

Prayer of Release and Healing



Father God,

I come before You with a heart that has carried too much for too long. You see the depths of my sorrow, the cries I have buried, and the wounds that still ache. Today, I bring it all into the light of Your presence.

Lord, I release to You my mother/father.

I release their choices, her silence, their selfishness, and the pain they caused.

I no longer carry the weight of their rejection or their unwillingness to love me the way I needed.

I let go of trying to make them see, understand, or change. That is not mine to bear.

You are the God who sees me—El Roi—and You have seen every moment I was invisible, unheard, or dismissed.

You were there when I was broken, and You are here now to rebuild me with Your truth.

I forgive my mother/father—not because what they did was right—but because I no longer want their power to shape who I am.

I break every ungodly tie, soul wound, and emotional chain between us, and I sever every spirit of abandonment, rejection, control, and manipulation in the name of Jesus.

I receive Your healing, Lord.

I receive Your love where hers was lacking.

I receive Your truth where lies once lived.

I receive the peace that surpasses all understanding, and I step into the freedom You have paid for me to have.

Lord, heal my heart. Restore my voice. Teach me to live from a place of wholeness, not brokenness.

What the enemy meant for evil, You will use for good.

Today, I walk forward—not alone, not bitter, but held by You and whole in You.

In Jesus' mighty name,

Amen.

Journal Prompts: Walking in Freedom

1. What emotions surfaced as I prayed the Prayer of Release?
2. In what ways have I tried to carry what wasn't mine to carry?
3. What truths about God's love stood out to me?
4. How can I respond differently now that I am releasing the pain and control?
5. What do I want to say to the child inside me who was never heard?
6. What scriptures bring me comfort as I step into healing?
7. What boundaries do I need to maintain to stay whole and free?
8. What is God teaching me through this season of healing?
9. Where do I need to invite more of God's peace into my story?
10. How can I celebrate the growth I'm experiencing, even in small ways?