



Yoga Renunciation and Deliverance Prayer

Father, thank you that you are Creator of all things, visible and invisible. Thank you that I am your son/daughter, made in your image, and that through the redemption of Jesus Christ and the indwelling of the Holy Spirit, my body is a temple for you.

I ask your forgiveness, Lord, for believing Satan, the father of lies, in his seductive promises of beauty, health, flexibility, stress reduction and peace through yoga, and for disregarding the religious significance of the practice. I confess to having leaned on my own understanding instead of acknowledging you in all my ways (Prov. 3:5-6). I repent of having participated in yoga, thereby yoking myself spiritually to Hinduism, and the spirits and beliefs connected to it. I now renounce any type of yoga in which I have participated [name particular style/s or school/s, including any so-called "Christian yoga"], and any gurus or yogis connected with that practice.

I repent of having honored Hindu gods and avatars through the "asanas" (body poses) and "mudras" (hand poses) and I revoke any access given to them. I renounce the concept that we are all incarnations of the divine, and the corresponding greeting of "Namaste." I repent of chanting Hindu names and words, including "Om", which is an invocation and acoustic spell of the supreme reality of Hinduism (Brahman). I renounce the aspiration of yoga to become united with Brahman: a 'so-called' divine, universal being and consciousness or divine universal self. I renounce and cut off all association with Ishvara, Shiva, Shakti, Surya, Chandra, Vishnu, Hanuman, Brahman, and all other Hindu deities that are revered through yoga.

I repent of having practiced yogic breathing techniques, particularly those designed for detachment and voiding of self or that induce a transient mental stupor or high by quashing brain functions. Breathe in me, breath of God I pray.

I renounce the esoteric energy model of yoga, including the metaphysical concepts of "prana" (subtle energy), "chakras" (energy wheels), "nadis" (energy channels), and "kundalini" (snake energy). I repent of all energy manipulation techniques in yoga. I command all associated spirits, especially kundalini, to leave my body and mind and go to their judgment in Christ.

I repent of any meditation or guided imagery that relinquished control of my mind to ungodly spiritual influences. I demolish all arguments against the knowledge of God and take every thought captive to Christ (2 Cor 10:5).

Father, I now renounce any 'benefits' received outside of your perfect will and acknowledge that all true blessings are from you alone. I command all spirits associated with yoga that gained access to me or influence over me, to leave me and go to their judgment in Christ. Today I commit to purging all connection with yoga from my life and to destroying any associated materials or items. I entrust my body, the temple of the Holy Spirit, back to you,



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Lord, to cleanse, heal, renew and restore. Thank you, Father, for your great love, patience, and mercy, and for forgiving me for my sin of bowing down to idols and submitting to false teachings. To you alone will I bow. In Jesus' name, I pray. Amen.

This prayer is taken from CHI's printed publication, *Spiritual Warfare and Deliverance Prayers*. For additional prayers and to purchase a copy, please visit us at www.christianhealinginstitute.org.