

Part 10

If you're dealing with temptation (pornography), depression, oppression (your feelings and emotions are being robbed of you), etc., it can be difficult to know what to say when you're praying. Reading through Psalms works if you're fighting the demons that are causing that temptation, depression, and so on. Or frankly, you just don't know what to say when you pray.

Starting on Psalm 119 at verse 121, here are specific scriptures that directly relate to fighting ALL demonic spirits. Note that 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.

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.

Refer to oppressors, men, enemies, foreigners, and wicked as demons.

Psalm 119

121 I have done what is righteous and just; do not leave me to my oppressors.

122 Ensure your servant's well-being; let not the arrogant oppress me.

123 My eyes fail, looking for your salvation, looking for your righteous promise.

124 Deal with your servant according to your love and teach me your decrees.

125 I am your servant; give me discernment that I may understand your statutes.

126 It is time for you to act, O Lord; your law is being broken.

127 Because I love your commands more than gold, more than pure gold,

128 and because I consider all your precepts right, I hate every wrong path.

129 Your statutes are wonderful; therefore I obey them.

130 The unfolding of your words gives light; it gives understanding to the simple.

131 I open my mouth and pant, longing for your commands.

132 Turn to me and have mercy on me, as you always do to those who love your name.

133 Direct my footsteps according to your word; let no sin rule over me.

134 Redeem me from the oppression of men, that I may obey your precepts.

135 Make your face shine upon your servant and teach me your decrees.

136 Streams of tears flow from my eyes, for your law is not obeyed.

137 Righteous are you, O Lord, and your laws are right.

138 The statutes you have laid down are righteous; they are fully trustworthy.

139 My zeal wears me out, for my enemies ignore your words.

140 Your promises have been thoroughly tested, and your servant loves them.

142 Your righteousness is everlasting and your law is true.

143 Trouble and distress have come upon me, but your commands are my delight.

144 Your statutes are forever right; give me understanding that I may live.

145 I call with all my heart; answer me, O Lord, and I will obey your decrees.

146 I call out to you; save me and I will keep your statutes.

147 I rise before dawn and cry for help; I have put my hope in your word.

148 My eyes stay open through the watches of the night, that I may meditate on your promises.

149 Hear my voice in accordance with your love; preserve my life, O Lord, according to your laws.

150 Those who devise wicked schemes are near.

151 Yet you are near, O Lord, and all your commands are true.

152 Long ago I learned from your statutes that you established them to last forever.

¹⁵³Look upon my suffering and deliver me, for I have not forgotten your law.

¹⁵⁴Defend my cause and redeem me; preserve my life according to your promise.

¹⁵⁵Salvation is far from the wicked [people], for they do not seek out your decrees.

¹⁵⁶Your compassion is great, O Lord; preserve my life according to your laws.

¹⁵⁷Many are the foes [demons] who persecute me, but I have not turned from your statutes.

¹⁵⁹See how I love your precepts; preserve my life, O Lord, according to your love.

¹⁶⁰All your words are true; all your righteous laws are eternal.

¹⁶²I rejoice in your promise like one who finds great spoil.

¹⁶³I hate and abhor falsehood but I love your law.

¹⁶⁴Seven times a day I praise you for your righteous laws.

¹⁶⁵Great peace have they who love your law, and nothing can make them stumble.

¹⁶⁶I wait for your salvation, O Lord, and I follow your commands.

¹⁶⁷I obey your statutes, for I love them greatly.

¹⁶⁸I obey your precepts and your statutes, for all of my ways are known to you.

¹⁶⁹May my cry come before you, O Lord; give me understanding according to your word.

¹⁷⁰May my supplication come before you; deliver me according to your promise.

¹⁷¹May my lips overflow with praise, for you teach me your decrees.

¹⁷²May my tongue sing of your word, for all of your commands are righteous.

¹⁷³May your hand be ready to help me, for I have chosen your precepts.

