



Prayers and Scriptures for Tough Times

May 2026

The following are prayers and scriptures for when we feel evil is near that can appear as a voice from our past, anxiety from stressful events in life, fear for the future, a supernatural presence that makes us shudder, or any voice that calls us towards darkness and tries to convince us there is no hope. These voices can separate us from God, others, and ourselves, pushing us into unhealthy isolation. We have talked about these as “demons” and we are meant to hold fast to the truth that Jesus and his voice are more powerful than any “demon,” remembering that they tremble in fear at his presence. These prayers and scriptures are meant to bring hope, light, and life, and can be said when we are alone, or when “two or three are gathered,” knowing that Jesus’ presence is powerful in community. We also recognize that sometimes a good mental health professional or a physician may be necessary. You can contact the church office or either kristen@summitdurango.org or jeff@summitdurango.org for more support or a counseling referral.

PRAYERS...The first three are breath prayers. When we are afraid or anxious, our breathing often becomes shallow, and we don't give ourselves enough oxygen. These prayers remind us to take deep breaths and help us remember that God breathed His Spirit into us at creation. We need the Breath of God, and it brings life to our soul, which lives in our gut, from where we take a breath.

- **4-Sided Breath Prayer using Psalm 118:24:**

- Breathe in for 4 seconds saying, *"This is the day..."*
- HOLD for 4 seconds saying, *"...the Lord has made..."*
- EXHALE for 4 seconds saying, *"...I will rejoice..."*
- HOLD the exhale for 4 seconds and say, *"...and be glad in it."*

- **4-Sided Breath Prayer using James 4:7-8:**

- Breath in for 4 seconds saying, *"Resist the devil..."*
- HOLD for 4 seconds saying, *"...and he will flee from you..."*
- EXHALE for 4 seconds saying, *"...Come close to God..."*
- HOLD the exhale for 4 seconds and say, *"...and God will come close to you."*

- **4-Sided Breath Prayer using The Lord's Prayer:**

- Breath in for 4 seconds saying, *"Our Father..."*
- HOLD for 4 seconds saying, *"...Who art in heaven..."*
- EXHALE for 4 seconds saying, *"...Hallowed..."*
- HOLD the exhale for 4 seconds and say, *"...be Thy name..."*
- Breath in for 4 seconds saying, *"...Thy kingdom come..."*
- HOLD for 4 seconds saying, *"...Thy will be done..."*
- EXHALE for 4 seconds saying, *"...on Earth..."*
- HOLD the exhale for 4 seconds and say, *"...as it is in Heaven..."*
- Breath in for 4 seconds saying, *"...give us this day..."*
- HOLD for 4 seconds saying, *"...our daily bread..."*
- EXHALE for 4 seconds saying, *"...and forgive our sins..."*
- HOLD the exhale for 4 seconds and say, *"...as we forgive those..."*
- Breath in for 4 seconds saying, *"...who sin against us all..."*
- HOLD for 4 seconds saying, *"...and lead us..."*
- EXHALE for 4 seconds saying, *"...not into temptation..."*
- HOLD the exhale for 4 seconds and say, *"...but deliver us from all evil..."*
- Breath in for 4 seconds saying, *"For Thine is the Kingdom..."*
- HOLD for 4 seconds saying, *"...and the power..."*

- EXHALE for 4 seconds saying, "...and the glory..."
 - HOLD the exhale for 4 seconds and say, "...for ever and ever..."
 - Breath in for 4 seconds saying, "Alleluia..."
 - HOLD for 4 seconds saying, "...Alleluia..."
 - EXHALE for 4 seconds saying, "...Amen..."
 - HOLD the exhale for 4 seconds and say, "...Amen..."
- **For Christ's Presence:** *Christ be with us,
Christ before us, Christ behind us,
Christ in us, Christ beneath us, Christ above us,
Christ on our right, Christ on our left,
Christ where we lie, Christ where we sit, Christ where we arise,
Christ in the heart of everyone who thinks of us,
Christ in every eye that sees us, Christ in every ear that hears us.
Salvation is of the Lord, Salvation is of the Christ,
May your salvation, O Lord, be ever with us.*
- **For God's Light:** *Come, my Light, and illuminate my darkness.
Come, my Life, and revive me from death.
Come, my Physician, and heal my wounds.
Come, Flame of divine love,
 kindling my heart with the flame of your love.
Come, my King,
 sit upon the throne of my heart and reign there.
For you alone are my King and my Lord. Amen.*
- **For God's Gifts:** *O Holy God,
 open unto me light for my darkness,
 courage for my fear, hope for my despair.
O loving God, open unto me wisdom for my confusion,
 forgiveness for my sins, love for my hate.
O God of peace, open unto me peace for my turmoil,
 joy for my sorrow, strength for my weakness.
O generous God, open my heart to receive all your gifts. Amen.*

