an ungodly soul tie will develop.

If we have experienced any traumas where there was a fragmenting of our soul we can have an ungodly soul tie attached to the places of the events. If you ever stand in the gap and pray for someone by interceding on their behalf remember to break any ungodly soul ties you may have formed with them when you have finished and bind retaliation and revenge from any attacks against you. It is a good idea to do this prayer often.

(PRAYER) “In the name of Jesus Christ I repent for all ungodly soul ties formed with another. I repent for all contracts, covenants, agreements, activities and acts I have done contrary to the Word of God that has generated an ungodly soul tie to be attached to me. I renounce and sever all ungodly soul ties attached to every place where there was a trauma and a fragmentation of my soul in Jesus name. I repent for all idolisation of any person, animal, demon or inanimate object. I sever every ungodly soul tie and all influences between me and all objects, demons, people (living and dead), animals, literature, media channels and devices, land, and all people I have stood in the gap and interceded for in Jesus name. I forgive, bless and release all those whom I have formed ungodly soul ties with in Jesus name.

All demons I have received from ungodly soul ties I command to leave in the name and power of Jesus Christ. I ask You Father God to strengthen every Godly soul tie You have put in place. I pray that Father God You would heal any damage that soul ties have caused, Amen”.

13) Mistakes - God once told me that there are no mistakes in God, only opportunities. How awesomely reassuring to know that every mistake we make, God will use it as an opportunity for Him. Mistakes though unfortunately can still open us up to unnecessary attack so repenting of these mistakes and casting out any demons is a good idea! An example of this is when we operate out of our realm of authority. Many people are taught to warfare against the demonic that are operating from the second Heaven. It is our opinion that unless God Himself directly authorises and commissions you to engage in this high level type of spiritual warfare, that you stay completely away from this kind of activity. If you try to step into this battle without God’s direct mandate and protection, you could open both yourself and possibly the members of your immediate family to major attacks from these higher-ranking demons. Instead partner with God from the third Heaven and release God’s fruit over an area like humility instead of Pride etc......
Another common mistake is when someone decides to stand in the gap and repent for their Country, friends, etc., on their behalf. The Holy Spirit showed me that when we stand in the gap we are actually taking on their sins, guilt and punishment. We are charging ourselves guilty of the crime. Standing in the gap for our ancestors is different as we are already charged guilty for the crimes our ancestors have done until Christ cleanses us from these sins. (See Generational Prayer).

So what is our realm of authority? Our homes, land and property, husband/wife, places of work, motel rooms/cabins/tents in which we are staying (as we have paid money), our churches (It is much better to get a group of people praying together within the church with the pastors authority to avoid being targeted individually by the enemy - the power of agreement), our Ministries and our children. When it comes to children who have made mistakes try and teach them how to repent for themselves but if this is not possible I believe it is within our sphere of authority to repent and stand in the gap for them also.

(PRAY) - "In the name of Jesus Christ I repent for all mistakes I have made. I repent also for doing things outside of my sphere of influence and will of God, that opened me up to unnecessary attack, even if it was for good intentions. If the enemy played a part and coerced me in any way I repent for falling into deception, snares and traps. If I have stood in the gap and repented on behalf of anyone or anything I should not have I repent and command all attacks upon me, my family and our lives to cease immediately in Jesus name. I ask Lord Jesus that You would always show me when I am operating outside the will of God, Amen. I command every demon that came in as a result of mistakes to leave immediately in Jesus name".

14) If you do find yourself in the midst of an attack, ask the Lord to send His angels to encamp above, below and around your house and property as protection, specifically ask Him also to send Holy warrior angels around each individual family member also, then read ‘warfare scriptures’ and command all demons to leave in the name of Jesus Christ. See Scriptures for Warfare

15) Rest in God. See Entering God's rest

16) If you are a couple, the Lord gave me a beautiful binding prayer which you ask someone
How to Protect Ourselves

else to pray over you in a prophetic act. *(This only needs to be done once).* “I tie a bond between you – linking you spiritually – this bond will withstand and not break easily”. I Bind you together with spiritual ropes – ropes of love, unity, understanding and peace. I Break the chains of division – quarrelling, anger, lies. I Loosen healing – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. I impart a love between you both that is like a wall that cannot be penetrated. No arrow, no dart, no devil, person, or demon will ever divide, conquer or make this wall of love fall – Amen”.