¹⁷⁴I long for your salvation, O Lord, and your law is my delight.

¹⁷⁵Let me live that I may praise you, and may your laws sustain me.

¹⁷⁶I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands.

Psalm 120

¹I call on the Lord in my distress, and he answers me.

²Save me, O Lord, from lying lips and from deceitful tongues.

³What will he do to you, and what more besides, O deceitful tongue?

⁴He will punish you with a warrior's sharp arrows, with burning coals of the broom tree.

⁶Too long have I lived among those who hate peace.

⁷I am a man of peace; but when I speak, they are at war.

Psalm 121

¹I lift up my eyes to the hills — where does my help come from?

My help comes from the Lord, the Maker of heaven and earth.

³He will not let your foot slip — he who watches over you will not slumber;

⁴indeed, he who watches over Israel will neither slumber nor sleep.

⁵The Lord watches over you — the Lord is your shade at your right hand;

⁶the sun will not harm you by day, nor the moon by night.

⁷The Lord will keep you from all harm — he will watch over your life;

⁸the Lord will watch over your coming and going both now and forevermore.

Psalm 123

¹I lift up my eyes to you, to you whose throne is in heaven.

²As the eyes of slaves look to the hand of their master, as the eyes of a maid look to the hand of her mistress, so our eyes look to the Lord our God, till he shows us his mercy.

³Have mercy on us, O Lord, have mercy on us, for we have endured much contempt.

⁴We have endured much ridicule from the proud, much contempt from the arrogant.

Psalm 128

¹Blessed are all who fear the Lord, who walk in his ways.

²You will eat the fruit of your labor; blessings and prosperity will be yours.

³Your wife will be like a fruitful vine within your house; your sons will be like olive shoots around your table.

⁴Thus is the man blessed who fears the Lord.

Psalm 130

¹Out of the depths I cry to you, O Lord;

²O Lord, hear my voice. Let your ears be attentive to my cry for mercy.

³If you, O Lord, kept a record of sins, O Lord, who could stand?

⁴But with you there is forgiveness; therefore you are feared.

⁵I wait for the Lord, my soul waits, and in his word I put my hope.

⁶My soul waits for the Lord more than watchmen wait for the morning.

Psalm 131

¹My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.

Psalm 133

¹How good and pleasant it is when brothers live together in unity!

²It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down upon the collar of his robes.

Psalm 135

¹Praise the Lord. Praise the name of the Lord; praise him, you servants of the Lord,

²you who minister in the house of the Lord, in the courts of the house of our God.

³Praise the Lord, for the Lord is good; sing praise to his name, for that is pleasant.

⁵I know that the Lord is great, that our Lord is greater than all gods.

⁶The Lord does whatever pleases him, in the heavens and on the earth, in the seas and all their depths.

⁷He makes clouds rise from the ends of the earth; he sends lightning with the rain and brings out the wind from his storehouses.

¹³Your name, O Lord, endures forever, your renown, O Lord, through all generations.

¹⁴For the Lord will vindicate his people and have compassion on his servants.

¹⁵The idols of the nations are silver and gold, made by the hands of men.

¹⁶They have mouths, but cannot speak, eyes, but they cannot see;

¹⁷they have ears, but cannot hear, nor is there breath in their mouths.

¹⁸Those who make them will be like them, and so will all who trust in them.

Psalm 136

¹Give thanks to the Lord, for he is good.

²Give thanks to the God of gods.

³Give thanks to the Lord of lords:

⁴to him who alone does great wonders,

⁵who by his understanding made the heavens,

⁶who spread out the earth upon the waters,

⁷who made the great lights —

⁸the sun to govern the day,

⁹the moon and stars to govern the night;

¹⁰to him who struck down the firstborn of Egypt

¹¹and brought Israel out from among them

¹²with a mighty hand and outstretched arm;

¹³to him who divided the Red Sea asunder

¹⁴and brought Israel through the midst of it,

¹⁵but swept Pharaoh and his army into the Red Sea;

¹⁶to him who led his people through the desert,

¹⁷who struck down great kings.

