

An Emotional/Trauma Healing Prayer

Before I/we begin...

"In the name of Jesus, (I/we) bind any demon spirits from interfering with God's plan for (my/your) emotional and mental healing. You will not block (me/them) from perceiving Christ's presence, and you will not counterfeit that presence."

The following is a R.E.A.L. Listening Prayer to invite Jesus to heal my emotions/trauma...

Remember the wounding event(s)

"Lord, would you please bring to (my/their) mind the first memory You would like to heal."

Explore the feelings and lies it led to

Right brain: "Lord, please bring up the sights, sounds, smells, emotions, and other aspects of this memory that I need to remember for Your healing to be as complete as possible."

Name and rate the emotions (i.e., "shame, level 7")

Left brain: "Lord, please reveal the lies that the Adversary succeeded in planting in my heart because of this traumatic event." List the lies and rate them as well.

Ask Jesus to reveal Himself in your memory

"(I/We) ask You Jesus to do whatever You need to do to heal this memory. (I/We) invite You into this memory and ask You to allow (me/them) to perceive Your presence in this memory with me."

Listen for what Jesus shows you

Look and listen for what Jesus shows you and/or speaks to you about where He was, what He was doing, and/or what He was/is saying about this memory. He can even reveal what the enemy was doing or saying. Then ask Him to heal you from this memory and its impact. Thank Him and praise Him!

© "Healing the Wounded Heart" by Marcus Warner

An Emotional/Trauma Healing Prayer

Before I/we begin...

"In the name of Jesus, (I/we) bind any demon spirits from interfering with God's plan for (my/your) emotional and mental healing. You will not block (me/them) from perceiving Christ's presence, and you will not counterfeit that presence."

The following is a R.E.A.L. Listening Prayer to invite Jesus to heal my emotions/trauma...

Remember the wounding event(s)

"Lord, would you please bring to (my/their) mind the first memory You would like to heal."

Explore the feelings and lies it led to

Right brain: "Lord, please bring up the sights, sounds, smells, emotions, and other aspects of this memory that I need to remember for Your healing to be as complete as possible."

Name and rate the emotions (i.e., "shame, level 7")

Left brain: "Lord, please reveal the lies that the Adversary succeeded in planting in my heart because of this traumatic event." List the lies and rate them as well.

Ask Jesus to reveal Himself in your memory

"(I/We) ask You Jesus to do whatever You need to do to heal this memory. (I/We) invite You into this memory and ask You to allow (me/them) to perceive Your presence in this memory with me."

Listen for what Jesus shows you

Look and listen for what Jesus shows you and/or speaks to you about where He was, what He was doing, and/or what He was/is saying about this memory. He can even reveal what the enemy was doing or saying. Then ask Him to heal you from this memory and its impact. Thank Him and praise Him!

© "Healing the Wounded Heart" by Marcus Warner

An Emotional/Trauma Healing Prayer

Before I/we begin...

"In the name of Jesus, (I/we) bind any demon spirits from interfering with God's plan for (my/your) emotional and mental healing. You will not block (me/them) from perceiving Christ's presence, and you will not counterfeit that presence."

The following is a R.E.A.L. Listening Prayer to invite Jesus to heal my emotions/trauma...

Remember the wounding event(s)

"Lord, would you please bring to (my/their) mind the first memory You would like to heal."

Explore the feelings and lies it led to

Right brain: "Lord, please bring up the sights, sounds, smells, emotions, and other aspects of this memory that I need to remember for Your healing to be as complete as possible."

Name and rate the emotions (i.e., "shame, level 7")

Left brain: "Lord, please reveal the lies that the Adversary succeeded in planting in my heart because of this traumatic event." List the lies and rate them as well.

Ask Jesus to reveal Himself in your memory

"(I/We) ask You Jesus to do whatever You need to do to heal this memory. (I/We) invite You into this memory and ask You to allow (me/them) to perceive Your presence in this memory with me."

Listen for what Jesus shows you

Look and listen for what Jesus shows you and/or speaks to you about where He was, what He was doing, and/or what He was/is saying about this memory. He can even reveal what the enemy was doing or saying. Then ask Him to heal you from this memory and its impact. Thank Him and praise Him!

© "Healing the Wounded Heart" by Marcus Warner

An Emotional/Trauma Healing Prayer

Before I/we begin...

"In the name of Jesus, (I/we) bind any demon spirits from interfering with God's plan for (my/your) emotional and mental healing. You will not block (me/them) from perceiving Christ's presence, and you will not counterfeit that presence."

The following is a R.E.A.L. Listening Prayer to invite Jesus to heal my emotions/trauma...

Remember the wounding event(s)

"Lord, would you please bring to (my/their) mind the first memory You would like to heal."

Explore the feelings and lies it led to

Right brain: "Lord, please bring up the sights, sounds, smells, emotions, and other aspects of this memory that I need to remember for Your healing to be as complete as possible."

Name and rate the emotions (i.e., "shame, level 7")

Left brain: "Lord, please reveal the lies that the Adversary succeeded in planting in my heart because of this traumatic event." List the lies and rate them as well.

Ask Jesus to reveal Himself in your memory

"(I/We) ask You Jesus to do whatever You need to do to heal this memory. (I/We) invite You into this memory and ask You to allow (me/them) to perceive Your presence in this memory with me."

Listen for what Jesus shows you

Look and listen for what Jesus shows you and/or speaks to you about where He was, what He was doing, and/or what He was/is saying about this memory. He can even reveal what the enemy was doing or saying. Then ask Him to heal you from this memory and its impact. Thank Him and praise Him!

© "Healing the Wounded Heart" by Marcus Warner