

PRAYER TO BREAK FREE FROM EMOTIONAL CAPTIVITY



Father in the name of Jesus, I come before You with honesty, humility, and surrender.

You are the God who heals the brokenhearted and sets the captives free—

and today, I bring my emotional life to Your altar.

REPENTANCE

Father, I repent for every place where I agreed with lies:

lies about my worth, lies about abandonment, lies about what I deserved in relationships,

lies that taught me to accept emotional scraps instead of the wholeness You designed for me. I repent for the ways I adapted to emotional pain instead of letting You heal it.

I repent for shutting down, for withdrawing my heart, for self-protecting instead of trusting, for carrying vows like: “I don’t need anyone,” “I can’t depend on anyone,” Or “I will never let anyone close enough to hurt me again.”

Father, forgive me for building emotional walls instead of letting You be my Defender.

I repent for every relationship I entered out of fear, loneliness, trauma, or survival instead of Your leading. Forgive me for attaching to people who were not aligned with Your heart for me.

I repent for every time I ignored Your voice to avoid being alone, rejected, or misunderstood.

Cleanse me, Lord. Wash me deeply. Reset my emotional identity.

In the authority of Jesus Christ, I break every chain of emotional captivity—

every pattern of abandonment, rejection, fear, self-protection, people-pleasing, overgiving, numbing, and emotional silence.

I break every familiar spirit that has repeated cycles from my childhood into my relationships.

I break the emotional inheritance of dysfunction, that flowed through my family line.

I break every soul-tie formed through trauma, fear, unhealthy attachment, or emotional dependency.

And I declare:

- I am no longer a prisoner.
- I am no longer emotionally bound.
- I am no longer governed by what wounded me.

Holy Spirit, move through my heart like fire.

Heal the little girl inside me who learned that her emotions were a burden.

Heal the young woman who learned to hide her needs.

Heal the daughter who learned to be strong because no one ever held her.

Heal the woman who felt she had to earn love instead of simply receiving it.

Heal the parts of me that shut down. Heal the parts that panic.

Heal the parts that over attach. Heal the parts that fear abandonment.

Heal the parts that feel unworthy of steady, consistent love.

In the name of Jesus, I decree:

My emotions are no longer in captivity. My heart is no longer bound. My soul is no longer chained.

I walk in emotional freedom, emotional safety, emotional clarity, and emotional wholeness.

I am free to give love. I am free to receive love. I am free to be loved well. I am free to choose healthy relationships.

And whom the Son sets free is free indeed. In Jesus' name Amen