Psalm 138

¹I will praise you, O Lord, with all my heart; before the “gods” I will sing your praise.

²I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word.

³When I called, you answered me; you made me bold and stouthearted.

⁴May all the kings of the earth praise you, O Lord, when they hear the words of your mouth.

⁵May they sing of the ways of the Lord, for the glory of the Lord is great.

⁶Though the Lord is on high, he looks upon the lowly, but the proud he knows from afar [people].

⁷Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.

⁸The Lord will fulfill his purpose for me; your love, O Lord, endures forever — do not abandon the works of your hands.

Psalm 139

¹O Lord, you have searched me and you know me.

²You know when I sit and when I rise; you perceive my thoughts from afar.

³You discern my going out and my lying down; you are familiar with all my ways.

⁴Before a word is on my tongue you know it completely, O Lord.

⁵You hem me in — behind and before; you have laid your hand upon me.

⁶Such knowledge is too wonderful for me, too lofty for me to attain.

⁷Where can I go from your Spirit? Where can I flee from your presence?

⁸If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

⁹If I rise on the wings of the dawn, if I settle on the far side of the sea,

¹⁰even there your hand will guide me, your right hand will hold me fast.

¹¹If I say, “Surely the darkness will hide me and the light become night around me,”

¹²even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

¹³For you created my inmost being; you knit me together in my mother’s womb.

¹⁴I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

¹⁵My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth,

¹⁶your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

¹⁷How precious to me are your thoughts, O God! How vast is the sum of them!

¹⁸Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.

¹⁹If only you would slay the wicked, O God! Away from me, you bloodthirsty men!

²⁰They speak of you with evil intent; your adversaries misuse your name.

²¹Do I not hate those who hate you, O Lord, and abhor those who rise up against you?

²²I have nothing but hatred for them; I count them my enemies.

²³Search me, O God, and know my heart; test me and know my anxious thoughts.

²⁴See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 140

¹Rescue me, O Lord, from evil men; protect me from men of violence,

²who devise evil plans in their hearts and stir up war every day.

³They make their tongues as sharp as a serpent's; the poison of vipers is on their lips.

⁴Keep me, O Lord, from the hands of the wicked; protect me from men of violence who plan to trip my feet.

⁵Proud men have hidden a snare for me; they have spread out the cords of their net and have set traps for me along my path.

⁶O Lord, I say to you, "You are my God." Hear, O Lord, my cry for mercy.

⁷O Sovereign Lord, my strong deliverer, who shields my head in the day of battle —

⁸do not grant the wicked their desires, O Lord; do not let their plans succeed, or they will become proud.

⁹Let the heads of those who surround me be covered with the trouble their lips have caused.

¹⁰Let burning coals fall upon them; may they be thrown into the fire, into miry pits, never to rise.

¹¹Let slanderers not be established in the land; may disaster hunt down men of violence.

¹²I know that the Lord secures justice for the poor and upholds the cause of the needy.

¹³Surely the righteous will praise your name and the upright will live before you.

Psalm 141

¹O Lord, I call to you; come quickly to me. Hear my voice when I call to you.

²May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

³Set a guard over my mouth, O Lord; keep watch over the door of my lips.

⁴Let not my heart be drawn to what is evil, to take part in wicked deeds with men who are evildoers; let me not eat of their delicacies.

⁵Let a righteous man strike me — it is a kindness; let him rebuke me — it is oil on my head. My head will not refuse it. Yet my prayer is ever against the deeds of evildoers;

⁶their rulers will be thrown down from the cliffs, and the wicked will learn that my words were well spoken.

⁷They will say, “As one plows and breaks up the earth, so our bones have been scattered at the mouth of the grave.”

