

Heavenly Father,

I ask that You remove all effects of any trauma I have suffered. Remove every impact of injury, stress, fear, anxiety, and wounding—down to the cellular level. Cleanse my body and mind of all memories of abuse, defilement, rejection, abandonment, harsh words, and pain.

Purge every trace of trauma—shock, fear, shame, and all chemicals or imprints left behind—from every system of the body. Let it leave without harm, and bring complete healing to my immune system.

Lord, cleanse and restore every system in my body. Remove all toxins and residue of trauma, and bring every cell back into divine order. Pour in Your love and healing by the Holy Spirit.

I bless my life from conception and the womb. Heal any trauma carried from the womb or passed through generations. Let the blood of Jesus separate me from all generational iniquity, and bring healing to every line.

I invite you in to heal my mind—conscious, unconscious, and subconscious. Restore my brain and emotions. Silence fear, anxiety, and hypervigilance, and replace them with peace, discernment, and rest.

Cleanse my eyes, ears, skin, and every sense from trauma. Remove harmful words and images and restore harmony to body, soul, and spirit. Sing Your song of love over me and realign me with Your original design.

Heal every part of the body—muscles, bones, organs, and tissues. Restore strength, vitality, and wholeness where my spirit has been broken.

I break every trauma bond, fear bond, and unhealthy soul tie. I cancel every assignment of trauma and shut every door that gave the enemy access. Disconnect me from all spiritual oppression and close every pathway of influence.

Lord, restore any part of me that has been fragmented or trapped through trauma. Reunify and make me whole again.

In the name of Jesus, I declare complete healing, restoration, and freedom—spirit, soul, and body. Amen.