



Prayer for a wounded, traumatised heart

Lord Jesus, come as the Prince of Peace and fill me with your peace.

God of all comfort, whose steadfast love never ceases, thank You for sending Jesus who bore my griefs and carried my sorrows and pains in order that I can be restored to wholeness.

Thank you, Jesus for forgiving me and that Your Blood has answered Satan's accusations and that they have now been silenced. And every legal right of the demonic to accuse me has been removed and erased.

I take authority, in the Name of Jesus, and disconnect every power of darkness that has gained access for the purpose of keeping me locked in trauma and preventing me from fulfilling my God given destiny.

I reject and release all negative emotions and destructive cellular memories that have kept my body trapped in trauma. In Jesus' Name, I take authority over trauma and command it to leave.

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I release all the effects of feeling abandoned, cut off, rejected, disappointed, disillusioned, confused and afraid.

For every time people have not lived up to their word, in fact they have done the very opposite. Every time I have been cheated on, felt judged, taken advantage of, or called a name, lied about and dishonoured – I choose to let it all go now!

I thank you, Father, for restoring my traumatised central nervous system and for bringing neurological imbalances into divine order.

In Your Name and by the power of the Holy Spirit, I cut off and defuse the neurological link between the memories of the trauma and the emotional reactions of the event.

Thank You, Lord Jesus, for giving to me new neurological pathways of love, peace, acceptance and safety.

And thank You for opening the eyes of my heart to see how much You love me and for helping me take hold of my new heart filled with Your love.

Thank You, Holy Spirit, for bathing my entire body with Your oil and for pouring Yourself into every area where the trauma has left.

In Jesus wonderful Name I ask it. Amen

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