**SAMPLE PRAYERS FOR HEALING**

**THE SINNER’S PRAYER**

Father,

I confess that I am a sinner. I repent of my sins. I want to make / reaffirm that Jesus Christ is my Lord and Savior. He died on the cross for me so that my sins could be forgiven and that I would be healed. I believe that He was resurrected and now sits at Your right hand. Father, I love You and I thank You for calling me, loving me, and forgiving me. Thank you for Your mercy, grace, and healing.

In Jesus’ name I pray, Amen

**PRAYER OF AFFIRMATION**

Father,

I affirm that there is only one true living God, our Heavenly Father. I now proclaim Jesus Christ as my Lord and Savior. I place my trust in the triune God and submit to Him.

I believe that Jesus was crucified and died on the cross for my sins. I believe that after three days in the grave, Jesus was resurrected disarming Satan. Through Jesus’ death and resurrection, I am forgiven of all sins, past, present, and future. I am now dead to my sins and sin, nor Satan has power over me.

I affirm that I am a new person, spiritually alive in Christ Jesus. I am a child of God and a co-heir with Jesus. My citizenship is now in heaven. I am deeply loved and accepted. I reject all the lies of the evil one telling me otherwise.

I choose to put on the armor of God everyday. I choose to take every thought captive and compare it to the Word of God. If that thought does not match the Word of God, I will reject it. I resolve to stand firm in Christ and to resist the devil. I declare that I have authority over Satan and his demons. They are subject to the authority of Jesus Christ, Jesus has given me that authority.

I declare myself dependent on God, I cannot do anything apart from Him. I choose to abide in Christ, I believe that He will abide in me.

I understand that I will be exposed to trials and endure suffering. But I know that I am victorious in Christ. I will overcome all obstacles and trials and come out of them stronger than before. All things work for the good for those who love God.

I choose to obey the two greatest commandments: to love God with all my heart and love all my neighbors. Thank You Jesus or Your work on the cross.

In Jesus’ name I pray

**CHOOSING TO TRUST AND LET GO**

Father,

It’s not easy recognizing all the different traumas that I’ve experienced, but thank you for helping me. Thank you for suffering for me. Thank you for paying such an incredible price for my healing and salvation.

I admit that sometimes I have wondered where you were and why you didn’t help me why you didn’t stop what was going on. So many things have felt so unjust and unfair! But right now I choose to trust you. I choose to let go of the things that I don’t understand and take hold of your hand instead.

I’ve been bound and held captive in my pain and shame, and I want to be free. I want to begin living the abundant life that you promised me. I hear you calling me, and I’m choosing to step forth into life.

Give me courage to allow people around me to help me. It can be hard for me to open up my heart and my life, and my first response is to run and hide! But help me Lord, to run to YOU instead!

There are things that I have done, and things that have been done to me, that I’m ashamed of. But I’m tired of the hiding. I’m tired of trying to bury my pain. I’m tired of the shame.

Please continue to walk with me and help me through this process of learning and healing. And Lord, if there comes a time that I feel that I cannot walk one more step, will you carry me? I choose to believe that you began a good work in me, and that you will complete it.

In Jesus’ name I pray, Amen.

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten,

**PRAYER OF INVITATION**

Jesus,

I open the door and invite you into broken places of heart. I ask you to heal the pain, gather up all the shattered pieces, and make me whole.

I open my heart to receive the healing balm of your love, and ask that you cleanse me from the disappointment, confusion and shame I’ve felt, and set me free. I receive your comfort in the places where I have refused comfort, or have been unable to receive it.

I tell my heart to beat again, to begin to hope again, to begin to trust again – to embrace life, to embrace this healing process and to embrace you!

Thank you for loving me, thank you for choosing me. Thank you for healing me! Thank you for restoring honor to me. May I truly live like the oak of righteousness you have created me to be, for the display of YOUR splendor.

In Jesus’ name I pray, Amen.

