



HEALING A BROKEN HEART

CHRIST-CENTERED HEALING OF TRAUMA

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HEALING PRAYERS

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INTRODUCTION

“Is anyone among you suffering? Let him pray. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another, that you may be healed. The prayer of a righteous person has great power as it is working.”

--James 5:13,15-1

Once you have completed all the steps and have your journal ready and have evaluated your response to your trauma, you are ready to begin your healing through prayer.

God wants to do great things for you. Do not limit Him by withholding prayers. He wants to show off for you. The Bible says that you do not have because you do not ask. An important part of daily prayer is expressing how grateful you are for all God’s blessings in your life. Thank Him for all He has done for you and your family. Even though you may be going through a difficult time right now – thank Him and praise Him. You must have faith that what you are praying for, God will do. Again, it must be in His will.

New believers often ask what the proper position is for prayer. The Bible teaches that any position is proper, so the answer is “any position you want.” Christianity

is a relationship with God, not a set of rules where you must do something in a proper way. The traditional position for prayer is on the knees with the head tilted down to the ground, it is a position of submission. We are showing our submission to our God. The bible mentions a variety of positions in where people prayed. The position is not important, it is the dialog with our heavenly Father that is important. When do we pray? When is the best time to pray to increase the chances for having the prayers answered? Any time is good, all the time is better. Psalm 55:17 says, “Evening, morning, and noon I cry out in distress, and He hears my voice.” 1 Thessalonians 5:16-18 says, “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” The bottom line is: pray as much as you can. Pray in any position you want. And, pray at any time you want.

God answers prayers in three different ways. God can say “yes,” “no,” or “not yet.” Never forget God has a plan and purpose for your life. You may have a great walk with God and have been doing everything right, but it seems like God has left you and is not answering your prayers. Why? God knows what is best for you. He may be saying “no” because He knows the results, if you get what you’re asking, and it will not turn out good. It may be that the timing is not right at this moment in your life. Maybe you must wait for other things to occur to complete God’s plan for your life. You may have to wait until the time is right.

The Book of Daniel has a good example of another reason why we must wait for our prayers to be answered. In Daniel 10:12-14, we learn that Daniel had prayed for God’s intervention in a crisis. Daniel waited three weeks and still no answer. On the 21st day an angel came to Daniel and told him that God heard his prayer on first day and dispatched an angel to help him. But the angel was delayed by a demon that prevented the angel from arriving at a timely manner. The angel sought

assistance from the Archangel Michael for help. The delay of your prayer may be because of the unseen spiritual world. God often says “no” to our prayers. As we already discussed we may be praying out of God’s will; or maybe we are out of fellowship with God due to our sin. Or the motives of our prayers maybe wrong. God knows our hearts and motives. James 4:1-3 says, “What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, to spend it on your passions.” First Corinthians 4:5 says that God brings to light those things hidden in darkness and exposes the purpose of the heart. Proverbs 27:19 says, “As in water reflects the face so the heart of man reflects the man.” And Matthew 6:21 tells us that whatever we treasure, that is where our heart will be also. God may say no to a request because He is trying to teach us something that is for our own good. Second Corinthians 12:7-9 talks about the Apostle Paul being oppressed by a messenger of Satan. Paul prayed three times for God to remove this oppression. But God said, “My grace is sufficient for you, for My power is made perfect in weakness.” Paul said that God did not answer his prayer because God did not want Paul to become conceited. So, Paul rejoiced in his weakness and praised God for it.

Always stay in faith, do not lose hope. What God said no to in the past, may change to a yes very soon. Maybe your being prepared for a trip or a ministry and once you’re well prepared, God will say “yes.” If we try to do things on our time, we tend to rush because we are impatient. When we get ahead of God’s timing, we can lose faith and become angry and bitter, then, the “no not yet, may turn into “no.” When I first began to pray, I felt that I was bothering God, and annoying Him by praying to Him too much. But the more I studied the Bible, the more I

realized that He wants us to go to Him for help. He is our creator, our Father, He loves us. We can go to Him with any problem. He is always there for us. Pray all you want. This will please Him. I recommend that you keep a prayer journal. Every day write down what you prayed and what you prayed for. Look back and see how many of your prayers were answered. You will be amazed and your faith will grow. Here is an example of a short prayer asking God to keep your family safe:

Heavenly Father,

You are the true living God, there is none other than you. I love You and place my trust in You. I am sorry for the sins that I committed today and I repent of them. Father, I ask You to please watch over and protect my children as they go through this day, please guide them, guard them, and keep them safe. I am so grateful for all You do for me and my family. Thank you for blessing me with a great family, food to eat, a place to sleep, and a church to worship in. Thank you for all you do! I pray this in the name of Jesus

HEALING PRAYERS

A prayer to reaffirm your commitment to God:

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 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 every day. 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 for Your work on the cross. In Jesus' name I pray

A prayer to choose to let God guide your life:

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, S. Sellmer-Kersten

A prayer to invite Jesus to begin His healing work in you:

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

Then go directly to:

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 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 Christ-Centered Healing of Trauma been broken. I want to be free from the influences passed down to me and my family. I want to renounce familial sins. In Jesus' name I pray, Amen

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

This is a sample prayer to remove the negative affects of trauma. Edit to you specific situation:

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.

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I hope these prayers blessed you. To learn more about your healing go to:

www.Christ-CenteredHealing.com