



**PRAYING  
THROUGH**  
**THE BOOK OF**  
**PSALMS**

**DANIEL C. OKPARA**

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# **Praying Through the Book of Psalms.**

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Discover Great Psalms, Prayers & Declarations for Every Situation:  
Birthday, Christmas, Business Ideas, Breakthrough, Deliverance,  
Healing, Comfort, Exams, Decision Making, Grief, and Many More..

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**DANIEL C. OKPARA**

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Published By:

**Better Life Media.**

BETTER LIFE WORLD OUTREACH CENTER.

Website: [www.BetterLifeWorld.org](http://www.BetterLifeWorld.org)

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All texts, calls, letters, testimonies and enquiries are welcome.

**SAMPLE**

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## Introduction.

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*We have now before us one of the choicest parts of the Old Testament, wherein there is so much of Christ and his gospel, as well as of God and his law, that it has been called the summary of both Testaments. ”*

– Matthew Henry

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There is a Psalm for all situations. And a prayer to follow also.

But first, why pray the book of Psalms?

The book of Psalms provides believers with Spirit-inspired prayers that cover the whole range of Christian life. They are simple enough for anyone to relate with, yet deep enough to provide a rich prayer experience with our loving God.

Dietrich Bonhoeffer said, “The more deeply we grow into the psalms and the more often we pray them as our own, the more simple and rich will our prayer become.”

When you pray the Psalms you can be sure you are praying through to Jesus Christ, because He is revealed in all the books. For instance, in Psalm 23, we have the Shepherd and His Sheep prayers. In John 10:27, Jesus is our Chief Shepherd. In psalm 27, 31, 43, 46, 91, we see the prayer of refuge, where we run to for our protection in times of distress. Then in Matthew 8:23–27, Hebrews 13, John 16, we find Christ as our refuge who brings peace and calm in our troubled moments.

Because the books of Psalms are simple enough for anyone to relate with, this book of praying the Psalms is also simple enough for you to relate with. The prayers here are meant to be pocket, short, memorable prayers that you can quickly offer in related moments and experience the love and care of our Saviour.

For example, if you find yourself getting worried, you can quickly find Psalms designed to address worry moments and quickly make prayers of

- Adoration
- Confession and
- Supplication.



Adoration prayers are meant to guide you to offer praises to God, the confession prayers help you speak the promises of God to yourself and to the Almighty God in related subject, while the supplication prayers are meant to help you offer a heartfelt prayer of help for the related situation been addressed.

It is possible that while you go through the prayers, your spirit will pray beyond the written words. That's great. My goal is to lead you to have an encounter with our LORD and savior Jesus Christ in any situation you find yourself and help you gather spiritual strength to obtain victory at all times.

## Other Books by the Same Author.

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Before we proceed, I'd like to say thank you for downloading this book. I believe the truths and revelations in this book will bless your life greatly. Please find below other books that God has empowered me write. They are meant to be a blessing to your life and family.

1. [30 DAYS HEALING PRAYERS & CONFESSIONS](#): Powerful Daily Meditations, Prayers and Declarations for Total Healing and Divine Health.
2. [200 Violent Prayers](#) for Deliverance, Healing and Financial Breakthrough.
3. [Hearing God's Voice in Painful Moments](#): 21 Days Bible Meditations and Prayers to Bring Comfort, Strength and Healing When Grieving for the Loss of Someone You Love.
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5. [Healing WORDS](#): 55 Powerful Daily Confessions & Declarations to Activate Your Healing & Walk in Divine Health: Strong Decrees That Invoke Healing for You & Your Loved Ones
6. [Prayers That Break Curses and Spells and Release Favors and Breakthroughs](#).

