

## Part 2

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 19, 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 bulls, lions, oxen, dogs, men, evil men, foes, oppressors, and false witnesses 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 19**

<sup>1</sup>The heavens declare the glory of God; the skies proclaim the work of his hands.

<sup>2</sup>Day after day they pour forth speech; night after night they display knowledge.

<sup>3</sup>There is no speech or language where their voice is not heard.

<sup>4</sup>Their voice goes out into all the earth, their words to the ends of the world. In the heavens he has pitched a tent for the sun.

<sup>7</sup>The law of the Lord is perfect, reviving the soul. The statutes of the Lord are trustworthy, making wise the simple.

<sup>8</sup>The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

<sup>9</sup>The fear of the Lord is pure, enduring forever. The ordinances of the Lord are sure and altogether righteous.

<sup>10</sup>They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb.

<sup>11</sup>By them is your servant warned; in keeping them there is great reward.

<sup>12</sup>Who can discern [my] errors? Forgive my hidden faults?

<sup>13</sup>Keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression.

<sup>14</sup>May the words of my mouth and the mediation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.

### **Psalm 22**

[in case you need to read these scriptures, they're also here for you]

<sup>1</sup>My God, my God, why have you forsaken me? Why are you so far from saving me? So far from the words of my groaning?

<sup>2</sup>O my God, I cry out by day, but you do not answer, by night, and am not silent.

<sup>11</sup>Do not be far from me, for trouble is near and there is no one to help.

<sup>12</sup>Many bulls surround me; strong bulls of Bashan encircle me.

<sup>13</sup>Roaring lions tearing their prey open their mouths wide against me.

<sup>16</sup>Dogs have surrounded me; a band of evil men has encircled me, they have pierced my hands and my feet.

<sup>19</sup>But you, O Lord, be not far off; O my Strength, come quickly to help me.

<sup>20</sup>Deliver my life from the sword, my precious life from the power of the dogs.

<sup>21</sup>Rescue me from the mouth of the lions; save me from the horns of the wild oxen.

**Psalm 23**

<sup>1</sup>The Lord is my shepherd, I shall not be in want.

<sup>2</sup>He makes me lie down in green pastures, he leads me beside quiet waters,

<sup>3</sup>he restores my soul. He guides me in paths of righteousness for his name's sake.

<sup>4</sup>Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

<sup>5</sup>You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

<sup>6</sup>Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

**Psalm 24**

<sup>1</sup>The earth is the Lord's, and everything in it, the world, and all who live in it;

<sup>2</sup>for he founded it upon the seas and established it upon the waters.

<sup>3</sup>Who may ascend the hill of the Lord? Who may stand in his holy place?

<sup>4</sup>He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.

<sup>5</sup>He will receive blessing from the Lord and vindication from God his Savior.

**Psalm 25**

<sup>1</sup>To you, O Lord, I lift up my soul;

<sup>2</sup>in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me.

<sup>3</sup>No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse.

<sup>4</sup>Show me your ways, O Lord, teach me your paths;

<sup>5</sup>guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

<sup>6</sup>Remember, O Lord, your great mercy and love, for they are from of old.

<sup>7</sup>Remember not the sins of my youth and my rebellious ways; according to your love remember me, for you are good, O Lord.

<sup>8</sup>Good and upright is the Lord; therefore he instructs sinners in his ways.

<sup>9</sup>He guides the humble in what is right and teaches them his way.

<sup>10</sup>All the ways of the Lord are loving and faithful for those who keep the demands of his covenant.

<sup>11</sup>For the sake of your name, O Lord, forgive my iniquity, though it is great.

<sup>12</sup>Who, then, is the man that fears the Lord? He will instruct him in the way chosen for him.

<sup>13</sup>He will spend his days in prosperity, and his descendants will inherit the land.

<sup>14</sup>The Lord confides in those who fear him; he makes his covenant known to them.

<sup>15</sup>My eyes are ever on the Lord, for only he will release my feet from the snare.

<sup>16</sup>Turn to me and be gracious to me, for I am lonely and afflicted.

<sup>17</sup>The troubles of my heart have multiplied; free me from my anguish.

<sup>18</sup>Look upon my affliction and my distress and take away all of my sins.

<sup>19</sup>See how my enemies have increased and how fiercely they hate me!

<sup>20</sup>Guard my life and rescue me; let me not be put to shame, for I take refuge in you.

<sup>21</sup>May integrity and uprightness protect me, because my hope is in you.

