7 AMENS BEFORE DAWN · DAY 4 OF 7

Fourth Amen

The Prayer for Deliverance

HOW TO PRAY THIS AMEN

- Time: between four and seven in the morning.
- Length: about 8 to 10 minutes, with no rush.
- Pray out loud, slowly, one line at a time.
- Choose a quiet place where you can be alone, without interruptions.

Important: If what has a hold on you is substance dependence, or a compulsion that has already hurt your life, this prayer goes alongside treatment, therapy, or a support group. It doesn't replace them.

BEFORE YOU BEGIN

Name to yourself, without shame, what has a hold on you today.

Today I break away from: _____

THE PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord, Christ set me free so I could live in freedom.
And today I choose to live in that freedom.

Today I name before You what has a hold on me.
This may have started before me.
But in the name of Jesus, it can end with me.

I won't pass this chain on
to those who come after me.

Give me strength today, and strength each day,
until this chain no longer has power over me.

I choose freedom. I choose to begin again.

From this day on, this chain
no longer has the last word in my life.

Amen.

AFTER YOU PRAY

Out loud or in silence, tell God what you're breaking away from today. If it's a family pattern, ask Him to let the chain stop here, with you.

TODAY'S WORDS OF FAITH

> **“This can end with me.”**

Tomorrow: Fifth Amen — The Prayer for Prosperity.

DON'T SKIP DAYS. DON'T CHANGE THE ORDER. DON'T PRAY MORE THAN ONE PRAYER A DAY.