7. [7 Days Fasting With 120 Powerful Night Prayers for Personal Deliverance and Breakthrough.](#)
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9. [How to Pray for Your Children Everyday:](#) + 75 Powerful Prayers & Prophetic Declarations to Use and Pray for Your Children's Salvation, Future, Health, Education, Career, Relationship, Protection, etc
10. [How to Pray for Your Family:](#) + 70 Powerful Prayers and Prophetic Declarations for Your Family's Salvation, Healing, Victory, Breakthrough & Total Restoration.
11. [Daily Prayer Guide:](#) A Practical Guide to Praying and Getting Results – Learn How to Develop a Powerful Personal Prayer Life
12. [Make Him Respect You:](#) 31 Relationship Advice for Women to Make their Men Respect Them.
13. [How to Cast Out Demons from Your Home, Office and Property:](#) 100 Powerful Prayers to Cleanse Your Home, Office, Land & Property from Demonic Attacks
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15. [God's Letter to Students](#): Powerful Motivation & Guide for Students & Anyone Preparing to Write Exams: Plus 10 Days of Powerful Prayers for Wisdom, Favor, Protection & Success in Studies, Exams & Life.

## **1. Psalms and Prayers to Overcome Anxiety, Worry and Fear.**

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Anxiety, fear and worry are terrible combinations that eat up our bones and empower the devil to carry out his works of tormenting our minds and body. As a child of God, you must guard your mind against these killers. When you notice that you are getting worried, fearful and anxious over too many things, it's time to stand your ground and call on God for help and restoration, and [resist the spirits of fear and anxiety](#).

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### **PSALMS:**

**1. Psalm 23:4 (GNTD):** Even if I go through the deepest darkness, I will not be afraid, Lord, for you are with me. Your shepherd's rod and staff protect me.

**2. Psalm 34:4 (GNTD):** I prayed to the Lord, and he answered me; he freed me from all my fears.

**3. Psalm 55:22 (GNTD):** Leave your troubles with the Lord, and he will defend you; he never lets honest people be defeated.

**4. Psalm 94:19 (GNTD):** Whenever I am anxious and worried, you comfort me and make me glad.

**5. Psalm 121:1-2 (GNTD):** I look to the mountains; where will my help come from? My help will come from the Lord, who made heaven and earth.

---

**ADORATION:**

*“O LORD my God, You are worthy of all praise and adoration. You are the God who made the heavens and the earth. You set the stars in their places and hung the moon where it was to remain. You rule over all, and yet you also seek a relationship with your creation.*

*For that and much more, you are worthy of all praise and worship. I lift up Your name—LORD GOD ALMIGHTY—as I seek your face. And I honor you as you are seated on your throne above all. You are the great and mighty God, who raises up kingdoms and subdues nations at your choosing. In your mercy, you sustain all life and passionately delight in our souls.*

---

## **CONFESSION:**

*“O LORD my God, I come before You with a humble heart, knowing that You are a loving Father. I know that You are concerned about all that troubles me. I know that YOUR Love is forever with me. I know that YOU will never forsake me. You will not allow my soul to grief and be troubled anymore.*

*I ask YOU to forgive me for nurturing doubts and fears in my life. Forgive me for not trusting in Your LOVE and power to keep me and care for me always. Forgive me for opening door to fear, worry and anxiety in my life.*

*By the Blood of Jesus, I confess that I receive complete forgiveness and freedom right now, in Jesus name.*

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## **SUPPLICATION.**

1.

*“O LORD my Father, You are a shield around me, O Lord, my Glorious One, who lifts up my head. To Thee LORD I cry aloud for help.*

---

2.

*“I am unhappy, anxious and fearful on all sides. There are so many things that trouble my heart. “But today, O LORD, I present them to thee. Deliver me from my troubles, fears and worries, in Jesus name.*

---

3.

*“Be gracious to me O LORD and relieve me of my distress. Restore unto me the joy of salvation. Restore unto me the confidence, assurance and boldness of knowing that YOU are always with me every day.*

---

4.

*“I claim YOUR promise that YOU have given me the Spirit of LOVE, POWER and SOUND MIND and not the spirit to fear and worry.*



*“I therefore come against the spirits causing fear, worry and anxiety in my life. I command them to bow right now and leave my life and go into the abyss, in Jesus name.*

---

5.

*“I claim my victory over fear, worry and anxiety. Henceforth, I refuse to be afraid and worry anymore. For the LORD cares for me. He will not let even the very hairs of my head to touch the ground. He will always provide for me.*

Thank you Jesus LORD JESUS.

