#### Part 1

If you're dealing with temptation, depression, oppression (your feelings and emotions are being robbed of you), etc., it can be difficult to know what to pray. Reading through Psalms works if you're fighting a demon of pornography, battling depression, etc., or you just don't know what to say when you're praying.

Starting on Psalm 3, below are specific scriptures taken from Psalms that directly relate to fighting ALL demonic spirits.

You can do this yourself while reading through the whole book of Psalms, just like I did when I listed the scriptures below, just skip the ones that don't pertain to your personal prayers.

Refer to men, man, enemies, foes, and wicked, as demons.

When you say these scriptures, don't just say them, "pray" them.

If you start reading (praying) and it feels like you don't want to continue, **PUSH** through it.

Start out by saying, "Jesus, I repent of all of my sins. Please help me with my prayers. Thank you."

# Psalm 3

<sup>1</sup>O Lord, how many are my foes! How many rise up against me!

<sup>2</sup>Many are saying of me, "God will not deliver him."

<sup>3</sup>But you are a shield around me, O Lord; you bestow glory on me and lift up my head.

<sup>4</sup>To the Lord I cry aloud, and he answers me from his holy hill.

<sup>5</sup>I lie down and sleep; I wake again, because the Lord sustains me.

<sup>6</sup>I will not fear the tens of thousands drawn up against me on every side.

<sup>7</sup>Arise, O Lord! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked.

<sup>8</sup>From the Lord comes deliverance. May your blessing be on your people. **Psalm 4** 

<sup>1</sup>Answer me when I call to you, 0 my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.

<sup>3</sup>Know that the Lord has set apart the godly for himself; the Lord will hear when I call to him.

<sup>6</sup>Let the light of your face shine upon us, O Lord.

<sup>8</sup>I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.

# Psalm 5

<sup>1</sup>Give ear to my words, O Lord, consider my sighing.

<sup>2</sup>Listen to my cry for help, my King and my God, for to you I pray.

<sup>3</sup>In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.

<sup>4</sup>You are not a God who takes pleasure in evil; with you the wicked cannot dwell.

<sup>6</sup>You destroy those who tell lies; bloodthirsty and deceitful men the Lord abhors.

<sup>8</sup>Lead me, O Lord, in your righteousness because of my enemies – make straight your way before me.

<sup>9</sup>Not a word from their mouth can be trusted; their heart is filled with destruction. Their throat is an open grave; with their tongue they speak deceit.

<sup>10</sup>Declare them guilty, O God! Let their intrigues be their downfall. Banish them for their many sins, for they have rebelled against you.

<sup>11</sup>But let all who take refuge in you be glad; let them ever sing for joy.

Spread your protection over them, that those who love your name may rejoice in you.

## Psalm 6

<sup>1</sup>O Lord, do not rebuke me in your anger or discipline me in your wrath. <sup>3</sup>My soul is in anguish. How long, O Lord, how long?

<sup>4</sup>Turn, O Lord, and deliver me; save me because of your unfailing love. <sup>5</sup>No one remembers you when he is dead. Who praises you from the grave? <sup>7</sup>My eyes grow weak with sorrow; they fail because of all my foes.

<sup>8</sup>Away from me, all you who do evil, for the Lord has heard my weeping. <sup>9</sup>The Lord has heard my cry for mercy; the Lord accepts my prayer.

<sup>10</sup>All my enemies will be ashamed and dismayed; they will turn back in sudden disgrace.

## Psalm 7

<sup>1</sup>O Lord my God, I take refuge in you; save and deliver me from all who pursue me, or they will tear me like a lion, and rip me to pieces with no one to rescue me.

<sup>6</sup>Arise, O Lord, in your anger; rise up against the rage of my enemies. Awake, my God; decree justice.

<sup>10</sup>My shield is God Most High, who saves the upright in heart.

<sup>11</sup>God is a righteous judge, a God who expresses his wrath every day.
<sup>17</sup>I will give thanks to the Lord because of his righteousness and will sing praise to the name of the Lord Most High.

# Psalm 8

<sup>1</sup>O Lord, our lord, how majestic is your name in all the earth! You have set your glory above the heavens.

<sup>3</sup>When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,

<sup>4</sup>what is man that you are mindful of him, the son of man that you care for him?

<sup>5</sup>You made him a little lower than the heavenly beings and crowned him with glory and honor.

<sup>6</sup>You made him ruler over the works of your hands; you put everything under his feet:

<sup>7</sup>all flocks and herds, and the beasts of the field,

<sup>8</sup>the birds of the air, and the fish of the sea, all that swim the paths of the seas.

<sup>9</sup>O Lord, our Lord, how majestic is your name in all the earth!

## Psalm 9

<sup>1</sup>I will praise you, O Lord, with all my heart; I will tell of all your wonders. <sup>2</sup>I will be glad and rejoice in you; I will sing praise to your name, O Most High.

<sup>3</sup>My enemies turn back; they stumble and perish before you.

<sup>7</sup>The Lord reigns forever; he has established his throne for judgement. <sup>8</sup>He will judge the world in righteousness; he will govern the peoples with justice.

<sup>9</sup>The Lord is a refuge for the oppressed, a stronghold in times of trouble. <sup>10</sup>Those who know your name will trust in you, for you, Lord, have never forsaken those who seek you.