⁸But my eyes are fixed on you, O Sovereign Lord; in you I take refuge — do not give me over to death.

⁹Keep me from the snares they have laid for me, from the traps set by evildoers.

¹⁰Let the wicked fall into their own nets, while I pass by in safety.

Psalm 142

¹I cry aloud to the Lord; I lift up my voice to the Lord for mercy.

²I pour out my complaint before him; before him I tell my trouble.

³When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me.

⁴Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.

⁵I cry to you, O Lord; I say, “You are my refuge, my portion in the land of the living.”

⁶Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.

⁷Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

Psalm 143

¹O Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

²Do not bring your servant into judgement, for no one living is righteous before you.

³The enemy pursues me, he crushes me to the ground; he makes me dwell in darkness like those long dead.

⁴So my spirit grows faint within me; my heart within me is dismayed.

⁵I remember the days of long ago; I meditate on all your works and consider what your hands have done.

⁶I spread out my hands to you; my soul thirsts for you like a parched land.

⁷Answer me quickly, O Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit.

⁸Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

⁹Rescue me from my enemies, O Lord, for I hide myself in you.

¹⁰Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

¹¹For your name's sake, O Lord, preserve my life; in your righteousness, bring me out of trouble.

¹²In your unfailing love, silence my enemies; destroy all my foes, for I am your servant.

Psalm 144

¹Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle.

²He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues peoples under me.

³O Lord, what is man that you care for him, the son of man that you think of him?

⁴Man is like a breath; his days are like a fleeting shadow.

⁵Part your heavens, O Lord, and come down; touch the mountains, so that they smoke.

⁶Send forth lightning and scatter the enemies; shoot your arrows and rout them.

⁷Reach down your hand from on high; deliver me and rescue me from the mighty waters, from the hands of foreigners

⁸whose mouths are full of lies, whose right hands are deceitful.

⁹I will sing a new song to you, O God; on the ten-stringed lyre I will make music to you,

¹⁰to the One who gives victory to kings, who delivers his servant David from the deadly sword.

¹¹Deliver me and rescue me from the hands of foreigners whose mouths are full of lies, whose right hands are deceitful.

¹²Then our sons in their youth will be like well-nurtured plants, and our daughters will be like pillars carved to adorn a palace.

¹³Our barns will be filled with every kind of provision. Our sheep will increase by thousands, by tens of thousands in our fields;

¹⁴our oxen will draw heavy loads. There will be no breaching of walls, no going into captivity, no cry of distress in our streets.

¹⁵Blessed are the people of whom this is true; blessed are the people whose God is the Lord.

Psalm 145

¹I will exalt you, my God the King; I will praise your name for ever and ever.

²Every day I will praise you and extol your name for ever and ever.

³Great is the Lord and most worthy of praise; his greatness no one can fathom.

⁴One generation will commend your works to another; they will tell of your mighty acts.

⁵They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works.

⁶They will tell of the power of your awesome works, and I will proclaim your great deeds.

⁷They will celebrate your abundant goodness and joyfully sing of your righteousness.

⁸The Lord is gracious and compassionate, slow to anger and rich in love.

⁹The Lord is good to all; he has compassion on all he has made.

¹⁰All you have made will praise you, O Lord; your saints will extol you.

¹¹They will tell of the glory of your kingdom and speak of your might,

¹²so that all men may know of your mighty acts and the glorious splendor of your kingdom.

¹³Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is faithful to all his promises and loving toward all he has made.

¹⁴The Lord upholds all those who fall and lifts up all who are bowed down.

¹⁵The eyes of all look to you, and you give them their food at the proper time.

¹⁶You open your hand and satisfy the desires of every living thing.

¹⁷The Lord is righteous in all his ways and loving toward all he has made.

¹⁸The Lord is near to all who call on him, to all who call on him in truth.

¹⁹He fulfills the desires of those who fear him; he hears their cry and saves them.

²⁰The Lord watches over all who love him, but all the wicked he will destroy.