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten

**SAMPLE STARTING PRAYER**

Heavenly Father,

Thank You for who You are and what You represent. Thank You for being a healer. I ask that Your Holy Spirit be with me today as I seek Your healing balm.

I ask You to search the depths of my heart and soul, I give You permission to search the dark corners of my heart. Please shine Your light to expose the areas which have been hurting or any area where the enemy has a stronghold. Bring those wounds to memory so that I can place them at the foot of the cross.

I ask You to bind any demonic spirits that may seek revenge on me or my family members. Please send warring and guardian angels to protect me.

I recognize that I have exhibited poor fruit in my life that is affecting my relationship with You and others. This bad fruit is also affecting my health and the ability to live the abundant life that You have given me. I ask You to reveal the initial wound that caused this poor fruit in my life. I ask You to reveal any bitter roots, and expectancies, inner vows, and any area where I need to forgive or ask for forgiveness. I ask You to reveal any unhealed trauma, sinful responses, or any unresolved issue that keeps me in my pain.

I give You permission to work deeply in my broken heart and heal me spiritually, emotionally, and physically. Lead me to genuine repentance in areas where I have sinned.

I know that You are gentle and compassionate, loving and kind, and I know that this healing process will not be easy, and may be painful, but it will not be overwhelming.

I trust You to guide and protect me throughout this process. Allow me to experience and feel only that which is necessary for healing. I open the door of my heart and say, “Come Lord Jesus, Come!”

In Jesus’ name I pray, Amen.

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten, changes made by me

**PRAYER TO REVEAL UNREPENTED SIN**

Father,

I confess and repent for my fleshly behavior. I live in the world, however, Jesus told me not to be conformed to it. I confess that I am a sinner.my sin has separated me from you. I want to restore my relationship with you. I want to live a Christ-Centered life. Please bring to mind any and all unrepented sin that keeps me from being close to you. This unrepented sin is producing bad fruit in my life and I want to repent of it.

In Jesus’ name I pray, Amen

Note: unknown author

**PRAYER OF REPENTANCE**

Important! This sample prayer is not a formula; rather, it offers ideas and direction. Be led by the Holy Spirit, and use the substance of this prayer as a guide.

Father,

I stand before you undone by the damage I have caused (name the person specifically).

I confess that I have hurt him/her in this way: (name the sin, and how it has affected the person).

I confess that I have also grieved your heart by hurting your child in this way, and I repent.

I repent for and renounce all denial, self-justification, self-defense, minimization of my sin (and minimization of how it has hurt others) and blame. I make no excuses; I take full responsibility for what I have done.

My sin has resulted in broken trust and broken relationship. Father, I am so very sorry for the pain and grief I have caused. Help me continue feeling the pain until the cost of my sin is written deeply into my heart, so that I will not be tempted to sin in this way again.

May the strength of this experience sustain and empower me to do and say the things needed to rebuild trust and bring healing, and if possible, reconciliation. Show me what restitution needs to be made, how it is to be done and the timing involved.

Please give me patience and sensitivity to honor this person’s heart in all I say and do. Help me give them time to process, and heal and to respond, I release toy you, any demand that they respond to my repentance and/or restitution in a certain time frame or in a certain way.

I release to you my insecurity, my “need to be right,” or my need to “look good” in the eyes of others. I repent for the ways I have placed my need to be right above relationship, and for the times I’ve allowed shame or a “desire to save face” to tempt me to hide or cover-up my sin.

Create in me a clean heart. May my motive for restitution and reconciliation be pure and for other’s sake… and for Christ’s sake, not so my life will be easier, or to escape the consequences of my sin. Fill me so full of your love that I will be willing to lay my life down and pay the cost for relationship.

I ask you to bless and heal (the person you have wounded).

Pour the oil of your Holy Spirit into the wounds I have caused. Bless (him/her) with your presence and bring your perfect comfort and healing to (his/her) life.