## 2. Psalms and Prayers for Birthday.

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Congratulations on your birthday. God has made this day possible. You need to celebrate it with complete joy, hope and assurance that God loves you. He will give you many more blissful birthdays coming. And for this birthday, God will give you the desires of your heart and cause your prayers to be answered. Pray then that the LORD will cause YOU to apply your hearts to wisdom.

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### **PSAMLS:**

**Psalm 139:13-15** - “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.”

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**Psalms 71:5-7** - For You are my hope; O Lord GOD, You are my confidence from my youth. By You I have been sustained from my birth;

You are He who took me from my mother's womb; My praise is continually of You. I have become a marvel to many, For You are my strong refuge. (NASB).

---

**Psalm 22:10** - On you was I cast from my birth, and from my mother's womb you have been my God.

---

**Psalm 90:12** - So teach us to number our days, that we may apply our hearts unto wisdom.

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**Psalm 118: 23-25** - This is the LORD'S doing; It is marvelous in our eyes. This is the day which the LORD has made; Let us rejoice and be glad in it. 25O LORD, do save, we beseech You; O LORD, we beseech You, do send prosperity!

---

**Psalm 37:3-5** - Trust in the LORD and do good; Dwell in the land and cultivate faithfulness. 4Delight yourself in the LORD; And He will give you the desires of your heart. 5Commit your way to the LORD, Trust also in Him, and He will do it (NASB)

---

**Psalm 91:10-12, 16** - No evil will befall you, Nor will any plague come near your tent. 11For He will give His angels charge concerning you, To guard you in all your ways. 12They will bear you up in their hands, That you do not strike your foot against a stone.

With a long life I will satisfy him And let him see My salvation.

---

**ADORATION:**

1.

*“O LORD, my Father, the Maker of heaven and earth. I come before You this day with a heart full of appreciation and thanksgiving.*

*“LORD, You knit me together in my mother’s womb and formed my  
inwards parts.*

*“By You I have been sustained from my birth; You are He who took me  
from my mother's womb; My praise is continually of You. I have  
become a marvel to many, For You are my strong refuge.*

*“I thank YOU for keeping and protecting me until this day, All glory is  
to Your name, in Jesus name.*

*“LORD, this is the day YOU have made, I will rejoice and be glad in it.  
Thank YOU for filling my life with JOY and strength, in Jesus name.*

---

**CONFESSION:**

1.

*“This day, O LORD, I confess that YOUR LOVE for me is everlasting. I  
confess that YOUR plans for me are to give me peace and an  
honourable future. I confess that it’s because YOU are with me that I am  
not consumed.*

---

2.

*“Jesus, I confess that YOU are my LORD and personal saviour. I confess that YOU died for me and have always LOVED me. Even when I don’t know it, YOUR Blood have been speaking mercy and forgiveness for me. And YOUR Spirit has led me through the paths of victory until this day.*

“Thank YOU LORD for everything YOU have done for me

---

**SUPPLICATION:**

1.

*“On this day, O LORD, I delight in THEE and commit my ways to THY hand. Grant me the desires of my heart which is joy, love, peace and prosperity.*

---

2.

*“Let Your power keep evil away from me and my habitation. Let No plague come near my tent. Give YOUR angels charge concerning me, to guard me in all my ways. Let them bear me up in their hands, that I do not strike my foot against a stone, in Jesus name*

---

3.

*“Take away foolishness from me LORD. Empower me to count my days and apply my heart to wisdom. Let my thoughts, words and actions bring YOU glory this day, in Jesus name.*

---

4.

*“Make known to me the path of life; Keep me in Your presence and fill me with the fullness of Your joy and the pleasures of Your LOVE, forever and ever, in Jesus name.*

### **3. Psalms & Prayers for Breaking Curses and Spells**

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Several years ago, a man went to a family to seek the hand of a 10-year old girl in marriage. The father was amazed and called it bluff. 3 years later, the same man went back to seek the hand of the same girl, now 13, in marriage. This time the father warned the man to desist from his family. Annoyed, the strange man cursed the family.

Several years later, the women in that family found it hard to get married. It took a lot of prayers and discernment to trace the source of their predicament to that man's curse. When the curse was reversed and broken, the ladies started getting married to the Glory of God.

