






# OVERCOMING DEPRESSION AND RECEIVING PEACE & JOY

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1. Lord Jesus, in Matthew 6:33, Romans 14:17 and Mark 16:17 you commanded me to seek the Kingdom of God which is righteousness, peace and joy first and all my needs will be supplied and to cast out every evil spirit in your name.
2. In the name of JESUS CHRIST I command every spirit of unbelief to get out of me
3. In the name of JESUS CHRIST I receive the spirit of faith in JESUS CHRIST Jesus
4. In the name of JESUS CHRIST I command every spirit of depression to get out of me
5. In the name of JESUS CHRIST I receive the spirit of joy
6. In the name of JESUS CHRIST I receive the spirit of praising JESUS CHRIST all day long
7. In the name of JESUS CHRIST I command every spirit of confusion to get out of me
8. In the name of JESUS CHRIST I receive the spirit of sound mind
9. In the name of JESUS CHRIST I command every spirit of fear to get out of me
10. In the name of JESUS CHRIST I receive the spirit of boldness of JESUS CHRIST and I will face every adversity that comes because Lord Jesus will deliver me from them all
11. In the name of JESUS CHRIST I command every spirit of self-seeking and selfishness to get out of me
12. In the name of JESUS CHRIST I receive the spirit of selflessness.
13. In the name of JESUS CHRIST I will love my enemies because JESUS CHRIST has empowered me
14. In the name of JESUS CHRIST I will even love my enemies so that I am a child of the Most High God
15. In the name of JESUS CHRIST I command every spirit of suicide and death to get out of me
16. In the name of JESUS CHRIST I receive the spirit of life, abundant life and eternal life because I am a joint heir with JESUS CHRIST.

17. In the name of JESUS CHRIST I command every spirit of despair to get out of me
18. In the name of JESUS CHRIST I receive the spirit of joy
19. In the name of JESUS CHRIST I command every spirit of lies and deceit to get out of me
20. In the name of JESUS CHRIST I receive the spirit of truth and victory in JESUS CHRIST
21. In the name of JESUS CHRIST I command every spirit of anguish and sorrow to get out of me
22. In the name of JESUS CHRIST I receive the spirit of righteousness, because my righteousness is of JESUS CHRIST
23. In the name of JESUS CHRIST I receive the spirit of peace and joy
24. In the name of JESUS CHRIST I command every spirit of unforgiveness to get out of me
25. In the name of JESUS CHRIST I command my soul to be willing to forgive everyone because I am empowered to forgive and because if I do not forgive, JESUS CHRIST will not forgive me when He has already suffered on the cross to give me this power of forgiveness
26. In the name of JESUS CHRIST I receive the spirit of forgiveness
27. In the name of JESUS CHRIST I command every spirit of bitterness to get out of me
28. In the name of JESUS CHRIST I receive the spirit of love and I give love to everyone and love will never fail
29. In the name of JESUS CHRIST I receive love from JESUS CHRIST, because God loves me
30. In the name of JESUS CHRIST I receive the spirit of forgiveness because I am made whole in JESUS CHRIST
31. In the name of JESUS CHRIST I command every spirit of sorrow to get out of me
32. In the name of JESUS CHRIST I receive the spirit of joy and calmness
33. In the name of JESUS CHRIST I command every spirit of discontentment to get out of me
34. In the name of JESUS CHRIST I receive the spirit of contentment

35. In the name of JESUS CHRIST I command every spirit of debt and borrowing to get out of me
36. In the name of JESUS CHRIST I receive the spirit of giving, and by giving I will receive abundance from JESUS CHRIST
37. In the name of JESUS CHRIST I will not borrow unless I am able to repay
38. In the name of JESUS CHRIST I command every spirit of self-pity, murmuring and complaining to get out of me
39. In the name of JESUS CHRIST I receive the spirit of gratefulness and I will meditate on the goodness of JESUS CHRIST and the blessings I have received
40. In the name of JESUS CHRIST I command every spirit of worldliness to get out of me
41. In the name of JESUS CHRIST I receive the spiritual power to overcome the world and its sinful, destructive ways.
42. In the name of JESUS CHRIST I receive the spirit of contentment in JESUS CHRIST Jesus, and I will be content in all things because JESUS CHRIST will never forsake me
43. In the name of JESUS CHRIST I command every spirit of anti-JESUS CHRIST to get out of me
44. In the name of JESUS CHRIST I receive the spirit of obedience to JESUS CHRIST in all things and to seek His Word and to meditate on them
45. In the name of JESUS CHRIST I command every spirit of unfaithfulness to get out of me
46. In the name of JESUS CHRIST I receive the spirit of faithfulness to JESUS CHRIST, knowing that even when I am faithless, JESUS CHRIST is faithful because He cannot deny Himself
47. In the name of JESUS CHRIST I command every spirit of hopelessness to get out of me
48. In the name of JESUS CHRIST I receive the spirit of hope assured by JESUS CHRIST
49. In the name of JESUS CHRIST I command my soul to know that JESUS CHRIST foreknew me, predestined me to be conformed to His image. JESUS CHRIST who called me, has

justified me and will glorify me in due time

50. In the name of JESUS CHRIST I command my soul to fear nothing because I will be glorified in due time and I am a joint heir of JESUS CHRIST for eternity
51. In the name of JESUS CHRIST I command every familiar spirit to get out of me
52. In the name of JESUS CHRIST I receive the Spirit of the Living God to direct me in all things
53. In the name of JESUS CHRIST I command my soul to obey the Spirit of the Living God and to be led by the Spirit of God, so that I will belong to JESUS CHRIST
54. In the name of JESUS CHRIST I command every spirit of not denying myself and picking up the cross to get out of me
55. In the name of JESUS CHRIST I command the spirit of love of the world and things of the world to get out of me
56. In the name of JESUS CHRIST I cast out every spirit of putting my faith in man.
57. In the name of JESUS CHRIST I command every wicked and unclean spirit to get out of me
58. In the name of JESUS CHRIST I command my heart and mind not to love the world
59. In the name of JESUS CHRIST I command my heart and mind not to love the things of the world
60. In the name of JESUS CHRIST I accept all adversity and suffering because I am a joint heir with JESUS CHRIST
61. In the name of JESUS CHRIST I command my soul to know that although I am pressed all around I cannot be crushed because JESUS CHRIST is the husband of my soul
62. In the name of JESUS CHRIST I command my heart and mind to know that JESUS CHRIST hears me and He will deliver me out of all my troubles
63. In the name of JESUS CHRIST I command my heart and mind to praise Jesus with all my heart and mind

64. In the name of JESUS CHRIST I command my soul to crave for JESUS CHRIST
65. In the name of JESUS CHRIST I command my soul to know that JESUS CHRIST suffered on the cross, died and rose again, for me so that I will have life
66. In the name of JESUS CHRIST I command my soul to know that JESUS CHRIST is seated at the right hand of Father God
67. In the name of JESUS CHRIST I command my soul to know that I am in JESUS CHRIST
68. In the name of JESUS CHRIST I command my soul to know that all things are under Jesus' feet, and therefore all things are under my feet too, so long as I am in JESUS CHRIST Jesus.
69. In the name of JESUS CHRIST I command my soul to be in JESUS CHRIST Jesus all the time
70. In the name of JESUS CHRIST I command my soul to endure all things because I know that even if I am struck down, I cannot be destroyed because I am in JESUS CHRIST