



Heavenly Father, in the name of Jesus Christ,
I come before You as Your child, surrendering every place of tension, fear, and overload
within my body and soul.

Lord, You are the Creator of my nervous system—You formed every pathway, every
response, every breath. And right now, I ask for a **divine reset**.

Let Your peace invade me—deep, sovereign, unshakable peace.
Not as the world gives, but the peace that silences storms and stills chaos.

I command every signal of anxiety, every cycle of stress, every trauma response—**be
broken now in Jesus' name**.

Holy Spirit, breathe upon my body.
Where there has been fight, flight, or fear—release Your rest.
Where there has been overwhelm—release Your order.
Where there has been hyper-alertness—release Your safety.

I declare that my body will no longer partner with fear.
My mind will no longer rehearse distress.
My system will no longer live in survival mode.

I speak to my nervous system:

Come back into divine alignment.

Respond to peace. Receive rest. Function as God designed.

Every place where trauma has been stored—I call forth healing now.
Every place where my body has held onto what my spirit has already been delivered from—
let it go now.

Lord, rewire what has been misfiring.
Restore what has been depleted.
Rebuild what has been worn down.

I receive the rhythm of Heaven— Peace in my thoughts,
Calm in my body, Stillness in my spirit.

I declare I am safe in God. I am covered by His presence.
I am regulated by His peace.

From this moment forward, I walk in divine rest, divine stability, and divine alignment.

In Jesus' mighty name, Amen.