Curses and spells are negative statements, agreements and covenants that have power to produce sickness, setbacks, harm, pains and many other negative effects in someone's life. We've outlined 6 types of curses in our book, *Prayers that Break Curses and Spells* and provided great prayers for breaking these curses in that book. Consider the Psalms and prayers here a complementary of our main book, [Prayers that Break Curses and Spells](#).



If you feel you're going through some kind of curse and need quick deliverance, then these prayers below will work. It's not the length that matters, but the heart.

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### **PSALMS:**

**Psalms 69: 14-16** - Deliver me out of the mire, and let me not sink: let me be delivered from them that hate me, and out of the deep waters.

Let not the waterflood overflow me, neither let the deep swallow me up, and let not the pit shut her mouth upon me.

Hear me, O LORD; for thy lovingkindness is good: turn unto me according to the multitude of thy tender mercies.

---

### **ADORATION:**

*“Heavenly Father, I thank You for Your LOVE and mercies towards me.  
I thank YOU because YOU have brought me to be a partaker of the seed*

*of Abraham. You told Abraham that in his offspring shall all the nations of the earth be blessed. Jesus is that offspring of Abraham.*

*“I am a child of Jesus, so I partake of the blessings of Abraham. I am blessed and not cursed. Thank YOU LORD for blessing me and making me a blessing to my family and society, in Jesus name.*

---

**CONFESSION:**

*“Heavenly Father, I come to you in humility. Forgive me in every way I have lived in sin in the past. Forgive me from every kind of disobedience to YOUR WORD. .*

*“According to 2Chronicles 7:14, I humble myself and confess my sins before you. LORD forgive me and heal my spirit, soul and body today.*

*“By the blood of Jesus, I receive forgiveness of sin and cleansing from all unrighteousness. Now I come to the throne of grace cleansed by the precious blood of Jesus. In Jesus Name.*

---

## **SUPPLICATION:**

1.

*“Oh LORD my God, I stand before you and pray; however, I have used my words negatively against myself, family, ministry and destiny, please forgive me. In Jesus name.*

---

2

*“I am sanctified by the Blood of Jesus Christ. I have victory by the Blood of Jesus. I overcome weakness and sickness of the body by the blood of Jesus. I overcome Satan and his demons by the Blood of Jesus.*

---

3.

*“I proclaim that “Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: 'Cursed is everyone who is hung on a tree'" (Galatians 3:13).*

---

4.

*“In the name of the Lord Jesus Christ, I now bring the fullness of his cross, death, blood, and sacrifice, his resurrection, life, and empty tomb, his authority, rule, and dominion; I bring judgment from the Lord Jesus Christ against every foul power, witchcraft, black art, and curse. I bring Jesus Christ cursed for me against all curses that have been raised against me—written, spoken, unspoken, or transferred to me.*

---

5.

*I nullify every curse against my life, marriage, health, spirit and business, in Jesus name.*

---

6.

*“I plead the blood of Jesus Christ against all blood sacrifices and rituals and their every claim against me.*

---

7.

*“I plead the blood Jesus Christ against all ritual sacrifices and their every claim against me.*

---

8.

*“In the name and by the blood of Jesus Christ, I break the power and hold of every curse that has come to me through ritual or ritual sacrifice.*

---

9.

*“In the name and by the blood of Jesus Christ, I break the power and hold of every curse that has come to me through transfer by another human being.*

---

10.

*“In the name and by the blood of Jesus Christ, I break the power and hold of every curse that has come to me through words spoken.*

*In the name and by the blood of Jesus Christ, I break the power and hold of every curse that has come to me through occult practices.*

---

11.

*“In the name of Jesus Christ, I declare every legal hold and every legal ground of the enemy broken, disarmed, and destroyed. Satan has no hold over me now through curses or occult practices, through sacrifices or any ritual of any kind. Through the blood of Jesus Christ, I am free.*

---

12.

*“In the name of Jesus Christ, I command all demonic spirits that have gained access to me through curses and rituals cut off and banished*

*from me and my household, in the mighty name of the Lord Jesus  
Christ.*

---

*13.*

*“Thank you, Jesus, for setting me free. I now claim every spiritual  
blessing that my Heavenly Father has given to me in Christ Jesus  
(Ephesians 1:3). I claim those blessings right now and command God’s  
blessings to replace all curses, in Jesus name.*

## **4. Psalms and Prayers for Business Ideas, Business Connections and Business Breakthroughs.**

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God wants you prosper in the works of your hands. If you need new business ideas, connections and breakthrough, you have assurance that when you ask God, He will give you.