- **For Overcoming Adversity:** *Lord, we pray not for tranquility,
nor that our tribulations may cease;
We pray for your spirit and your love,
that you grant us strength and grace to overcome adversity;
through Jesus Christ. Amen.*
- **For Protection:** *Dear Jesus, as a hen covers her chicks with her
wings to keep them safe, protect us under your golden wings.
Amen.*
- **For Safety:** *Almighty and merciful God, of your bountiful
goodness keep us from all things that may hurt us,
that we, being ready in both body and soul,
may cheerfully accomplish those things you command;
through Jesus Christ our Savior. Amen.*
- **For Serenity:** *God, grant me
the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to distinguish the one from the other. Amen.*
- **For Strength:** *O creator and mighty God,
you have promised strength for the weak,
rest for the laborers, light for the way,
grace for the trials, help from above,
unfailing sympathy, undying love.
O creator and mighty God,
help us to continue in your promise. Amen.*
- **Command Against Evil:** *"In the name of Jesus Christ, I rebuke
and break any curses, demonic activity, or any other evil thing
that I feel in my heart".*
- **St. Michael Prayer:** *"St. Michael the Archangel defend us in
battle! Be our protection against the wickedness and snares of
the devil: May God rebuke him we humbly pray!".*

- **Protection Prayer:** "Lord Jesus Christ, in your love and mercy, pour Your Precious Blood and the power of the Holy Spirit over me so that no demon or disembodied spirit may retaliate against me."
- **Affirmation of Safety:** "I take authority over all demonic assignments and functions of destruction sent against me, and I expose all demonic forces as weakened, defeated enemies of Jesus Christ".
- **Declaration from Isaiah 545:17:** "No weapon formed against me shall prosper."
- **Prayer of Forgiveness:** "I renounce and ask forgiveness for any negative inner vows made by me or by any of the people for whom I am praying. I ask that Jesus Christ release us from these negative inner vows and from any bondage they have caused us. I take the Sword of the Spirit and cut free myself and those for whom I am praying from all generational sins, weaknesses, character defects, and cellular and genetic disorders, in the name of Jesus Christ.
- **Prayer of Freedom:** "I cut all bonds of all relationships that do not bring life and put the Cross between us. We are cut free and we are free indeed (John 8:36). We are now free to become the children of God the Lord intended us to be, filled to overflowing with the power of the Holy Spirit of God, and the life and love of Jesus Christ.

SCRIPTURES:

James 4:7-10 (NLT): **7** So humble yourselves before God. Resist the devil, and he will flee from you. **8** Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. **9** Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of

joy. **10** Humble yourselves before the Lord, and he will lift you up in honor.

Luke 10:17-19 (NLT): **17** When the seventy-two disciples returned, they joyfully reported to him, "Lord, even the demons obey us when we use your name!" **18** "Yes," he told them, "I saw Satan fall from heaven like lightning! **19** Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you. **20** But don't rejoice because evil spirits obey you; rejoice because your names are registered in heaven."

1 John 4:4-1 (NLT): **4** But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world. **5** Those people belong to this world, so they speak from the world's viewpoint, and the world listens to them. **6** But we belong to God, and those who know God listen to us. If they do not belong to God, they do not listen to us. That is how we know if someone has the Spirit of truth or the spirit of deception. **7** Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. **8** But anyone who does not love does not know God, for God is love. **9** God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. **10** This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.

Psalms 91:1-16 (NLT): A psalm of God's protection from evil and fear.

1 Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.

2 This I declare about the Lord:
He alone is my refuge, my place of safety;
he is my God, and I trust him.

3 For he will rescue you from every trap
and protect you from deadly disease.

4 He will cover you with his feathers.

- He will shelter you with his wings.
His faithful promises are your armor and protection.
- 5** Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.
- 6** Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday.
- 7** Though a thousand fall at your side,
though ten thousand are dying around you,
these evils will not touch you.
- 8** Just open your eyes,
and see how the wicked are punished.
- 9** If you make the Lord your refuge,
if you make the Most High your shelter,
- 10** no evil will conquer you;
no plague will come near your home.
- 11** For he will order his angels
to protect you wherever you go.
- 12** They will hold you up with their hands
so you won't even hurt your foot on a stone.
- 13** You will trample upon lions and cobras;
you will crush fierce lions and serpents under your feet!
- 14** The Lord says, "I will rescue those who love me.
I will protect those who trust in my name.
- 15** When they call on me, I will answer;
I will be with them in trouble.
I will rescue and honor them.
- 16** I will reward them with a long life

Ephesians 6:10-18 (NLT): **10** A final word: Be strong in the Lord and in his mighty power. **11** Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. **12** For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. **13** Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. **14** Stand your ground, putting on the belt of truth and

the body armor of God's righteousness. **15** For shoes, put on the peace that comes from the Good News so that you will be fully prepared. **16** In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. **17** Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. **18** Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

Romans 8:31, 35, 37-39 (NIV): **31** What shall we say about such wonderful things as these? If God is for us, who can ever be against us? ... **35** Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ... **37** No, despite all these things, overwhelming victory is ours through Christ, who loved us. **38** And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. **39** No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.