In Jesus’ name I pray, Amen

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten

**INVITING JESUS TO HEAL SHAME**

*(Remember, this sample prayer is not a formula, rather if offers ideas and direction for prayer. Be led by the Holy Spirit, use the substance of this prayer as a guide, and pray only that which applies to you.)*

Jesus,

It’s not easy to look at and acknowledge the shameful events of my life. But I want to be healed, and I want to be free to live the life that you have called me to, I choose to open up the door to my heart and invite you into my memory, into the broken places in my heart. I ask that you heal the pain, draw to the cross all shock, trauma, fear, terror and shame, and gather up all the shattered pieces of my heart, and make me whole.

Please cleanse me from the disappointment, confusion and shame, and set me free. I receive your comfort in the places where I have refused, or been unable to receive comfort in the past.

Sometimes I’ve felt like David’s daughter Tamar, when she asked “What about me? Where could I get rid of my disgrace?” I’ve felt that there was no place for my shame, the disgrace that I’ve felt. But, now I know there IS a place, and it is on your Cross, I release the shame to you now.

In the places where my heart has been filled with shame, fear, and distrust. I ask that you replace it with your tender mercies and great abounding love. I ask that you remove my shame and reproach and restore me to honor and dignity, which is my true inheritance as a child of the Most High God.

I thank you that you are a kind, loving and gentle God. I thank you, Jesus, for dying on the Cross for me, and for paying the price for my sin and shame. Lord, I confess that I need you I need your love, protection, power and deliverance. First John 1:8 proclaims that you came to undo the devil’s work. I know that devil’s work is to kill, steal and destroy. Shame has been a way that he has stolen from me, and has brought destruction.

But you promise to give me life, and life in abundance. So, I choose this day to receive your promise of fullness of life, and I ask that you set me free from the bondage of sin and shame. I invite you into every area of my heart, mind and spirit. Set me free from the lies that I have believed about you, others, life, and myself. And let me know your truth in my inmost being.

I receive by faith the healing balm of your love, and thank you for restoring honor to me. May I truly live like the oak of righteousness you have created me to be…for the display of YOUR splendor.

In Jesus’ name, Amen.

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten

**RENOUNCING BITTER ROOT JUDGMENTS, EXPECTANCIES AND INNER VOWS**

Important: This sample prayer is not a formula; rather offers ideas and direction. Be led of the Holy Spirt, and use the substance of this prayer guide.

Father,

I recognize I have judged (name of the person) for (name of the offense) and have locked myself into that same behavior/attitude.

I choose to forgive (him/her) for hurting me, and I choose to release my “right” to hold this offense against them, knowing it is up to you alone to judge.

Please forgive me for the sinful ways I’ve reacted and for the ways in which I have done the very same to others. (Be specific in naming those you’ve hurt, and how.)

Forgive me for judging (name). I repent for the judgment and dishonor.

Now I see I am reaping the same pattern throughout my life. Forgive me for my part in tempting other to do the very thing I hated, by the power of my bitter root expectancies and judgments. Place the Cross between me and the sowing and reaping of my judgments, and consume on the Cross everything that I am due to reap because of my sin. Thank you for replacing it with your blessing

I ask that you give me new ways of expecting, believing and responding that are in accordance with your Word.

Please forgive me for me trying to protect my heart by making the inner vow to: (Name the vow specifically). I repent for making this vow, renounce it, and ask that you break the power of it over me.

I command my body, soul and spirit to forget the vow and I declare that I am no longer required to act, think or feel according to this inner vow. I am set free to my original design; the person you created me to be.

I repent for, and tear down the following habitual ways of acting out this vow: (i.e., withdrawal, fears, isolation, angers, resentments, denial, etc.).

I bring my sin to death on the Cross of Jesus Christ, and consider myself dead to those old ways. Show me how I can “pursue peace” with those whom I have wounded, and help me to restore relationship where possible. Fill me afresh and anew with your Holy Spirit.

In Jesus’ Name I pray, Amen.