### **Psalm 27**

<sup>1</sup>The Lord is my light and my salvation, whom shall I fear? The Lord is the stronghold of my life, of whom shall I be afraid?

<sup>2</sup>When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall.

<sup>3</sup>Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

<sup>4</sup>One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple.

<sup>5</sup>For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.

<sup>6</sup>Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the Lord.

<sup>7</sup>Hear my voice when I call, O Lord; be merciful to me and answer me.

<sup>8</sup>My heart says of you, "Seek his face!" Your face, Lord, I will seek.

<sup>9</sup>Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, O God my Savior.

<sup>10</sup>Though my father and mother forsake me, the Lord will receive me.

<sup>11</sup>Teach me your way, O Lord; lead me in a straight path because of my oppressors.

<sup>12</sup>Do not turn me over to the desire of my foes, for false witnesses rise up against me, breathing out violence.

<sup>13</sup>I am still confident of this: I will see the goodness of the Lord in the land of the living.

<sup>14</sup>Wait for the Lord; be strong and take heart and wait for the Lord.

**Psalm 28**

<sup>1</sup>To you, Lord, I call; you are my Rock, do not turn a deaf ear to me. For if you remain silent, I will be like those who go down to the pit.

<sup>6</sup>Praise be to the Lord, for he has heard my cry for mercy.

<sup>7</sup>The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

<sup>8</sup>The Lord is the strength of his people.

**Psalm 29**

<sup>1</sup>Ascribe to the Lord, you heavenly beings, ascribe to the Lord glory and strength.

<sup>2</sup>Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness.

<sup>3</sup>The voice of the Lord is over the waters; the God of glory thunders, the Lord thunders over the mighty waters.

<sup>4</sup>The voice of the Lord is powerful; the voice of the Lord is majestic.

<sup>9</sup>The voice of the Lord twists the oaks and strips the forests bare.

<sup>10</sup>The Lord sits enthroned over the flood; the Lord is enthroned as King forever.

<sup>11</sup>The Lord gives strength to his people; the Lord blesses his people with peace.

**Psalm 30**

<sup>1</sup>I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me.

<sup>2</sup>Lord my God, I called to you for help, and you healed me.

<sup>3</sup>You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit.

<sup>4</sup>Sing the praises of the Lord, you his faithful people; praise his holy name.

<sup>5</sup>For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

<sup>6</sup>When I felt secure, I said, "I will never be shaken."

<sup>7</sup>Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed.

<sup>8</sup>To you, Lord, I called; to the Lord I cried for mercy:

<sup>9</sup>"What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness?"

<sup>10</sup>Hear, Lord, and be merciful to me; Lord, be my help."

<sup>11</sup>You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

<sup>12</sup>that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.

### **Psalm 31**

<sup>1</sup>In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness.

<sup>2</sup>Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

<sup>3</sup>Since you are my rock and my fortress, for the sake of your name lead and guide me.

<sup>4</sup>Free me from the trap that is set for me, for you are my refuge.

<sup>5</sup>Into your hands I commit my spirit; redeem me, O Lord, the God of truth.

<sup>7</sup>I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.

<sup>8</sup>You have not handed me over to the enemy but have set my feet in a spacious place.

<sup>9</sup>Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief.

<sup>10</sup>My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.

<sup>13</sup>For I hear the slander of many; there is terror on every side; they conspire against me and plot to take my life.

<sup>14</sup>But I trust in you, O Lord; I say, "You are my God."

<sup>15</sup>My times are in your hands; deliver me from my enemies and from those who pursue me.

<sup>16</sup>Let your face shine on your servant; save me in your unfailing love.

<sup>17</sup>Let me not be put to shame, O Lord, for I have cried out to you; but let the wicked be put to shame and lie silent in the grave.

<sup>18</sup>Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous.

<sup>19</sup>How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you.

<sup>20</sup>In the shelter of your presence you hide them from the intrigues of men; in your dwelling you keep them safe from accusing tongues.

<sup>21</sup>Praise be to the Lord, for he showed his wonderful love to me.

<sup>22</sup>In my alarm I said, "I am cut off from your sight!" Yet you heard my cry for mercy when I called to you for help.

**Psalm 32**

<sup>1</sup>Blessed is he whose transgressions are forgiven, whose sins are covered.

<sup>2</sup>Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit.

<sup>3</sup>When I kept silent, my bones wasted away through my groaning all day long.