The Psalmist prayed for success and prosperity and God heard. You too can look up to God to fill your house with wealth and abundance so that you have more than enough to meet your needs.

---

### **PSALMS:**

**Psalm 1: 1-3** - Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

---



**Psalm 112: 1-7** - 1 *Praise the LORD. Blessed are those who fear the LORD, who find great delight in his commands.*

2 *Their children will be mighty in the land; the generation of the upright will be blessed.*

3 *Wealth and riches are in their houses, and their righteousness endures forever.*

4 *Even in darkness light dawns for the upright, for those who are gracious and compassionate and righteous.*

5 *Good will come to those who are generous and lend freely, who conduct their affairs with justice.*

6 *Surely the righteous will never be shaken; they will be remembered forever.*

7 *They will have no fear of bad news; their hearts are steadfast, trusting in the LORD.*

---

## **ADORATION:**

“Heavenly Father, I thank YOU, for it is Your will that I may prosper and be in good health, even as my soul prospers. You never forsake those who serve YOU. You never allow us to beg for bread. You give us power to create wealth that all glory will be ascribed unto THEE.

“O LORD, I say thank YOU for your plan to prosper and bless the works of my hand. Thank YOU for YOUR plan to cause me to have riches and wealth, to the glory of YOUR name.

“YOU are **Jehovah Jireh**, my provider. You are the God who owns the cattles on a thousand hills. I glorify Your name this day and forever and ever, in Jesus name.”

---

## **CONFESSION**

*“LORD, I confess that my mind is small to understand the WORDERS of Your WORKS. Forgive me in all my small thoughts and feelings about YOUR prosperity plan. I confess that I have hitherto thought that it was by my own powers to pay my bills, succeed in business and achieve prosperity.*

*“I come to YOU this day in humility and ask that YOUR mercy will prevail over my ignorance and that the Blood of Jesus will cleanse me and make me upright before THEE.*”

*“LORD I receive YOUR forgiveness and hereby release my faith for YOUR direction, ideas and prosperity, in Jesus name.”*

---

**SUPPLICATION:**

1.

*“Almighty Father, **Jehovah Elshadai**, the ALL-SUFFICIENT GOD, I come to You now and ask that YOUR wealth and riches be released into my household. Let Your blessings be upon the works of my hand. Cause me to find favour before all men from this day forward, in Jesus name.*”

---

2.

*“O LORD, give me wisdom and power to create wealth. Teach my hands to make profit. Give me ideas that will manifest YOUR riches and*

*wealth into my life and family. Cause me to see opportunities even in dark situations and places, in Jesus name.*

---

3.

*“O LORD, I ask that YOU may increase my borders and enlarge my coast. Bring me to men and women who will be Your instrument for my financial and business success. Give success and favour to my business and lead me to expand into nations and far countries, in Jesus name.*

---

4.

*“O LORD, Let Your covenant of wealth be established in my family. Let the curse of lack, frustrations and fruitless struggles be broken in my life and family from this day forward.*

*As I serve the LORD, I shall prosper and eat the good of the land, in Jesus name.*

---

*“I proclaim today that success, wealth, prosperity and wisdom will be the crown of my life and family. I decree that God’s grace will abound towards us and empower us to be a blessing to our neighbours, the church and the society.*

*“Thank You LORD Jesus, for I am brought into a wealth place all the days of my life.*

*“From today, as I go out to work and do my business, I shall always come back with rejoicing and testimony, in Jesus name. (Psalm: 126:6)*

children are the heritage of the LORD and the fruit of the womb is His reward. God's plans for Your children is that they will bring you honour and good name. You can stand in God's Words and call upon the HIM to take control of your children's lives and lead them to experience peace and fulfilment.

---

#### **PSALMS:**

**Psalm 127:3-5** - Lo, children are an heritage of the LORD: and the fruit of the womb is his reward. As arrows are in the hand of a mighty man; so are children of the youth. Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.