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten,

**SAMPLE PRAYER TO FORGIVE…**

Asking God who you need to forgive

Father,

I thank you for the riches of your kindness, forbearance, and patience towards me, knowing that your kindness has led me to repentance. I confess that I have not shown that same kindness and patience towards those who have hurt me. Instead, I have held on to my anger, bitterness, and resentment towards them. Please bring to my mind all the people I need to forgive in order that I may do so now.

In Jesus’ name I pray, Amen

Noe: Unknown author

**TO FORGIVE**

Important: This sample prayer is not a formula; rather offers ideas and direction. Be led of the Holy Spirt, and use the substance of this prayer guide.

Lord, I don’t know how to make forgiveness happen. I can’t cleanse my heart or change my feelings. I don’t know how to trust, and I’m afraid to hold my heart open.

You have told me in your Word that forgiveness is not an option. You simply said I have to choose, yet I often have difficult even choosing to forgive. By your grace, please do for me what I cannot do for myself! Thank you for accomplishing forgiveness for me.

As an act of my will, in obedience to your Word, I make a choice to forgive. I know that I may have to choose again and again until you make forgiveness real and complete in me. Please give me the willingness and strength to persevere in choosing until forgiveness is accomplished in me by your power.

I choose to forgive (name the person who wounded you, and what you are forgiving them for…again, be as specific as you can).

I give you any “right” that I’ve felt was mine to blame. I surrender what I felt was my “right” to be paid back for my loss; they owe me nothing. I declare my trust in you alone as the Righteous Judge, and release to you any anger, resentment and bitterness that I’ve held in my heart.

Forgive me for the ways that I’ve wanted those who hurt me to hurt like I do. I wanted them to know the enormity of what they have done to me, and I wanted them to be sorry – but that is vengeance, and that is your territory. Forgive me for my desire for vengeance, and for trying to take your place.

Thank you that I do not have to pretend it is all right, or that it did not hurt or matter. Thank you for always listening to me, for hearing my cries and expressions of pain, and that my tears are important to you. Thank you for wiping the tears from my eyes, and for healing me and making me whole.

Forgive me for all the condemning judgments I have made. Give me a new and right spirit that will enable me to hate sin but look with your compassion and love upon sinners. Heal the wounded heart of the child within me and pour your love in. I know that my emotions will heal in time, and that I will be able to feel the emotion of being forgiven and of extending forgiveness, but until that time, I will continue to make the right choice to forgive and continue to release this person to you. Help me to learn to forgive the way you have forgiven me. I choose to walk in your mercy and grace.

I choose to bless (name the person), and I sincerely ask you to richly bless them as well.

In Jesus’ Name, Amen.

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten,

**A PRAYER TO CHOOSE LIFE…**

Father,

I DO want to know you and the abundant life that you paid such an incredible price for. This day I choose that abundant life!

I specifically repent for my sin of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Please forgive me for agreeing with your enemy and participating in such darkness.

I repent for the times I have wished for death. I break every agreement and/or covenant I have made with death and renounce every death wish and thought of suicide I have had. I break the power of every command I have given my body to die. I speak to my body, soul and spirit and say, “live!” I embrace you, Jesus, as the Way, the Truth and the Life, and I embrace the abundant life you died for!

Please sing over me and restore my song, my ability to love and receive love, my hope and my passion for life. Restore me to my rightful design, the person you created me to be. Forgive me for every way I’ve turned from life. I turn to you now, and I embrace the life, purpose and destiny you have for me.

In Jesus’ Name I pray, Amen.

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten,

**PRAYER TO REVEAL GENERATIONAL SIN**

Father,

I ask you to bring to mind now all the sins of my ancestors to the fifth generation that are being passed down through family lines. I make Jesus Christ my Lord and Savior. The curse has been broken. I want to b free from the influences passed down to me and my family. I want to renounce familial sins.

In Jesus’ name I pray, Amen

Note: Make a list in your journal of all the sins that come to mind, then pray the below prayer out loud. Each sin must be renounced separately.

