

Soul Check-Up Prayer Template:

Instructions: This is a lifestyle practice, not a one-time event. Use your will to loose (release) the weights of the past and bind (attach) the life and love of God to your soul. Part 1: For Yourself

As a child of the Most High God, I choose with my will to loose from my soul:

- All grief, fear, hate, and suffering.
- All trauma, trials, cares, and concerns (regardless of when they occurred).
- All addictions, poverty mentality, and lack.
- All hurtful, hateful, mean, crushing, wicked, or rejecting words.
- All forms of abuse (mental, emotional, or physical).
- All witchcraft, satanism, pornography, and sexual defilement.
- All hopelessness, oppression, depression, despair, and suicidal thoughts.
- *I loose these from my soul in Jesus' name.*

As an act of my will, I choose to bind to my soul:

- The life and love of God.
- His presence, passion, and compassion.
- His creativity, sound wisdom, and ability to know.
- His celebration, expectancy, and hope for my future.
- *I bind these to my soul in Jesus' name and will not let them go.*

Part 2: For Others (Children, Grandchildren, or Pets)

Place your hand on the individual's or pet's head.

As the watcher over [Name/Pet's Name]'s soul, I choose with my will to loose from their soul:

- All bullying, hate, crushing/hurtful words, abuse, unjust judgment, and fear.
- *I loose these in Jesus' name.*

I choose to bind to their soul:

- God's love, life, joy, celebration, and approval.
- *I bind these to their soul in Jesus' name.*