17) Husband and Wife Prayer - The Lord has revealed to us that demons can have access to us because of the incorrect dynamic between husband and wife. The correct order/dynamic is when the husband and wife respect, love and honour one another as equals, and when the wife allows the husband to protect her as the weaker vessel. The Word of God tells us that man and woman are equal, they are both created in the image of God.

*So God created man in His own image; in the image of God He created him; male and female He created them* *(Genesis 1:27, NKJV)*

. The Bible tells us that man and woman when joined become one flesh, not two separate entities, so not one is greater than the other.

*Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh* *(Genesis 2:24, NKJV)*.

In the Garden of Eden Eve ate the forbidden fruit, then coerced Adam to do the same. *To the woman He said: “I will greatly multiply your sorrow and your conception; In pain you shall bring forth children; Your desire shall be for your husband, And he shall rule over you”* *(Genesis 3:16, NKJV).*

This poses a problem. Men and woman are cursed for man to rule over the woman. The Jezebel spirit coerced woman to rise up in disobedience, to proclaim back equality, so in turn tried to rule over the husband. Disunity, chaos, bickering, and contention was borne. Having no respect in the home between mum and dad can enable children to learn from their parents example, in turn resulting in dishonour towards mum and dad. This in turn brings rebellion into the mix.

The following scripture spoken by Paul has been misused by many as a means for the husband to continue to dominate the wife.

*Submission to Husbands: Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, when they observe your chaste conduct accompanied by fear. Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel— rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. For in this manner, in former times, the holy women who*
trusted in God also adorned themselves, being submissive to their own husbands, as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror. A Word to Husbands: Husbands, likewise, dwell with them with understanding, giving honour to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered (1 Peter 3: 1-7, NKJV).

The word submit (hupotasso in Greek) means ‘be subject to’, to get under and lift up, or to put in order.

Submitting yourselves one to another in the fear of God. Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body. Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing. Husbands, love your wives, even as Christ also loved the church, and gave himself for it; that he might sanctify and cleanse it with the washing of water by the word, that he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish. So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: For we are members of his body, of his flesh, and of his bones. For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh. This is a great mystery: but I speak concerning Christ and the church. Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband (Ephesians 5:21-23, KJV).

By this Scripture we see that husbands and wives are to submit to one another. Submit is better translated as ‘identifying with’ and ‘supporting one another’ in our God given roles.

Husbands are not to rule over the wife, nor take power over her, it is about honouring and respecting each other’s roles in the house and marriage.

The wife is made as the weaker vessel and needs to allow the husband to protect and care for her and the family. He is her covering. He is the head of her and the family in the sense that He is responsible for the provision and well-being of His family.

But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever (1 Timothy 5:8, NKJV).

The wife needs to honor and support him in this role of leadership.

Many argue that because woman is made from man, he has dominance over her. This is incorrect.

For as woman came from man, even so man also comes through woman; but all things are from God (1 Corinthians 11:12, NKJV).

This Scripture shows equality as the woman also gives birth to the man.

Another scripture used for men to rule over the wife is:

The head over every man is Christ, the head over woman is man and the head over Christ is God (1 Corinthians 11:3, NKJV).

God’s order is that the husband is the head of the wife as God is the head of Christ. Please note also the following two Scriptures.
You have heard Me say to you, ‘I am going away and coming back to you.’ If you loved Me, you would rejoice because I said, ‘I am going to the Father,’ for My Father is greater than I’ (John 14:28, NKJV).

Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross. Therefore God also has highly exalted Him and given Him the name which is above every name (Philippians 2:5-9, NKJV). We know by Scripture that God and Jesus are equal, as Jesus is God in human form. Why then in John is Jesus saying that God the Father is greater than He? The word Head when taken back to the Greek means superiority. How is man superior to the woman when they are created equal, and how is God superior when God and Jesus are created equal.

For when I am weak, then I am strong (2 Corinthians 12:10, NKJV).
The husband is physically stronger so protects the weaker vessel in the physical. Jesus also had weakness in His flesh as He humbled himself and became a man.

For whoever exalts himself will be humbled, and he who humbles himself will be exalted (Luke 14:11, NKJV).
He came in humility as a servant, to serve, but there is no inequality or inferiority between them. God and Christ are equal and united, just as the husband and the wife are one. I believe to have Christ as head over us, it implies a protective covering. Christ is our covering. The husband protects the wife and the family, as Christ protects them both. How can Christ protect a family when there is no unity between husband and wife.

Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken (Ecclesiastes 4:12, NKJV).

