

## Part 3

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 36, 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 wicked and enemies 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 36**

<sup>5</sup>Your love, O Lord, reaches to the heavens, your faithfulness to the skies.

<sup>6</sup>Your righteousness is like the mighty mountains, your justice like the great deep.

<sup>7</sup>How priceless is your unfailing love! Both high and low among men find refuge in the shadow of your wings.

<sup>8</sup>They feast on the abundance of your house; you give them drink from your river of delights.

<sup>9</sup>For with you is the fountain of life; in your light we see light.

### **Psalm 37**

<sup>4</sup>Delight yourself in the Lord and he will give you the desires of your heart.

<sup>5</sup>Commit your way to the Lord; trust in him and he will do this:

<sup>6</sup>He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.

<sup>10</sup>A little while, and the wicked will be no more; though you look for them, they will not be found.

<sup>12</sup>The wicked plot against the righteous and gnash their teeth at them;

<sup>13</sup>but the Lord laughs at the wicked, for he knows their day is coming.

<sup>14</sup>The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright.

<sup>15</sup>But their swords will pierce their own hearts, and their bows will be broken.

<sup>17</sup>for the power of the wicked will be broken, but the Lord upholds the righteous.

<sup>23</sup>If the Lord delights in a man's way, he makes his steps firm;

<sup>24</sup>though he stumble, he will not fall, for the Lord upholds him with his hand.

<sup>27</sup>Turn from evil and do good; then you will dwell in the land forever.

<sup>28</sup>For the Lord loves the just and will not forsake his faithful ones.

<sup>34</sup>Wait for the Lord and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it.

<sup>39</sup>The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble.

<sup>40</sup>The Lord helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.

### Psalm 38

<sup>1</sup>O Lord, do not rebuke me in your anger or discipline me in your wrath.

<sup>2</sup>For your arrows have pierced me, and your hand has come down upon me.

<sup>3</sup>Because of your wrath there is no health in my body; my bones have no soundness because of my sin.

<sup>4</sup>My guilt has overwhelmed me like a burden too heavy to bear.

<sup>5</sup>My wounds fester and are loathsome because of my sinful folly.

<sup>6</sup>I am bowed down and brought very low; all day long I go about mourning.

<sup>7</sup>My back is filled with searing pain; there is no health in my body.

<sup>8</sup>I am feeble and utterly crushed; I groan in anguish of heart.

<sup>9</sup>All my longings lie open before you, O Lord; my sighing is not hidden from you.

<sup>10</sup>My heart pounds, my strength fails me; even the light has gone from my eyes.

[In case this specific verse pertains to you] <sup>11</sup>My friends and companions avoid me because of my wounds; my neighbors stay far away.

<sup>12</sup>Those who seek my life set their traps, those who would harm me talk of my ruin; all day long they plot deception.

<sup>15</sup>I wait for you, O Lord; you will answer, O Lord my God.

<sup>17</sup>For I am about to fall, and my pain is ever with me.

<sup>18</sup>I confess my iniquity; I am troubled by my sin.

<sup>19</sup>Many are those who are my vigorous enemies; those who hate me without reason are numerous.

<sup>20</sup>Those who repay my good with evil slander me when I pursue what is good.

<sup>21</sup>O Lord, do not forsake me; be not far from me, O my God.

<sup>22</sup>Come quickly to help me, O Lord my Savior.

### Psalm 39

<sup>1</sup>I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth as long as the wicked are in my presence."

<sup>2</sup>But when I was silent and still, not even saying anything good, my anguish increased.

<sup>7</sup>But now, Lord, what do I look for? My hope is in you.

<sup>8</sup>Save me from all my transgressions; do not make me the scorn of fools.

<sup>10</sup>Remove your scourge from me; I am overcome by the blow of your hand.

<sup>11</sup>You rebuke and discipline men for their sin; you consume their wealth like a moth - each man is but a breath.

<sup>12</sup>"Hear my prayer, O Lord, listen to my cry for help; be not deaf to my weeping. For I dwell with you as an alien, a stranger, as all my fathers were.

<sup>13</sup>Look away from me, that I may rejoice again before I depart and am no more.”

### **Psalm 40**

<sup>1</sup>I waited patiently for the Lord; he turned to me and heard my cry.

<sup>2</sup>He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

<sup>3</sup>He put a new song in my mouth, a hymn of praise to our God. Many will see in fear and put their trust in the Lord.

<sup>4</sup>Blessed is the man who makes the Lord his trust, who does not look to the proud, to those who turn aside to false gods.

<sup>5</sup>Many, O Lord my God, are the wonders you have done. The things you planned for us no one can we count to you; were I to speak and tell of them, they would be too many to declare.

<sup>11</sup>Do not withhold your mercy from me, O Lord; may your love in your truth always protect me.

<sup>12</sup>For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.

<sup>13</sup>Be pleased, O Lord, to save me; O Lord, come quickly to help me.

<sup>14</sup>May all who seek to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.

<sup>15</sup>May those who say to me, “Aha! Aha!” be appalled at their own shame.

<sup>16</sup>But may all who seek you rejoice and be glad in you; may those who love your salvation always say, “The Lord be exalted!”

<sup>17</sup>Yet I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay.

### **Psalm 41**

<sup>4</sup>I said, “O Lord, have mercy on me; heal me, for I have sinned against you.”

<sup>5</sup>My enemies say of me in malice, “When will he die and his name perish?”

<sup>7</sup>All my enemies whisper together against me; they imagine the worst for me, saying,

<sup>8</sup>“A vile disease has beset him; he will never get up from the place where he lies.”

<sup>10</sup>But you, O Lord, have mercy on me; raise me up that I may repay them.

<sup>11</sup>I know that you are pleased with me, for my enemy does not triumph over me.

<sup>12</sup>In my integrity you uphold me and set me in your presence forever.

<sup>13</sup>Praise be to the Lord, the God of Israel, from everlasting to everlasting.

**Psalm 42**

<sup>1</sup>As the deer pants for streams of water, so my soul pants for you, O God.

<sup>2</sup>My soul thirsts for God, for the living God. When can I go and meet with God?

<sup>3</sup>My tears have been my food day and night, while men say to me all day long, "Where is your God?"

<sup>5</sup>Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

<sup>8</sup>By day the Lord directs his love, at night his song is with me – a prayer to the God of my life.

<sup>9</sup>I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?"

<sup>10</sup>My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"

<sup>11</sup>Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**Psalm 43**

<sup>2</sup>You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?

<sup>3</sup>Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell.

<sup>4</sup>Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God.

<sup>5</sup>Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**Psalm 44**

<sup>5</sup>Through you we push back our enemies; through your name we trample our foes.

<sup>6</sup>I do not trust in my bow, my sword does not bring me victory;

<sup>7</sup>but you give us victory over our enemies, you put our adversaries to shame.

<sup>8</sup>In God we make our boast all day long, and we will praise your name forever.

**Psalm 46**

<sup>1</sup>God is our refuge and strength, in ever-present help in trouble.

<sup>2</sup>Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

<sup>3</sup>though its waters roar and foam and the mountains quake with their surging.

<sup>7</sup>The Lord Almighty is with us; the God of Jacob is our fortress.

<sup>8</sup>Come and see the works of the Lord, the desolations he has brought on the earth.

<sup>9</sup>He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.

<sup>10</sup>“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

<sup>11</sup>The Lord almighty is with us; the god of Jacob is our fortress.

End