

Prayer to Wall Off Bad Pictures & Fantasies in Our Mind (a prayer written for a struggling woman in Iran)

This is another problem; this is my biggest temptation. Sometimes I see bad images in my mind, however they aren't all the time but when they come, I surrender. They are powerful, and I allow the temptations to stay in my mind. I don't look at bad pictures or magazines or movies but they are in my mind! How can I defeat them?

I acknowledge that you, Jesus, are my only Protector and my only Comforter. Whatever feelings of comfort and protection I receive from these pictures, I now reject and renounce. I don't want empty promises or comfort. I know that it only leads to piles of guilt and shame later. I no longer choose this destructive downward spiral. I choose Jesus' new way instead.

Lord, about those times that I crave and long for those old pictures – the times I feel like I need them – please begin to reveal to me why this is so. What is inside of me that desires these so much? Why do I obsess on them for so long?

Lord, begin to bring healing and freedom. Jesus, thank you that you know what is in our minds. Thank you that you still love and accept us even though much in our minds is not pure or holy.

Your Word says you understand because you have been tempted as we have. Thank you for understanding. Many times I have not prayed and felt ashamed because of my thoughts and pictures. But I want that to stop today. I want to see what YOU want me to see, Jesus. I want to stop seeing whatever the enemy wants to put in my mind. I choose Jesus today!

I belong to Jesus! My mind belongs to Jesus – and all of my imagination and pictures! Jesus, I want to have “the mind of Christ.” Thank you for your Holy Spirit who helps me. Thank you for His power in my life.

I ask that He begins to flow through me right now and fill me with light and purity and truth and pictures that honor You, Lord. Teach my mind to dwell on these things instead of the impure thoughts and pictures that fill my mind at times. I choose Jesus!

Jesus, you know all of the pictures that have filled my imagination – good and bad. I ask your forgiveness now for allowing the bad pictures to stay in my mind. I know that oftentimes I cannot stop temptations from hitting me but I can stop them from continuing to stay with me. I have a choice when they come to say “yes” or “no.” Forgive me, Lord, for all the times I said “yes” to these evil pictures and let them fill my mind. Forgive me for taking pleasure in them and even wanting them to return.

Today I want to begin a new way of thinking and seeing with my mind and imagination. These pictures have been with me for so long it is hard for me to understand how you can set me free.

But I do choose your freedom today, Jesus, instead of the bondage of these pictures. My body is the temple of the Holy Spirit. I don't belong to myself or the enemy or these

pictures. I belong only to the One who paid the greatest price of all for me – Jesus Christ! And today and forever I choose to honor you with my body and everything in it, Jesus – my heart, mind, spirit and will.

Lord, I ask you today to put up a protective wall between my conscious and unconscious mind; a barrier keeping out all the bad things that often come into my thoughts. I pray that you throw over the wall all of the bad pictures and dreams and imaginations and fantasies that I have allowed to fill my mind.

There are too many, Lord. It is hard for me to stop them. And I confess to you, Jesus, that there are times I don't **want** them to stop. Please forgive me for these times, Lord. Please begin to show me what is inside of me that is broken and wanting these pictures. I need your help to be free of them forever!

I pray that the wall you build in my mind would be high and thick and strong. And that everything that does not belong in my mind be thrown over there now! And I pray you continue to build this wall even higher and thicker and stronger. And, Lord, on the side of the wall with all the bad pictures I ask you to create a drainage ditch. Begin removing these pictures from my mind altogether. Force them to leave my mind so that I can't even touch or reach them. Erase these pictures so it's like they never were there. I don't want them anymore! I don't need them anymore!

I only need you, Jesus, and whatever you want my mind to dwell on. I choose Jesus! Drain away anything that hurts and offends you, Lord. And I pray you replace these pictures with new ones – beautiful, wonderful, honorable, pure pictures to fill my mind instead. Teach me how to look at your creation with new eyes. May the beauty of the world you have created fill my mind. May the wonder of your love fill my heart. May my imagination be filled with what you desire for me. All of it – all of me – belongs only to Jesus!

And I pray that anytime one of the old, bad pictures tries to crawl over the wall and fill my mind that you would throw it back over the wall and keep it far from me. Help me to remember this, Lord. Any time I start to picture one of these old fantasies, remind me about your wall and the power I have in you to throw the picture back over it. And continue to build the wall higher and thicker and stronger each day. And any new pictures that come to me, Lord, please help me to quickly throw these over that wall, too. And help me to choose your pictures instead, Jesus! I choose Jesus!

And now for all those parts in me that find comfort and protection and pleasure from the evil pictures. I don't know why they are here or what they are looking for. But I do know that I won't find peace or comfort or fulfillment through these fantasies and imaginations and pictures.

I only can find this in you, Jesus. Show me what you want me to do, Lord. How can I obey you and be free? I offer you my life – my body, mind and heart.

Thank you, Jesus.

Amen.