



## Prayer for Inner Healing

---

I praise you, Father God, for your unconditional and perfect love for me, and my loved ones. For your heart for the broken, I thank you. For your desire to free me from the chains that bind me, I give you praise. That you came to bring light into the darkness of our world, I worship you.

I ask, Lord, that you now minister to the deep wounds of my heart, my mind, and the inner core of my being; to the painful and tender wounds of my childhood – wounds inflicted intentionally or unintentionally and wounds inflicted through an absence of love, nurture, or care. Please minister to the deep pain and longing of what should have been. Give me freedom, Lord, from emotional and spiritual bondage.

Release me, Lord, and bring your healing to the pain of childhood memories. Through your love and healing presence I ask that you transform the memories of trauma, of longing and of absence, and reframe the memories with your truth. Cut me free from the lies I have believed about myself – from the burden of judging myself, from low self-esteem, and from the deep shame that sometimes smothers me. Cut me free from what I have allowed to take root with any inner vows or ungodly declarations I have spoken over or believed about myself.

With the power and mercy of your Holy Spirit, empower me and give me the grace to forgive those who have hurt me and to forgive myself where needed. Help me to let go of any resentment or disappointment with you, Lord. With your help Jesus, I now choose to forgive [*name(s)*].

Help me to trust again – to trust you, Lord Jesus, and those whom you desire for me to trust. Bring health and wholeness to my relationships and cut me free from any unhealthy soul ties or co-dependency. Show me what it means to live in right relationship with you and with others, with healthy boundaries and right ways of being and doing. If the trauma of my past has damaged my trust and faith in you, Lord, I ask now that you heal my image of you, Father God. Thank you that you know me and are with me always.

Allow my true self to emerge, Lord – the person you created me to be. Deepen my longing for you, Lord Jesus, and strengthen my relationship with you.

Thank you, Lord, for the truth that in, with, and through you I am made whole. In your tender and loving name, I pray. Amen.