God revealed to Mark and I that I did not submit to Mark as head over me because I did not trust him to keep our children safe from the dangers of the world. I came from a background of hurt, rejection and sexual abuse. I was over-protective toward the children. I smothered them and struggled to let them be 'kids'. Mark was the complete opposite. He came from a family of praying Christians and was not subjected to a world like me. It was as though he couldn't see danger in anything which in turn caused me to take on the role of double-protector. God told us that He was going to remove the burden of being sole-protector from me and in turn pass a bit of what I had to Mark to bring about a healthy balance. I had to forgive Mark for not protecting the children (to my standards) and he in turn had to forgive me for not seeing him as our protector because of my idiosyncracies. He told us to lay ourselves and everything that makes
us tick as the foot of the cross. There were many other things that Mark and I did that were in complete opposition to one another which caused many a conflict. I was over-sensitive, Mark was mostly insensitive. I was emotional, Mark was emotionless. I was a big softie to the children in comparison to Mark who was very strict. Husband and Wife become one flesh when they marry. Unity is what God intended. God showed us that He was going to give us unity and an understanding of one another by removing, changing, re-giging and exchanging those things within us as a couple that were not yet perfected by Him which caused disunity. He was going to issue back what He wanted us to have with divine balance!

Husbands and wifes also need to lay down their flesh and their drives and see each other as more important, just as Christ laid down his life for His bride. Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself (Ephesians 5:24-28).

Prayer for Husband: (Husband) - “Dear God, in the name of Jesus Christ I repent on behalf of myself and ancestors for the incorrect order between husband and wife. I repent on behalf of Adam who allowed himself to be seduced by Eve to eat of the forbidden fruit. I repent for myself and every man in my bloodline who ruled over woman believing themselves to be superior. I repent also for not protecting woman as the weaker vessel, instead abusing and treating them with dishonour, contempt and lack of respect. I repent also for myself and all men in my bloodline for allowing woman to dominate and disrespect us. I lay down to You Lord Jesus my need to control. I lay all fleshly needs, desires and drives at the foot of the cross. I repent for putting these desires ahead of my wife. I ask You to help me see my wife as more important than my fleshly needs. I ask you (wife's name) on behalf of yourself and all the women in your bloodline to forgive me on behalf of myself and all men for hatred and dishonor toward women. I ask forgiveness for also not protecting you and the children as the weaker vessel, and for not fulfilling my duties as head of the house”.
(Wife) – “I forgive you”.
(Husband) - (Take wife's hand and say) - “I honour you, cherish you, protect you and affirm you as my wife. I give you authority over my body in Jesus name and ask God to bless you”.

Prayer for Wife: (Wife) - “Dear God, in the name of Jesus Christ I repent on behalf of myself and ancestors for the incorrect order of husband and wife. I repent on behalf of Eve who ate of the forbidden fruit in the Garden of Eden, then coerced Adam to do the same. I repent for all the woman in my bloodline, including myself for allowing ourselves to be dominated, disrespected and abused by men. I repent also for myself and all woman in my bloodline who tried to dominate and rule over men, as well as refusing to be seen as the weaker vessel and not allowing man to protect us and our children. I repent for worshipping the Jezebel movement. I repent for dishonour, abuse and lack of respect shown to men. I lay down to You Lord Jesus my need to control. I lay all fleshly needs, desires and drives at the foot of the cross. I repent for putting these desires ahead of my husband. I ask You to help me see my husband as more important than my fleshly needs. I ask you (husband's name) on behalf of yourself and all the men in your bloodline to forgive me on behalf of myself and all woman for hatred and dishonor towards men. I ask forgiveness for not respecting you as you should have been”.
(Husband) – “I forgive you”.

(Wife) - “I submit to you and acknowledge your protection, love and support as head over me and our family. I give you authority over my body in Jesus name and I ask God to bless you - Amen”.

(Husband and wife) - “We break the curse from Adam and Eve of man ruling over woman and declare that we are equal. We are both created in the image of Father God. Help us Lord Jesus to always show love, honour and respect to one another. We now hand the reins over to you Lord Jesus as head over us and our family. We lay at the foot of the cross 'ourselves' and everything else that makes us tick. We ask that You give back to us a divine balance so that we can operate in unity as one flesh and as You intended. We ask that You bless this Holy union in Jesus name – Amen”.

*If husband and wife still find they cannot agree on certain things, then submit it to the Lord and ask Him to show you the correct way!
By Tania Francis