**PRAYER TO RENOUNCE GENERATIONAL SIN**

Father,

I renounce and disavow all the sins of my ancestors. I specifically renounce the sin of (name each sin) . I also renounce their sins that have not been revealed to me or that I did not hear. Any sin that has been passed down and is producing bad fruit in my life as well as my family’s life I renounce. In the name of Jesus Christ, I command Satan and his demons to release any foothold or stronghold that were achieved by sinful behavior. In the name of Jesus Christ, the curse is broken through His work on the cross, the blood of Jesus cleanses me and my family. In the name of Jesus Christ, I command Satan and his demons to release any influence on me or my family and to leave our presence.

In Jesus’ name I pray, Amen

Unknown author

Some behavioral addictions include:

Gambling Excessive eating Excessive physical fitness

Extra marital affairs Excessive dieting Excessive church

Masturbation Self-mutilation Excessive shopping/spending

Lustful behavior Being a work-a-holic Excessive gaming

**PRAYER TO RENOUNCE BEHAVIORAL ADDICTIONS**

Father,

I confess and repent that I have used sinful behavior specifically (name each behavior separately) for the purpose of pleasure, to cope with overwhelming life events, or just to escape from life’s stresses. I understand that this addiction has harmed my mind, body, and soul. I renounce the addiction of (name each addiction) and repent from making it a priority in my life. In the name of Jesus Christ, I command Satan and his demons to release any foothold or stronghold that were achieved by my sinful behavior. I commit myself to no longer allowing this behavioral addiction to control me. I choose to be controlled by the Holy Spirit.

In Jesus’ name I pray, Amen

Unknown author

**PRAYER TO REVEAL PRIDEFUL BEHAVIOR**

Father,

I confess and repent that I have been prideful and self-centered. I have sinned by believing that I can make better decisions than you. I ask you to please bring to mind now all the ways which I have lived my life in pride. I want to renounce my prideful practices.

In Jesus’ name I pray, Amen

Unknown author

*Note: make a list of all things that come to mind in your journal. Then pray the below prayer out loud to renounce prideful behavior.*

Some prideful behaviors include:

• Not admitting I’m wrong

• I care more about others than God

• I consider myself smarter than others

• I rely on my own ability instead of God

• I tend to manipulate others

• I seek out praise from others

• I seek out wealth and status

• I believe that I am more religious and spiritual than others

**PRAYER TO REVEAL OCCULT ACTIVITY**

Father,

I confess that I have participated in occult and/or satanic activity. Please bring to mind now any and all occult activity that I had knowingly and unknowingly participated in so that I can renounce this activity.

In Jesus’ name I pray, Amen

Unknown author

Note: Make a list of al things that come to mind and write them in your journal. The pray out loud the prayer to renounce occult activity.

Some occult activity includes:

Witchcraft / sorcery Palm reading Seances

Mediums Fortune tellers Satanism

Blood pacts Spirit guides Ouija boards

Spells / curses Hypnosis Cutting Trances

Mental telepathy Magic eight ball

**PRAYER TO RENOUNCE OCCULT ACTIVITY**

Father,

I confess and repent that I have participated in the occult practice of \_\_\_\_\_\_\_ . I renounce my involvement in \_\_\_\_\_\_\_. In the name of Jesus Christ, I command Satan and his demons to release any foothold or stronghold achieved due to my sinful participation in this occult activity. I claim Jesus Christ as my Lord and Savior.

In Jesus’ name I pray, Amen

Unknown author

**SAMPLE PRAYER TO REMOVE TRAUMA**

Lord Jesus, I ask that you come as the Prince of Peace and bring your peace to me. Come establish your dominion of peace in me, and manifest yourself in such a way that I will know that you are here. Enable me to feel the depths of your love.

