



Heavenly FATHER,

I come before YOU in my brokenness, needing YOUR touch to mend what feels irreparably shattered. LORD, YOU know the pain and trauma I have experienced. YOU see the silent tears I cry and the deep wounds that words cannot express. I thank YOU that YOU are not distant from my suffering, but that YOU are near. YOUR Word says, *"The LORD is close to the brokenhearted and saves those who are crushed in spirit"* (Psalm 34:18). FATHER, I desperately need YOUR saving power right now.

I feel so violated, FATHER. My sense of safety, trust, and even identity feels stolen. But I declare that what the enemy meant for evil, YOU will turn for good (Genesis 50:20). YOU are the GOD who restores. Just as YOU restored Job's life after his unimaginable losses, I trust that YOU can restore my life, my peace, and my sense of self.

LORD, I bring to YOU the shame I carry. It feels heavy and whispers lies about who I am. Yet YOUR Word declares, *"There is now no condemnation for those who are in Christ Jesus"* (Romans 8:1). I reject the shame that does not belong to me. This assault is not my fault, and I refuse to let it define me. Remind me daily that I am clothed in CHRIST's righteousness and beloved in YOUR sight.

JESUS, I need YOUR healing in every area of my life. My body feels betrayed, my emotions feel chaotic, and my mind is overwhelmed by intrusive thoughts and memories. But YOUR Word says, *"He heals the brokenhearted and binds up their wounds"* (Psalm 147:3). Bind up my wounds, LORD, and pour YOUR healing balm over every part of me. Restore my mind to peace, my heart to hope, and my spirit to joy.

Fill me with YOUR peace that surpasses all understanding (Philippians 4:7). When memories haunt me or fear threatens to take over, let YOUR peace guard my heart and mind. Help me to take every thought captive to CHRIST (2 Corinthians 10:5), declaring that these thoughts have no power over me.

Grant me strength to walk through this season of healing. Though it feels impossible at times, YOUR Word reminds me, *"I can do all things through Christ who strengthens me"* (Philippians 4:13). Be my strength when I am weak. Give me courage to seek help, surround me with godly support, and place encouragers in my life to remind me of YOUR promises.

LORD, I surrender my anger and bitterness to YOU. YOUR Word says, *"Do not be overcome by evil, but overcome evil with good"* (Romans 12:21). I release my desire for revenge, trusting in YOUR justice: *"It is mine to avenge; I will repay," says the LORD* (Romans 12:19). I place this entire situation in YOUR hands.





Help me, LORD, to forgive, not to excuse what was done, but to release myself from the chains of bitterness. Teach me how to forgive, just as YOU forgave even on the cross. Let forgiveness be my pathway to freedom.

Break every generational curse, cycle of abuse, or stronghold of trauma that has tried to hold me. YOUR Word declares, *"If the Son sets you free, you will be free indeed"* (John 8:36). I declare freedom in JESUS' name.

Heal my relationships, LORD. This pain has caused me to pull back and distrust others. Restore my heart so I may love again with wisdom and courage. Let YOUR love flow through me, casting out fear.

Remind me daily that I am *"fearfully and wonderfully made"* (Psalm 139:14). I am YOUR masterpiece (Ephesians 2:10), not damaged goods, but whole and beloved in YOU.

I pray also for others who carry the same pain. Be their refuge and strength (Psalm 46:1). Surround them with love, comfort, and healing.

Finally, LORD, redeem this pain for YOUR glory. YOUR Word promises that *"all things work together for the good of those who love GOD and are called according to His purpose"* (Romans 8:28). Use even this wound as testimony that YOU restore, heal, and make all things new (Revelation 21:5).

Thank YOU for hearing my cry and holding me close. I trust that YOU are doing a new thing in my life, making a way in the wilderness and streams in the desert (Isaiah 43:19).

In JESUS' name, amen.

Scripture References

- Psalm 34:18
- Genesis 50:20
- Romans 8:1
- Psalm 147:3
- Philippians 4:7
- 2 Corinthians 10:5
- Philippians 4:13
- Romans 12:21

PUZZLE PIECES LIFE

YOUR PURPOSE. GOD'S PLAN. ONE PUZZLE PIECE AT A TIME.



- Romans 12:19
- John 8:36
- Psalm 139:14
- Ephesians 2:10
- Psalm 46:1
- Romans 8:28
- Revelation 21:5
- Isaiah 43:19