---

**Psalm 113:9** - He gives the childless woman a family, making her a happy mother. Praise the LORD!

---

## **ADORATION**

*“O LORD, I thank You because children and from You. The children that we have are from YOU. And it is Your plan that our children will bring us happiness, according to YOUR Word. For this I say, thank You Lord.*

*“Thank YOU for Your plans for our children. YOUR Word says that You have great plans for us. For this I say, Thank You lord.*

*“Thank You for Your plans to save our children. Your WORD says that You do not want any of these children to perish. For this, I say, thank YOU LORD. Receive praise, glory and honor, forever and ever in Jesus name.*

---

## **CONFESSION:**

*“Eternal Rock of Ages, LORD Jesus, I come before You and confess all forms of wrong beliefs I have held before now about children. How often do I think that I love my children more than YOU do. For this I say LORD, forgive me.*

*“I realize that YOU are the One who gave us these children; I realize that You love them much more than I do; I realize that You care for them more than I ever will.*

*“LORD, I stand in the gap right now and plead the blood of Jesus over myself and my children. I receive complete forgiveness for myself and my children henceforth, in Jesus name.*

*O LORD, Let the blood of Jesus that speaks better things than the blood of Abel, continue to speak for my children, in the spirit realm and on earth, bringing them to daily surrender to Christ and victory over the works of darkness, in the name of Jesus Christ.*

---

## **SUPPLICATION:**

1.

*Children are gifts from the LORD. The gifts of God only bring riches, and add no sorrow with them. (Psalm 127:3, Prov. 10:22).*

***I decree therefore that my children shall only bring me riches, peace and prosperity. I shall not have cause for***



***sorrow from the children that God has blessed me with, In  
Jesus name.***

---

***2.***

***The heart of a king is in the hand of God and He turns it wherever He  
pleases (Prov. 21:1)***

***Therefore I decree that the hearts of my children are turned  
to the Lord, in Jesus name.***

***I decree that .....is turned to the LORD and  
following the service of God in Jesus name.***

---

***3.***

***My children shall be taught of the LORD God Almighty, and great shall  
be their peace. (Isaiah 54:13).***

***So I decree today that my children shall have peace. They shall excel and be the head in all that they do, in Jesus name.***

---

4.

*This is what the LORD says: Even the captives of the mighty shall be taken away, and the prey of the terrible shall be delivered: for I will contend with him that contendeth with thee, and I will save thy children.(Isaiah 49:25)*

***Heavenly Father, contend with everyone that is contending with my family and save my children (mention names) according to Your Word, In Jesus name.***

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5.

*Jesus said, “your Father in heaven is not willing that any of these little ones should perish.” (Matthew 18:14)*

*My children will not perish. They are saved and serving the LORD in  
Jesus name.*

*END OF SAMPLE*

*CHAPTERS*

## Other Books from the Same Author and Publishers.

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1. [30 DAYS HEALING PRAYERS & CONFESSIONS](#): Powerful Daily Meditations, Prayers and Declarations for Total Healing and Divine Health.
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## **About the Author.**

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Daniel Okpara is a husband, father, pastor, businessman and lecturer. He is the author and publisher of the popular daily devotional, "IT IS WRITTEN." He has authored over 50 life transforming books on business, prayer, relationship and victorious living.

He is the president of Better Life World Outreach Centre - [www.betterlifeworld.org](http://www.betterlifeworld.org) - a non-denominational evangelism ministry committed to global prayer revival and evangelism.

Through the monthly Better Life Crusades, Better Life Health and Business Breakthrough Seminars and Better Life TV, thousands of lives have been won to the LORD, healed, blessed and restored to a purposeful living.

He holds a Master's Degree in Theology from Cornerstone Christian University and is married to Prophetess Doris Okpara, his prayer warrior, best friend and biggest support in life. They are blessed with two lovely kids (Isaac and Annabel).

If you are looking to connect with someone who understands the challenges and issues of life and is willing to pray with you, provide

counseling and believe God for a way forward  
then Daniel Okpara is your man. You can connect with him at  
[www.betterlifeworld.org](http://www.betterlifeworld.org) for prayers and counseling.