

The Trauma Prayer

(Jim and Pat Banks)

Father, I take authority over anything in this room that wants to insert itself, inject itself, or otherwise mess with what you wish to accomplish in me now. Father, I kick to the curb anything that will not bow its knee to the Lord Jesus Christ. To all demonic entities; you have no place here, I give you none. Holy Spirit, I invite You to have full reign over this place and over this time. Come and minister to me in Your goodness and Your love for me. I submit to You. I give You this place. I thank You for what You have done for me. For what You've provided for me. For what You've shown me, and the healing You are now releasing in me.

Father, in Jesus' name, I take authority over this time, this space, this dimension, in the name of the Lord Jesus Christ. Father, I ask You to disconnect me from every second heaven entity that has gained access to me for the purpose of inflicting torment and trauma. I specifically ask You to disconnect me from fear, chaos, death, destruction; anything that has bound or blocked my growth and development. Disconnect me from these things right now, Father, in Jesus' name.

Father, I ask You to disconnect me from all of the schemes and contracts and agreements that (higher order) demonic entities have made with each other to torment and torture me. Disconnect them, Father, in Jesus' name.

Father, I take authority over my body now, in Jesus' name. I command my body to release all of the effects of trauma. Everything that my body has held onto, down to the cellular level; from accidents, injuries, medical procedures, surgeries, invasive medical procedures, broken bones and cuts. I also command my body to release all of the effects of trauma

associated with rejection, abandonment, death, divorce, loss of dreams, hopes, aspirations; every time I've been robbed, stolen from. You'll come out now and be released from me without harm or injury to my body, in Jesus' name. I command my body to release it all. I will not hang on to any of it. All of the pent-up stress and tension, anxiety, worry, and resulting fear.

I command my body to release all of the fear of the future. "How is this going to work out? What's going to happen?" All of the issues regarding health, business, children, my spouse; I command all of that out of my body in Jesus' name; I can't hold on to it, in Jesus' name. Out of every bone, out of every piece of connective tissue, out of my spine and muscles, hair, teeth; come out in Jesus' name.

I command my body to release all of the memories of aching loneliness; the feeling that I was all alone and helpless. Be released right now, in Jesus' name. I let it go. Wherever I have hidden it, wherever I have allowed it to be stored up in my body, I let it go now. Be released in Jesus' name.

In this season of economic uncertainty, I command my body to release all of the stress and tension of "how it's going to work out." The plans that had been so diligently made, that seemed to have been undermined, I release, release, release, in Jesus' name. I let it all go. All of the effects of unforgiveness, bitterness, of being cut off or abandoned, I release and let go. I let it go in Jesus' name. I release all of the effects of shame, disappointment, and disillusionment. Everywhere that people have not lived up to their word to me, and in fact have done exactly the opposite, I release. Every time I have been called a name, lied against, lied about, dishonored, I let it all go. I release it. All of the physical effects, whether it was emotional, spiritual or physical, I release it all now in the name of Jesus. Every bit of it. I let it go.

I command out of my nostrils and taste buds everything connected with defiling touch. Any place in my body that felt it, or was impacted by it, I command it to be released now in Jesus' name.

I take authority right now, in Jesus' name, over all witchcraft prayers; hexes, vexes, incantations, that have been prayed against me, against the Body of Christ, against my relationships, against my place in the Body, even those who have been jealous of me for how I looked, how I acted, the favor I had; I cut that all off right now, in Jesus' name. I release myself from every bit of it. Father, I declare every one of those words and prayers null and void, and I cast them to the ground. They no longer have effect. It's dust under my feet in Jesus' name.

Father, I release myself from all of the tension and anxiety associated with any demonic thing that was imparted to me. Father, break all of that off in Jesus' name. Father, I remove myself from all of the heaviness of false responsibility, the stuff that others have told me that needs to be done. I release myself from all of that, in Jesus' name. I release myself from erroneous expectations of what I ought to look like, or how I should get things done.

Father, if there's any portion of me that has been fragmented, stuck in a spiritual prison, held captive, in any other time, space, place or dimension, as a result of the trauma that I've experienced; I ask you, Father, in Jesus' name, that you would make me whole again. Cause any fragmentation of my person, which should be rejoined to me, to be recovered from wherever that has been. Speak it into being I ask, in Jesus' name. I ask that you restore wholeness to me. Cleanse any rejoining fragment of me of any defilement of any place that it has been. Cancel the assignment of any familiar spirit that had been assigned to it to hold it there. Father, if there is any portion of me that I have dismissed because I have believed it wasn't acceptable, was not worthy, caused me to be vulnerable, or felt like it allowed me to be taken advantage of; Father,

I, in Jesus' name pronounce myself forgiven for dismissing that part of me that I did not agree was good. I ask you, Father, to restore it; restore me to wholeness. Reunify any disjointed fragment of who I am, to my redeemed soul within me, so that it becomes part of me, rejoined, in this time, this space, this dimension, even as I pray now, in Jesus' name.

