

Self-Guided Deliverance and Healing From Word Curses

Section One: Prepare the Environment

This is a quiet and uninterrupted space. You can move to a quieter area if you wish. When praying, speak quietly but audibly—even a whisper counts. The enemy can't read minds. Please turn off your cell phones. If using your phone to look up Bible verses or take notes then please silence it.

Section Two: Prepare Your Heart

Take a few moments to get quiet before God. This isn't about rushing or "doing it right"—it's about simply being honest and present. Let your guard down. Come willing to let Yeshua bring up anything that needs His loving touch. There's no pressure. Just be ready to let the Holy Spirit highlight whatever He wants to heal: old hurts, painful memories, things you've hidden or minimized, things you might not even realize are holding you back.

As you pray, be open to whatever surfaces. Sometimes you might feel emotions bubbling up, or remember things you haven't thought about in years. That's okay. Tears or strong feelings are not a sign of weakness—they're an invitation to freedom. If you sense areas to forgive, or find yourself holding onto lies about yourself or God, don't push those away. Recognize them, and be willing to let them go. This is a safe and sacred space.

Prayer for the Holy Spirit's Guidance

Holy Spirit, I invite You right now. Shine Your light into every hidden place of my heart. Show me wounds I'm carrying, even those I've buried or forgotten. I want to walk in freedom, and I ask You to reveal anything that needs Your healing touch. Give me courage to face what comes up. Help me to be honest—with You and with myself. I'm willing to forgive, to let go of lies, and to receive the truth. Lead me into greater wholeness. In Yeshua' name, amen.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Pray for Yahweh's presence. Submit your heart to healing. Invite Holy Spirit to search your soul.

Section Three: Identifying Word Curses

They could have come from many different sources and in a variety of categories. Write any that come to mind from. We will use this list later.

Parental words: identity wounds, childhood labels, judgmental words

Leadership words: False prophecies, controlling or manipulative words, spiritual intimidation

Relationships words: rejection, emotional intimidation, romantic wounds, words spoken out of meanness or jealousy

Self-inflicted words: negative talk, words spoken out of pain or disappointment, especially those communicating a lack of faith in Yeshua, shame-based statements.

Witchcraft/occult curse: hexes, spells, psychic attacks, and occult words

Forgotten childhood words: Ask Yeshua to bring them to memory so they can be renounced and broken; unknown curses

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Identify the fruit of those words and curse:

Fear and insecurity	Shame and Guilt
Imposter syndrome	Mental heaviness
Timidity and hesitation	Nightmares
Self-sabotage	Feeling “stuck” spiritually
Emotional instability	Repetitive patterns/repeating generational cycles

Identify Emotional Reactions.

If you see any of these in you, that is a sign that the curse is active and ready to be uprooted.

Pain	Feeling drained or tired all of the time
Anger	Feeling triggered
Sudden sadness	Emotional memories resurfacing
Tightness in chest	Problems with getting peaceful restorative sleep

Renouncing Word Curses

Confess and repent.

- “Father, I repent for agreeing with lies.”
- “I repent for letting those words shape my identity.”
- “I repent for speaking curses over myself.”

Release the speaker

Forgive: Parents, teachers, classmates, friends, bosses, pastors, spouses, yourself, neighbors, anyone else.

Renounce the curse

Say out loud:

- “I renounce every word curse spoken over me.”
- “I renounce every lie that shaped my identity.”
- “I renounce every label that did not come from Yahweh.”
- “I renounce every limiting belief.”
- “I renounce every ungodly internal vow.”

Break the Curse

Break each curse out loud, naming the category and the specific word or phrase:

- “I break the curse of *[category]*, including, *[list]*, in the name of Yeshua. I cancel its power. I uproot its influence. These words will not define me.”
- **Example:** “I break the curse of poverty, including ‘I never have enough,’ in the name of Yeshua. I cancel its power. I uproot its influence. This word will not define me.”

Declare the truth of God’s Word.

Example truth to go with the example above:

Philippians 4:19: “And my God will supply every need of yours according to his riches in glory in Christ Jesus.”

Find a verse to declare over each curse. Don’t rush this part.

After you’ve finished, declare out loud:

- “I am loved.”
- “I am accepted in the beloved.”
- “I am called and chosen.”
- “I am delivered and set free.”
- “I am healed and whole.”
- “I am secure.”
- “I am strong and can do all things through Christ who strengthens me.”
- “2026 is going to be my best year yet!”

Yeshua, thank You for loving me so deeply and never letting go. Thank You for breaking every chain, for bringing light to the darkest places in my heart, and for declaring freedom over my life. I'm so grateful for the ways You've rescued, restored, and healed me—even in places I didn't realize needed it.

You are faithful—always. Thank You for hearing my prayers, for standing with me in every battle, and for speaking truth over every lie. Thank You for Your patience when I doubted and Your kindness when I was afraid. I celebrate every victory with You, knowing You are the One who brings true deliverance.

Let Your name be praised in my life. Fill me with new joy, hope, and boldness to walk in everything You've promised. I trust You for today, tomorrow, and all that lies ahead. In Your faithful name, Yeshua, amen.