

SEVEN WAYS TO DEFEAT THE STUPOR

As Christians, we need to experience the kind of spiritual vitality that makes a difference. The following insights and prayers are provided to help you win the battle against the stupor in your life, family, church, and community.

“Be careful then how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil” (Eph. 5:15-16 NIV).

1. Out loud, declare who God is and that you belong to Him (Isa. 45:12; Col. 1:13-14). *Lord, You are the One who created and redeemed me, and I belong to You and Your kingdom. You stand against the kingdom of darkness, and so do I.*

2. Ask for a hunger for holiness (2 Cor. 7:1; 1 Peter 1:14-16). *Lord, I am struck by the power and beauty of Your holiness. I repent of _____ and ask You to permeate every facet of my being with Your holiness. (Holiness thrills the soul and is the opposite of living in a stupor.)*

3. Pray that you will be obedient to finish all that God gives you to do (Col. 3:23; Gal. 6:9). *Lord, I renounce the whispers that tell me to give up, gratify the flesh, and fall back to sleep. I purpose to finish all that You have called me to do and not to quit until everything is completed.*

4. Ask for a fresh filling of the Holy Spirit (Luke 11:13; John 7:37-39; Eph. 5:18). *Lord, You promised “streams of living water” to all believers, and I ask You to fill me with Your living water. (Experiencing this kind of inner vitality is the opposite of living in a stupor.)*

5. Ask for discernment to detect distractions (Prov. 2:3-6; Eph. 5:6-16; Phil. 1:9-11). *Lord, I know that the enemy deceives me by sneaking in through distractions and makes my faith dull and my mind foggy. Please expose what he is doing so I can see it and turn from these activities.*

6. Command the spirit of stupor to leave (Luke 10:17-20; Eph. 6:10-18). *Lord, thank You for giving me authority over our enemy. Satan, in Jesus’ name I command you to leave right now.*

7. Ask the Lord for His fasting and prayer rhythms for your life (Matt. 6:16-18; Acts 13:1-3). *Lord, in order to break the complacency in my life, family, church, and nation, when would You like me to fast, and for how long?*



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