

**Putting on the Whole Armor of God Daily  
as per Ephesians 6:11-16**

(Should always be 100%)

- (1) Holy Spirit, show [first name] how many percent he/she is dressed with the whole armor of God.

Listen in your spirit for the answer from the Holy Spirit. Example: [10%]

- (2) Holy Spirit, show [first name] what he/she has on that is not the whole armor of God.

Listen in your spirit for the answer from the Holy Spirit. Example: [sadness, pride, fear, anger, hatred, rejection, etc.]

- (3) I confess it as sin, and crucify it on the cross with Jesus until it's all dead and gone in Jesus' name. I command it to get out in Jesus' name. The blood of Jesus, the blood, the blood – continue as needed.

- (4) Repeat steps 1-3 until you are 100% clothed with the whole armor of God.

**Crucifying the flesh by getting rid of the sin that  
controls it, as per Romans 7:17**

Select one example of what sin might control you: pain, sorrow, anger, hatred, sadness, fears, finances, poverty, greed, rejection, the children, mom, dad, brothers, sisters, the church, religion, murder, witchcraft, curses, legalism, Satan, alcohol, drugs, pornography, sexual perversion, lust, doubt, unbelief, worry, food, etc. The list is endless, but you will have some idea of what you are in bondage to.

- (1) Holy Spirit, show [first name] how many percent he/she is controlled by [anger].

Listen in your spirit for the answer from the Holy Spirit. Example: [70%]

- (2) Holy Spirit, show [first name] what form the [anger] comes in.

Listen in your spirit for the answer from the Holy Spirit. Example: [abuse]

- (3) I confess it all as sin, I crucify it on the cross with Jesus until it's all dead and gone in Jesus' name. The blood of Jesus, the blood, the blood, - continue as needed.

- (4) Repeat steps 1-3 until the [anger] is 0%

- (5) Holy Spirit, is this a true zero? If no, confess the false zero as sin as in No. 3 above. Then repeat 1-3 until you get a true 0%.

- (6) Select another area of bondage and repeat 1-5.