

# 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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