



Prayer Guide for divine healing from Hypertension

## Description

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As I seek God's power to cast out the spirit of hypertension from my life, I hold on to James 4:7, which reminds me to "Submit yourselves, then, to God. Resist the devil, and he will flee from you." I declare that through prayer and faith, I will experience complete deliverance from hypertension. Here is a powerful prayer guide to help me in this journey.

## 1. Prayer of Gratitude and Submission

### Prayer

Heavenly Father, I come before you with a heart full of gratitude. I thank you for your promise in James 4:7, that as I submit to you and resist the spirit of hypertension, it will flee from my life. Lord, I bind and cast out this spirit of hypertension in the mighty name of Jesus. I believe that I am receiving complete deliverance and healing from this affliction. I praise you for the victory I have in you.

## **Faith**

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.”

## **Action**

To physically implement this, I will set aside time each day for gratitude journaling, where I write down specific things I am thankful for. I will also make a habit of praying in faith, thanking God daily for my health and healing.

## **Declaration**

I declare that I am free from the spirit of hypertension, and I walk in the fullness of God's healing.

## **2. Prayer for Strength and Courage**

### **Prayer**

Lord Jesus, I ask for your strength as I confront the challenges associated with hypertension. Help me to be courageous in my resistance to any negative thoughts or fears that attempt to weigh me down. I declare that I am strong in you.

### **Faith**

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.”

**Action**

I will engage in regular physical activities such as walking or exercising, which helps to relieve stress and anxiety related to my hypertension. I will also read and meditate on encouraging scriptures.

**Declaration**

I declare that I am empowered by the Lord, and I will not succumb to fear or weakness.

**3. Prayer for Divine Healing****Prayer**

Jesus, I call upon your name for divine healing. I resist the spirit of hypertension and claim my healing through your stripes. I believe that you are my healer, and I trust in your miraculous power.

**Faith**

1 Peter 2:24 – “He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed.”

**Action**

I will seek out healthy lifestyle choices, including a balanced diet and hydration, to support my body’s healing process. I will also practice stress-relief techniques such as deep breathing and meditation.

**Declaration**

I declare that I am healed by the stripes of Jesus, and I walk in health and wholeness.

## **4. Prayer for Peace and Calmness**

### **Prayer**

Dear Lord, I ask for your peace that surpasses all understanding. I bind the spirit of anxiety that contributes to my hypertension. Fill my heart and mind with your calming presence.

### **Faith**

John 14:27 – “Peace I leave with you; my peace I give you. I do not give to you as the world gives.”

### **Action**

I will engage in relaxation exercises such as yoga or meditation to promote peace. I will also listen to soothing music that encourages calmness and tranquility.

### **Declaration**

I declare that I am enveloped in the peace of Christ, and my heart is at rest.

## **5. Prayer for Faith and Trust**

### **Prayer**

Lord, help me to trust you completely as I journey towards freedom from hypertension. I bind any doubt or fear that tries to creep into my heart. I choose to have faith in your promises.

### **Faith**

Proverbs 3:5-6 – “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

### **Action**

I will engage in daily devotions and read scriptures that strengthen my faith. I will also surround myself with faith-filled community who encourage me in my walk with God.

### **Declaration**

I declare that my trust is firmly placed in the Lord, and I will not be shaken.

## **6. Prayer for Wisdom and Guidance**

### **Prayer**

Father God, I ask for your wisdom as I navigate the lifestyle changes necessary to combat hypertension. Guide my decisions and lead me to the right resources and solutions.

### **Faith**

James 1:5 – “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault.”

### **Action**

I will seek professional advice from healthcare providers regarding my condition. I will also educate myself on hypertension management through credible resources.

### **Declaration**

I declare that I am receiving divine wisdom to make informed decisions about my

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health.

## **7. Prayer of Thanksgiving for Answers**

### **Prayer**

Lord, I thank you for hearing my prayers. I trust that you are answering me in ways that I cannot yet see. I believe that the spirit of hypertension is cast out and that I am walking in victory.

### **Faith**

1 Thessalonians 5:18 – “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

### **Action**

I will create a daily thankfulness routine, reflecting on what the Lord has done for me and celebrating my progress towards health. I will share my testimony with others to encourage and uplift them.

### **Declaration**

I declare that I am thankful and expectant, knowing that I have been answered.

### **Conclusion**

As I conclude this prayer guide, I affirm that I am walking in complete deliverance from the spirit of hypertension. I trust in the Lord’s provision and guidance in every step I take. I declare that I am healed, whole, and at peace. In the name of Jesus. Amen.

### **Salvation Prayers**

Dear Lord Jesus, I come to you today acknowledging our need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my hearts and be the Lord of my life. I commit to following you and living for you every day. Thank you

for your love and for the gift of eternal life. In your name I pray, Amen.

Amen

If you prayed the above prayers kindly click here to get more information

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