<sup>16</sup>The Lord is known by his justice; the wicked are ensnared by the work of their hands.

#### Psalm 10

<sup>1</sup>Why, O Lord, do you stand far off? Why do you hide yourself in times of trouble?

<sup>12</sup>Arise, Lord! Lift up your hand, O God. Do not forget the helpless.
<sup>14</sup>But you, O God, do see trouble and grief; you consider it to take it in hand. The victim commits himself to you; you are the helper of the fatherless.

<sup>17</sup>You hear, O Lord, the desire of the afflicted; you encourage them, and you listen to their cry,

<sup>18</sup>defending the fatherless and the oppressed, in order that man, who is of the earth, may terrify no more.

### Psalm 11

<sup>4</sup>The Lord is in his holy temple; the Lord is on his heavenly throne. He observes the sons of men; his eyes examine them.

<sup>5</sup>The Lord examines the righteous, but the wicked and those who love violence his soul hates.

<sup>6</sup>On the wicked he will rain fiery coals and burning sulfur; a scorching wind will be their lot.

<sup>7</sup>For the Lord is righteous, he loves justice; upright men will see his face. **Psalm 12** 

<sup>5</sup>"Because of the oppression of the weak and the groaning of the needy, I will now arise," says the Lord. "I will protect them from those who malign them."

<sup>6</sup>And the words of the Lord are flawless, like silver refined in a furnace of clay, purified seven times.

<sup>7</sup>O Lord, you will keep us safe and protect us from such people forever.

### Psalm 13

<sup>1</sup>How long, O Lord? Will you forget me forever? How long will you hide your face from me?

<sup>2</sup>How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

## Psalm 14

<sup>6</sup>You evildoers frustrate the plans of the poor, but the Lord is their refuge. **Psalm 16** 

<sup>1</sup>Keep me safe, O God, for in you I take refuge.

<sup>2</sup>I said to the Lord, "You are my Lord; apart from you I have no good thing."

<sup>7</sup>I will praise the Lord, who counsels me; even at night my heart instructs me.

<sup>8</sup>I have set the Lord always before me. Because he is at my right hand, I will not be shaken.

<sup>9</sup>Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

<sup>10</sup>because you will not abandon me to the grave, nor will you let your Holy One see decay.

<sup>11</sup>You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

### Psalm 17

<sup>1</sup>Hear, O Lord, my righteous plea; listen to my cry. Give ear to my prayer – it does not rise from deceitful lips.

<sup>2</sup>May my vindication come from you; may your eyes see what is right. <sup>6</sup>I call on you, O God, for you will answer me; give ear to me and hear my prayer.

<sup>7</sup>Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes.

<sup>8</sup>Keep me as the apple of your eye; hide me in the shadow of your wings. <sup>10</sup>They close up their callous hearts, and their mouths speak with arrogance.

<sup>11</sup>They have tracked me down, they now surround me, with eyes alert, to throw me to the ground.

<sup>12</sup>They are like a lion hungry for prey, like a great lion crouching in cover. <sup>13</sup>Rise up, O Lord, confront them, bring them down; rescue me from the wicked by your sword.

### Psalm 18

<sup>1</sup>I love you, O Lord, my strength.

<sup>2</sup>The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.

He is my shield and the horn of my salvation, my stronghold.

<sup>3</sup>I call to the Lord, who is worthy of praise, and I am saved from my enemies.

<sup>6</sup>In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.

<sup>16</sup>He reached down from on high and took hold of me; he drew me out of deep waters.

<sup>17</sup>He rescued me from my powerful enemy, from my foes, who were too strong for me.

<sup>18</sup>They confronted me in the day of my disaster, but the Lord was my support.

<sup>19</sup>He brought me out into a spacious place; he rescued me because he delighted in me.

<sup>30</sup>As for God, his way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in him.

<sup>31</sup>For who is God besides the Lord? And who is the Rock except our God? <sup>32</sup>It is God who arms me with strength and makes my way perfect.

<sup>33</sup>He makes my feet like the feet of a deer; he enables me to stand on the heights.

<sup>34</sup>He trains my hands for battle; my arms can bend a bow of bronze.
<sup>35</sup>You give me your shield of victory, and your right hand sustains me; you stoop down to make me great.

<sup>36</sup>You broaden the path beneath me, so that my ankles do not turn.
<sup>37</sup>I pursued my enemies and overtook them; I did not turn back till they were destroyed.

<sup>38</sup>I crushed them so that they could not rise; they fell beneath my feet.
<sup>39</sup>You armed me with strength for battle; you made my adversaries bow at my feet.

<sup>40</sup>You made my enemies turn their backs in flight, and I destroyed my foes. <sup>41</sup>They cried for help, but there was no one to save them – to the Lord, but he did not answer.

<sup>42</sup>I beat them as fine as dust borne on the wind; I poured them out like mud in the streets.

<sup>43</sup>You have delivered me from the attacks of the people.

<sup>46</sup>The Lord lives! Praise be to my Rock! Exalted be God my Savior!

<sup>47</sup>He is the God who avenges me, who subdues nations under me,

<sup>48</sup>who saves me from my enemies. You exalted me above my foes; from violent men you rescued me.

<sup>49</sup>Therefore I will praise you among the nations, O Lord; I will sing praises to your name.

End