



Healing & Restoration After Assault

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 or removed from my suffering, but YOU are near to me. 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). LORD, 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 it whispers lies to me about who I am. Yet, YOUR Word declares that "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 every day that I am clothed in the righteousness of CHRIST and that YOU see me as pure and beloved.

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 YOU are the GOD who heals, as YOUR Word says, "He heals the brokenhearted and binds up their wounds" (Psalm 147:3). Bind up my wounds, LORD, and pour out YOUR healing balm over every part of me. Restore my mind to peace, my heart to hope, and my spirit to joy.

LORD, I ask for YOUR peace to fill me. YOUR peace is not like the temporary distractions the world offers, but it surpasses all understanding (Philippians 4:7). When the memories try to haunt me, when fear threatens to take over, let YOUR peace be the fortress around my heart and mind. Help me to take every thought captive to the obedience of CHRIST (2 Corinthians 10:5), declaring that these thoughts have no power over me.

FATHER, I ask for the strength to walk through this season of healing. Some days it feels impossible to face what has happened, but YOUR Word reminds me that "I can do all things through CHRIST who strengthens me" (Philippians 4:13). Be my strength when I feel weak, LORD. Give me courage to seek help, whether through trusted counselors, support groups, or friends who love YOU. Surround me with people who will uplift me, speak truth to me, and remind me of YOUR promises when I forget.





LORD, I surrender the anger and bitterness I feel. The weight of these emotions is too heavy for me to carry. YOUR Word says, "Do not be overcome by evil, but overcome evil with good" (Romans 12:21). Help me to release my desire for revenge and trust YOU to bring justice. YOU are the righteous JUDGE, and YOU see every wrong that has been done. YOUR Word says, "It is mine to avenge; I will repay" (Romans 12:19). I place this situation in YOUR hands, knowing that YOU will handle it perfectly.

FATHER, I also ask for the grace to forgive. Forgiveness feels impossible right now, but I know that forgiveness is not about excusing what was done; it's about freeing my heart from being tied to the pain. JESUS, YOU forgave even as YOU hung on the cross. Teach me how to forgive, and give me the strength to pray for those who have hurt me, even when it feels unnatural. Let forgiveness be a process of release, not a denial of justice.

LORD, I ask that YOU would purify my heart and mind from any lies or negative patterns that have resulted from this trauma. Break off any generational curses or cycles of abuse that may have affected me or my family. YOUR Word says, "If the SON sets you free, you will be free indeed" (John 8:36). I declare that I am free from the grip of this pain, free from the power of fear, and free to walk in the identity YOU have given me as YOUR beloved child.

JESUS, I also pray for healing in my relationships. This assault has affected how I see and trust others. LORD, help me to rebuild trust and to discern relationships that are healthy and safe. Heal the areas of my heart that may have grown guarded or distant because of this pain. Let YOUR love flow through me so I can love others without fear.

FATHER, I ask for the ability to see myself as YOU see me. YOUR Word says that I am "fearfully and wonderfully made" (Psalm 139:14). Help me to walk in the confidence of knowing that I am not damaged goods or defined by this trauma. I am YOUR masterpiece (Ephesians 2:10), created for good works and a future filled with hope.

I also pray for others who have experienced similar pain. LORD, be their refuge and strength, a very present help in their time of trouble (Psalm 46:1). Surround them with YOUR love and bring people into their lives who will walk with them toward healing.

Finally, LORD, I ask that YOU would use even this painful experience for YOUR glory. I don't understand why this happened, but I trust YOUR promise that "all things work together for the good of those who love God and are called according to His purpose" (Romans 8:28). Redeem this pain, LORD, and use my testimony to help others find healing and hope in YOU.





Thank YOU, LORD, for hearing my cries and for being with me in every step of this journey. 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). I give YOU my heart, my pain, and my future, knowing that YOU are the GOD who makes all things new (Revelation 21:5).

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

