

Spiritual Vexation

Vexation: something that causes annoyance, frustration, or worry.

While in twilight (just before falling asleep and just after waking), negative thoughts, emotions may nag you and cause you to feel guilty about a person or a situation. This negativity is not yours, but has been sent to you by the dark side.

These vexations can be stopped by speaking the following prayer aloud. The prayer will not work if you have spirit attachments, so you need to say the Daily Lifting first.

I would please ask for forgiveness for all the sins I have committed knowingly and unknowingly in the name of Jesus Christ and I thank thee.