<sup>4</sup>For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.

<sup>5</sup>Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord" and you forgave the guilt of my sin.

<sup>6</sup>Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him.

<sup>7</sup>You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

<sup>10</sup>Many are the woes of the wicked, but the Lord's unfailing love surrounds the man who trusts in him.

<sup>11</sup>Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!

**Psalm 33**

<sup>1</sup>Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise him.

<sup>3</sup>Sing to him a new song; play skillfully, and shout for joy.

<sup>4</sup>For the word of the Lord is right and true; he is faithful in all he does.

<sup>5</sup>The Lord loves righteousness and justice; the earth is full of his unfailing love.

<sup>6</sup>By the word of the Lord were the heavens made, their starry host by the breath of his mouth.

<sup>8</sup>Let all the earth fear the Lord; let all the people of the world revere him.

<sup>9</sup>For he spoke, and it came to be; he commanded, and it stood firm.

<sup>10</sup>The Lord foils the plans of the nations; he thwarts the purposes of the peoples.

<sup>11</sup>But the plans of the Lord stand firm forever, the purposes of his heart through all generations.

<sup>13</sup>From heaven the Lord looks down and sees all mankind;

<sup>14</sup>from his dwelling place he watches all who live on earth -

<sup>15</sup>he who forms the hearts of all, who considers everything they do.

<sup>16</sup>No king is saved by the size of his army; no warrior escapes by his great strength.

<sup>17</sup>A horse is a vain hope for deliverance; despite all its great strength it cannot save.

<sup>18</sup>But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love,

<sup>19</sup>to deliver them from death and keep them alive in famine.

<sup>20</sup>We wait in hope for the Lord; he is our help and our shield.

<sup>21</sup>In him our hearts rejoice, for we trust in his holy name.

<sup>22</sup>May your unfailing love rest upon us, O Lord, even as we put our hope in you.

### **Psalm 34**

<sup>4</sup>I sought the Lord, and he answered me; he delivered me from all my fears.

<sup>5</sup>Those who look to him are radiant; their faces are never covered with shame.

<sup>6</sup>This poor man called, and the Lord heard him; he saved him out of all his troubles.

<sup>17</sup>The righteous cry out, and the Lord hears them; he delivers them from all their troubles.

<sup>18</sup>The Lord is close to the brokenhearted and saves those who are crushed in spirit.

<sup>19</sup>A righteous man may have many troubles, but the Lord delivers him from them all;

<sup>20</sup>he protects all his bones, not one of them will be broken.

<sup>22</sup>The Lord redeems his servants; no one will be condemned who takes refuge in him.

### **Psalm 35**

<sup>4</sup>May those who seek my life be disgraced and put to shame; may those who plot my ruin be turned back in dismay.

<sup>5</sup>May they be like chaff before the wind, with the angel of the Lord driving them away;

<sup>6</sup>may their path be dark and slippery, with the angel of the Lord pursuing them.

<sup>7</sup>Since they hid their net for me without cause and without cause dug a pit for me,

<sup>8</sup>may ruin overtake them by surprise – may the net they hid entangle them, may they fall into the pit, to their ruin.

<sup>9</sup>Then my soul will rejoice in the Lord and delight in his salvation.

<sup>23</sup>Awake, and rise to my defense! Contend for me, my God and Lord.

<sup>24</sup>Vindicate me in your righteousness, O Lord my God; do not let them gloat over me.

<sup>25</sup>Do not let them think, “Aha, just what we wanted!” or say, “We have swallowed him up.”



**Psalm 91**

<sup>1</sup>He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

<sup>2</sup>I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

<sup>3</sup>Surely he will save you from the fowler's snare and from the deadly pestilence.

<sup>4</sup>He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

<sup>5</sup>You will not fear the terror of night, nor the arrow that flies by day,

<sup>6</sup>nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

<sup>7</sup>A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

<sup>8</sup>You will only observe with your eyes and see the punishment of the wicked.

<sup>9</sup>If you make the Most High your dwelling – even the Lord, who is my refuge –

<sup>10</sup>then no harm will befall you, no disaster will come near your tent.

<sup>11</sup>For he will command his angels concerning you to guard you in all your ways;

<sup>12</sup>they will lift you up in their hands, so that you will not strike your foot against a stone.

<sup>13</sup>You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

<sup>14</sup>"Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name.

<sup>15</sup>He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

<sup>16</sup>With long life will I satisfy him and show him my salvation."

End