²¹My mouth will speak in praise of the Lord. Let every creature praise his holy name for ever and ever.

Psalm 146

¹Praise the Lord. Praise the Lord, O my soul.

²I will praise the Lord all my life; I will sing praise to my God as long as I live.

³Do not put your trust in princes, in mortal men, who cannot save.

⁴When their spirit departs, they return to the ground; on that very day their plans come to nothing.

⁵Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God,

⁶the Maker of heaven and earth, the sea, and everything in them — the Lord, who remains faithful forever.

⁷He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free,

⁸the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.

⁹The Lord watches over the alien and sustains the fatherless and the widow, but he frustrates the ways of the wicked.

¹⁰The Lord reigns.

Psalm 147

¹Praise the Lord. How good it is to sing praises to our God, how pleasant and fitting to praise him!

³He heals the brokenhearted and binds up their wounds.

⁴He determines the number of the stars and calls them each by name.

⁵Great is our Lord and mighty in power; his understanding has no limit.

⁶The Lord sustains the humble but casts the wicked to the ground.

⁷Sing to the Lord with thanksgiving; make music to our God on the harp.

⁸He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.

⁹He provides food for the cattle and for the young ravens when they call.

¹⁰His pleasure is not in the strength of the horse, nor his delight in the legs of a man;

¹¹the Lord delights in those who fear him, who put their hope in his unfailing love.

¹⁵He sends his command to the earth; his word runs swiftly.

¹⁶He spreads the snow like wool and scatters the frost like ashes.

¹⁷He hurls down his hail like pebbles. Who can withstand his icy blast?

¹⁸He sends his word and melts them; he stirs up his breezes, and the waters flow.

¹⁹He has revealed his word to Jacob, his laws and decrees to Israel.

²⁰He has done this for no other nation; they do not know his laws. Praise the Lord.

Psalm 148

¹Praise the Lord. Praise the Lord from the heavens, praise him in the heights above.

²Praise him, all his angels, praise him, all his heavenly hosts.

³Praise him, sun and moon, praise him, all you shining stars.

⁴Praise him, you highest heavens and you waters above the skies.

⁵Let them praise the name of the Lord, for he commanded and they were created.

⁶He set them in place for ever and ever; he gave a decree that will never pass away.

⁷Praise the Lord from the earth, you great sea creatures and all ocean depths,

⁸lightning and hail, snow and clouds, stormy winds that do his bidding,

⁹you mountains and all hills, fruit trees and all cedars,

¹⁰wild animals and all cattle, small creatures and flying birds,

¹¹kings of the earth and all nations, you princes and all rulers on earth,

¹²young men and maidens, old men and children.

¹³Let them praise the name of the Lord, for his name alone is exalted; his splendor is above the earth and heavens.

¹⁴He has raised up for his people a horn, the praise of all his saints, of Israel, the people close to his heart. Praise the Lord.

Psalm 149

¹Praise the Lord. Sing to the Lord a new song, his praise in the assembly of the saints.

³Let them praise his name with dancing and make music to him with tambourine and harp.

⁴For the Lord takes delight in his people; he crowns the humble with salvation.

⁵Let the saints rejoice in this honor and sing for joy on their beds.

⁶May the praise of God be in their mouths and a double-edged sword in their hands,

⁷to inflict vengeance on the nations and punishment on the peoples,

⁸to bind their kings with fetters, their nobles with shackles of iron,

⁹to carry out the sentence written against them. This is the glory of all his saints. Praise the Lord.

Psalm 150

¹Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens.

²Praise him for his acts of power; praise him for his surpassing greatness.

³Praise him with the sounding of the trumpet, praise him with the harp and lyre,

⁴praise him with tambourine and dancing, praise him with the strings and flute,

⁵praise him with the clash of cymbals, praise him with resounding cymbals.

⁶Let everything that has breath praise the Lord. Praise the Lord.

The end