Father, where there have been blockages to development in any area, particularly relationally, Father, I ask you to remove those dams, those blockages. Allow them to grow, here and now. Father, I place my hand on every head and I pray over my brain. Father, any place that has become chemically imbalanced because of the trauma I've suffered, I ask you, Father, to restore whatever connections are necessary, whatever enzymes are necessary, bring full functionality. Father, any pathways that need to be reestablished between hemispheres of the brain, or areas of the brain, so the fullness of who You created me to be can be directed towards the issues of life—directed toward whole devotion to You and Your ways and means in my life. Father, I ask You to restore it, in Jesus' name. If there's any deficiency in any gland in my brain, I ask you to restore it. Restore connectivity between all areas of the brain. Restore to me the mind of Christ—my inheritance as a redeemed child of God.

I ask you Father, to move all of the memories of all of the traumatic and tormenting events, to "the back of the bus." Make them difficult for me to get to. Prevent me from ever returning to them. Lord, all of those memories that speak to me of being loved, appreciated and understood, connected, belonging; Father, I ask you to move them to "the front of the bus," so that they will be immediately accessible.

Father, I ask you, in Jesus' name, that you would restore whatever memories are necessary for healing and the completion of the healing work you are releasing in me now, in Jesus' name.

To any particularly horrible abuse I have suffered; I now speak to my spirit and to my soul. I declare to my spirit and my soul that those times are over. I do not have to remain on guard 24/7. The other shoe is not going to drop. I am safe now. I am no longer locked in my childhood pain. I can now let down my guard. I can enter into rest. Jesus has become my rear-guard. He is with me 24/7. I "stand-down" from my defensiveness. I now enter into that place of rest that was designed for me.

Father, I ask you, in Jesus' name, to reestablish for me, the sleep patterns that You designed for me, so that when I put my head on the pillow at night, I can do so with full confidence that I will not be awakened with tormenting dreams, that the disconnection from the enemy will allow me to sleep peacefully, not reminding me of where I've been rejected, abandoned; where I've been helpless and hopeless. Father, I ask that I will know when I awaken in the morning, that my hope is renewed, and that my body will be rejuvenated, restored, and that I will have all of the energy that I need for the coming day.

Father, I ask you in Jesus' name, that You would download into my spirit everything that I will need for the coming day, because You know who I'm going to run into, You know the circumstances I'm going to be facing. Father, I ask you, in Jesus' name, that during that night season, you will cause me to be prepared for everything that's coming.

Father, I ask that you will pour your spirit into every place where trauma has left me. Spirit of life and light and truth; please fill every cell, every bone, every tissue, every organ, every place where memories are stored; fill it with your truth. I declare that You will restore broken places, that you will remove the bruises. Spirit of truth, spirit of life, spirit of God, come and fill and renew the life that is within me. I invite you to come, Spirit, and to bring back to life the dead places, the places that have been given up on, and set aside and ignored. The places where lies have been

believed, Spirit come, in Jesus' name, and replace the lies with truth—the truth of who I am, in You.

I call upon Jesus for complete restoration and a redemptive work within me, at a level I cannot cognitively attain. I thank you Holy Spirit. I thank you for filling. I thank you for renewing. I thank you for refreshing. I thank you for loving. I thank you for defeating the enemy on my behalf. I thank you for taking all of the effects of trauma to the cross. In the name of Jesus, I yield that to You right now. The effects of living in a fallen world, I yield that to You. The effects of stress, of the busyness of life, I release it to You. The burdens of ministering to broken people, I release it to you. The pressure, stress, or family members who are ill, and which leaves me brokenhearted; I release this to you.

Father, I release generational trauma, trauma that has been passed down through my family line that caused the recurrence of trauma in my life, I release it in Jesus' name, and I speak forgiveness to my ancestors over it, I speak the Blood of Jesus over it. I stand as a son/daughter of the living God who declared dominion over the works of the enemy in me first, in my family secondly, in my local Body thirdly, in this town, in this nation, and in this world, I declare the works of darkness defeated. You, Father God, are the victor, in Jesus' name.

Father, I receive my renewed and healed identity. I bless my future. I bless my destiny. I bless my dreams. I bless my destiny before me, in Jesus' name.

Amen.