

A Note from the Author: How to Use Your Armor of Light

I created these pages as a practical weapon for your daily journey. I have personally printed and laminated my own copies to keep by my bedside. By having them ready, I can immediately turn to them whenever the enemy's feelings or lies start to creep into my mind.

Many of us naturally pray to God, asking Him to save us or to make our hardships stop. However, we often miss the vital step of casting the bad spirits away. Jesus left us this gift of authority, and reading God's Word directly to the enemy is the exact same strategy Jesus used when He was tempted in the desert.

The enemy is a master at playing tricks on your mind, but there is truly nothing more powerful than reciting God's words back to the devil. Remember, it is written. I encourage you to speak these scriptures out loud, there is immense power in declaring the Word over your own life, your body, and your home.

I also suggest keeping these pages in a binder or a dedicated folder so that you can easily flip to exactly the category you need, the moment you need it.

Anxiety

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of [anxiety/fear/sadness], and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the peace, presence, and healing power of the Holy Spirit. Amen.

Philippians 4:6-7: *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

1 Peter 5:7: *"Cast all your anxiety on him because he cares for you."*

Isaiah 41:10: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

John 14:27: *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*

Psalms 94:19: *"When anxiety was great within me, your consolation brought me joy."*

Matthew 6:34: *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Proverbs 12:25: *"Anxiety weighs down the heart, but a kind word cheers it up."*

Psalms 55:22: *"Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."*

Isaiah 26:3: *"You will keep in perfect peace those whose minds are steadfast, because they trust in you."*

2 Timothy 1:7: *"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.

Anger

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of [anxiety/fear/sadness], and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the peace, presence, and healing power of the Holy Spirit. Amen.

Psalms 37:8: *"Refrain from anger and turn from wrath; do not fret—it leads only to evil."*

Ephesians 4:26-27: *"In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold."*

James 1:19-20: *"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."*

Proverbs 15:1: *"A gentle answer turns away wrath, but a harsh word stirs up anger."*

Colossians 3:8: *"But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips."*

Proverbs 29:11: *"Fools give full vent to their rage, but the wise bring calm in the end."*

Ecclesiastes 7:9: *"Do not be quickly provoked in your spirit, for anger resides in the lap of fools."*

Psalms 4:4: *"Tremble and do not sin; when you are on your beds, search your hearts and be silent."*

Proverbs 14:29: *"Whoever is patient has great understanding, but one who is quick-tempered displays folly."*

Ephesians 4:31: *"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice."*

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.

Fear

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of [anxiety/fear/sadness], and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the peace, presence, and healing power of the Holy Spirit. Amen.

2 Timothy 1:7: *"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*

Psalms 23:4: *"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."*

Isaiah 41:10: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

Joshua 1:9: *"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

Psalms 27:1: *"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?"*

Romans 8:15: *"The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'"*

1 John 4:18: *"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."*

Psalms 34:4: *"I sought the Lord, and he answered me; he delivered me from all my fears."*

Psalms 56:3: *"When I am afraid, I put my trust in you."*

Isaiah 54:17: *"No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord.*

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.

God's Promises of Healing

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Jeremiah 30:17: "But I will restore you to health and heal your wounds, declares the Lord."

Exodus 15:26: "He said, 'If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.'"

Psalms 103:2-3: "Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases."

Isaiah 53:5: "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed."

Jeremiah 17:14: "Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise."

Psalms 147:3: "He heals the brokenhearted and binds up their wounds."

Matthew 8:17: "This was to fulfill what was spoken through the prophet Isaiah: 'He took up our infirmities and bore our diseases.'"

Psalms 30:2: "Lord my God, I called to you for help, and you healed me."

3 John 1:2: "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

Proverbs 4:20-22: "My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body."

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.

Sadness

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Psalms 34:18: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

Matthew 5:4: *"Blessed are those who mourn, for they will be comforted."*

Psalms 30:5: *"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."*

Psalms 147:3: *"He heals the brokenhearted and binds up their wounds."*

Revelation 21:4: *"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."*

Psalms 23:3: *"He refreshes my soul. He guides me along the right paths for his name's sake."*

John 16:22: *"So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."*

Psalms 73:26: *"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*

Isaiah 61:3: *"And provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair."*

Psalms 31:24: *"Be strong and take heart, all you who hope in the Lord."*

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.

Loneliness

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Deuteronomy 31:6: *"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."*

Matthew 28:20: *"And teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*

Psalms 27:10: *"Though my father and mother forsake me, the Lord will receive me."*

Psalms 23:4: *"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."*

Joshua 1:5: *"No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you."*

Hebrews 13:5: *"Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you.'"*

Psalms 68:6: *"God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land."*

Isaiah 41:10: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

Psalms 139:7-10: *"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast."*

Matthew 11:28: *"Come to me, all you who are weary and burdened, and I will give you rest."*

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.

Mourning Lost Time

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Joel 2:25: *"I will repay you for the years the locusts have eaten—the great locust and the young locust, the other locusts and the locust swarm—my great army that I sent among you."*

Psalms 90:12: *"Teach us to number our days, that we may gain a heart of wisdom."*

Ecclesiastes 3:1: *"There is a time for everything, and a season for every activity under the heavens."*

Isaiah 40:31: *"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

Romans 8:28: *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."*

Philippians 3:13-14: *"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

Galatians 6:9: *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

Psalms 31:15: *"My times are in your hands; deliver me from the hands of my enemies, from those who pursue me."*

James 4:14: *"Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes."*

Ephesians 5:15-16 *"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil."*

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.

Exhaustion/Weariness

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Matthew 11:28: *"Come to me, all you who are weary and burdened, and I will give you rest."*

Isaiah 40:31: *"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

Galatians 6:9: *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

2 Corinthians 12:9: *"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."*

Psalms 46:1: *"God is our refuge and strength, an ever-present help in trouble."*

Psalms 61:2: *"From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I."*

Psalms 18:2: *"The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold."*

Matthew 11:29: *"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

Isaiah 41:10: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

Hebrews 4:16: *"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.

Identity in Christ

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1 Peter 2:9: *"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."*

2 Corinthians 5:17: *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

Romans 8:37: *"No, in all these things we are more than conquerors through him who loved us."*

Ephesians 2:10: *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*

Galatians 2:20: *"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."*

1 John 3:1: *"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him."*

Colossians 3:3: *"For you died, and your life is now hidden with Christ in God."*

Psalms 139:14: *"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."*

Romans 8:17: *"Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory."*

John 1:12: *"Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."*

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