

Prayer for People Addicted to Social Media

Opening	
<p>Thanksgiving</p> <ul style="list-style-type: none"> • <i>Thank the Father for who He is.</i> • <i>Thank the Father for another opportunity to meet with Him in prayer</i> • <i>Address him as Father, not as God.</i> 	<p>Thank you Heavenly Father for another opportunity to come before your throne of grace.</p>
<p>Praise</p> <ul style="list-style-type: none"> • <i>Praise the Father for what he has done</i> • <i>Sing a song of praise</i> 	<p>I praise you because you are an amazing Father that love us unconditionally and because you sent your son to save us.</p>
<p>Forgiveness</p> <ul style="list-style-type: none"> • <i>Ask the Father for forgiveness of your sin.</i> • <i>Explain what you assume your most recent sins have been.</i> • <i>Thank God that the sacrifice of Jesus Christ has blotted out your transgressions</i> • <i>Promise to repent (not commit the same sin over and over again)</i> • <i>If you have wronged someone else, schedule time to ask for their forgiveness</i> • <i>If you are married, but you are involved in an argument with your spouse, stop and ask your spouse to forgive you so that your prayer won't be hindered</i> • <i>If someone else has hurt you or said something about you falsely, state that you will forgive them</i> 	<p>Father forgive me if I have wronged anyone. Lord, I commit to repenting in this area. Thank you for Jesus and his sacrifice, which blots out my transgressions. If anyone has wronged me I forgive them and release any bitterness I have towards them.</p>

Your Case	
<p>Statement</p> <ul style="list-style-type: none"> • <i>Explain the problem or issue.</i> • <i>State the steps that you've taken to resolve the issue in accordance with the Word of God.</i> 	<p>Dear Lord, I come to you now interceding on behalf of people that are addicted to social media. Lord, I see the young and old consumed by how many followers they have on social media apps. I see people dedicating hundreds of hours a year towards scrolling through videos and images shared online in social media apps. People are fighting in the comments, and the enemy is using social media to distract us and is especially using it to distract believers.</p> <p>Father, I have even noticed a little bit of that addiction in my own self.</p>
<p>Evidence</p> <ul style="list-style-type: none"> • <i>Provide proof that the problem or issue is occurring.</i> • <i>Provide up to three pieces of evidence</i> 	<p>Believers are now spending more time on social media than they are praying and spending time with you Father God. Instead of reading your precious Word in the morning, they are checking their profiles and catching up on the latest funny videos being posted.</p> <p>Believers aren't even using social media to share the gospel. Some are just simply using it to promote products and increase their income.</p> <p>Believers and non-believers are addicted to looking at images of scantily clothed women and men and lusting after them or DMing them. Some men hide in the bathroom scrolling on their phones looking at other women besides their wife. Likewise, some women are lusting after men they find on social media instead of spending time enjoying the husband they've been blessed with. The enemy is using social media to tear couples apart and tear families apart.</p>
<p>Confession</p> <ul style="list-style-type: none"> • <i>Say what the Word of God says about your situation</i> • <i>Say two to three scriptures that include promises God made to you as a believer</i> • <i>Say two to three scriptures that include covenant rights you have as a child of God and citizen of the heavenly kingdom of God</i> 	<p>Lord your Word declares that we are more than conquerors, and we can conquer any addiction with your help. So, I commit to conquering my own addiction to social media by spending time with you before I open any social media app. I also commit to spending no more than 30 minutes a day on social media apps. I commit to not using social media to lust after images of other people who are not my spouse.</p> <p>Lord your Word declares that no temptation has overtaken us except what is common to mankind. And you are faithful; you will not let us be tempted beyond what we can bear. But when we are tempted, you will also provide a way out so that we can endure it.</p>

	<p>So, Lord I confess that you are providing anyone addicted to social media with the wisdom on how to get out of it. Lord show us the way of escape and forgive us for abandoning time with you to spend time on social media apps.</p>
<p>Request</p> <ul style="list-style-type: none"> • <i>Ask the Father to move on the behalf of someone else, but don't tell him how to do it.</i> • <i>Provide two or three examples of how God moved on the behalf of people in the Bible that experienced a similar problem</i> • <i>Ask God to assign his angels to help accomplish what it is you are praying about</i> • <i>If necessary bind the adversary and his principalities that are at work behind the scenes causing chaos</i> • <i>Ask the Holy Spirit to reveal to you additional steps you can take to resolve the issue</i> 	<p>Father, I ask that you move in a mighty way to help believers and non-believers overcome addiction to social media.</p> <p>Raise up righteous counselors and therapists to assist people with this addiction.</p> <p>Help us to guard our eyes and ears and be careful about what we consume while on social media.</p> <p>Father, I ask that you send your angels to assist with helping people overcome addiction to social media.</p> <p>I bind the wicked forces at work to use social media to distract the people of God and reduce the amount of time they spend in prayer.</p> <p>I loose healing for those suffering from this addiction. May they overcome this and come out better than they did before.</p> <p>Dear God, I ask that you allow the Holy Spirit to show me additional steps I can take to combat my own addiction and to help others deal with their addiction.</p>
Closing	
<p>Thanksgiving</p> <ul style="list-style-type: none"> • <i>Thank the Father in advance for his answer to your issue/problem</i> • <i>Use a name of God that relates to your plea. (Example: Jehovah Jireh)</i> 	<p>Dear Jehovah-Rapha. Thank you for being the God that heals us of all sickness and addictions. Thank you for hearing me and thank you for answering this prayer.</p>
<p>Wait</p> <ul style="list-style-type: none"> • <i>Wait patiently and silently for a few moments.</i> • <i>Meditate on the answer.</i> • <i>Visualize your situation being resolved.</i> 	

- *Remind yourself that the problem or issue is temporary and fleeting.*

Scripture References

Provide 3 to 5 scripture references to support your confession (promises, covenants, rights as a citizen of kingdom of heaven)

Scripture Location	Text
1 Cor 10:13	No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
Rom 8:37-39	No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons,[b] neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Provide 3 to 5 scripture references of examples of how the Father moved on the behalf of other people in the Bible that experienced a similar problem/issue.

Scripture Location	Text