



Prayer to Break Trauma and Depend Fully on God

Heavenly Father, in the mighty name of Jesus, I come before you and I acknowledge you as the one and ONLY true God seated on the throne. I plead the blood of Jesus over my mind, my emotions, and the hidden places of my soul. I decree that trauma will no longer dictate my life or block my trust in You.

I renounce every stronghold of fear, abandonment, rejection, and betrayal that came through traumatic events. I uproot every demonic seed of distrust sown in my heart by the enemy. I command every lying spirit that whispers, *“God won’t come through for you,”* to be silenced now in the name of Jesus.

I bind the spirit of trauma, independence, failure, and all mind binding demons. I cast out every tormenting memory that keeps me chained to the past. I declare healing over the broken places in my soul, for it is written, *“He heals the brokenhearted and binds up their wounds”* (Psalm 147:3).

I prophesy that my dependency will shift from man to God, from fear to faith, from self-reliance to Spirit reliance. Father, by the blood of Jesus, break every ungodly soul tie, covenant, contract and agreement to moments of pain, and release me into Your perfect love, which casts out fear.

By the authority of Jesus Christ, I declare that my trust is being rebuilt, my faith is being fortified, and my spirit is being revived. Trauma will not define me—Your Spirit will refine me. I decree total freedom, complete restoration, and unshakable dependence on the Lord my God.

In Jesus’ name, amen.