Lord, I ask you to rebuke every force of darkness that seeks to harm me and my family in any way, or has tried to keep me locked in this prison of trauma. You have not given me a spirit of fear, but love, power and soundness of mind, and that is what I claim for me today. Hide me under the shadow of Your wings, and keep me safe. I break every assignment of trauma against me, and bind and send away every “guard” assigned to me.

I ask that you be like poultice, drawing all the pain, trauma, shock, fear, terror, and shame from me, bringing it all to death on your cross. You suffered and died for me, and we appropriate all that you accomplished for me.

Put your love and grace, and by the power of the Holy Spirit remove any trauma that has been stored in my body. Restore the cells to perfect order and vibration.

Lord, I ask you to remove any shock, trauma, fear, terror, or shame experienced at conception, in the womb during birth. Bless the moment of my conception, the moment of my birth, and the newness of my life. I know that you have a purpose and plan for my future, and to provide me a hope for my future and to prosper me in every way.

Lord, I ask you to heal my DNA and remove all the shock, trauma, fear, terror, and shame that has come through my generational flow. I plant the cross of Jesus Christ firmly between me and my ancestors, and I ask that all iniquity be stopped at the cross of Christ. Forgive those in my generations who traumatized others or manipulated, dominated or controlled through fear and torment. Release your precious blood and heal all unresolved grief and pain.

I ask you to heal the “fear center” of my brain and every place where memory is processed and stored. Remove all shock, trauma, fear, terror, and shame from the conscious and subconscious memory, and draw from me all the pain that has caused me so much torment. Turn off the alarms that have been ringing for so long, and replace the fear dread, hypervigilance with godly discernment. Let me know when there is truly danger, and give wisdom to know how to respond. Bring peace and rest to the part of the heart that has always had to stand guard and be alert. Remove and pervasive low-level anxiety.

Please fill up every area of unmet need with your love and peace. Establish new neurological connections to the joy center of my brain. Enable me to have a full range of emotions as you have purposed for me.

Heavenly Father, please remove the trauma from my eyes and ears. With the blood of Jesus Christ, wash over any images “seared” upon the soul. Remove trauma that has come from any harmful or harsh words spoken, and remove any disharmony, disease, or disorder that these words or images have caused. Remove any trauma associated with scent and remove any trauma from the skin.

Sing your song of love over me and bring everything into agreement to your original design. In the name and blood of Jesus Christ, I declare order and healing to my spirit, soul, and body.

Trauma has shaken me to the very core of my foundation, I ask that you heal every crack with your love. Restore trust and grace to believe in you and receive your promises and to trust others.

Please remove all shock, trauma, fear, terror and shame from my will and spirit. Restore my will, and strengthen it in every way.

Please remove all shock, trauma, fear, terror and shame from the muscles, ligaments, tendons, bones and bone marrow. Bring Your healing power to everywhere my spirit has been crushed or broken, and restore health, vitality and vigor. Make my bones and connective tissue strong. I ask that you remove all shock, trauma, fear and terror off the organs and the rest of my body.

Please heal the immune system and remove all toxins that remain from any chemicals or hormones that have poured through my body for so many years. Cancel any and all effects they have had on the spirit, soul or body, restore all neurochemical balance.

Please sever all fear bonds, trauma bonds, and unhealthy and unholy soul ties that have been created through my response to trauma.

Lord Jesus, help me recognize and bring to death all the old ways of responding and reacting to shock, trauma, fear, and terror. Empower me with wisdom and power to dismantle the ungodly structures of defense, and rebuild godly new structures of defense based on scripture. Help me come to true understanding of my spiritual authority as a child of the Most High God.

Please fill every cell with your peace and healing grace. Displace any darkness with your light. Keep me in your perfect peace, especially in the night seasons, and bring your rest. Surround me with Your protection and love.

In Jesus’ name I pray, Amen.

Used with Permission. Healing Trauma, Sandra Sellmer-Kersten. Modified by me to make in The first person

Thank you to Elijah House ( <https://elijahhouse.org/> ) and Sandra Sellmer-Kersten for giving permission to use their sample prayers