

Prayer for Reconciliation by Kay Elise Tolman

When God created us, He designed us in His image as triune beings. We are a child of the Father, a living temple, a habitation of the Holy Spirit, and a co-heir with Jesus Christ, who is seated on the throne of our hearts. In the same way the Father, Son and Holy Spirit flow freely through our triune being, so too should we be able to flow freely in body, soul and spirit. In miraculous ways our triune nature influences each aspect of self.

When a person has suffered from severe trauma and abuse, there can be a disconnect, compartmentalization or even a shattering of the self. The precious flow of the body, soul and spirit may be disrupted, and we may become unaware of how each area of self relates to the other. Compartmentalization precludes our ability to see how our emotions affect our physical health or how a broken spirit impacts our soul. The soul may separate from the spirit due to internal conflict with God - a turning away so to speak of the spirit man from the soul. The body may express pain, the pain of silent emotions, and the emotions may remain frozen and motionless, disconnected from the joy of the spirit.

The healing process is a journey to ultimately reconcile these aspects of self: body, soul and spirit. Proverbs 18:14 says, “The spirit of a man will sustain him in sickness, but who can bear a broken spirit?” This reveals the fact that the spirit can fracture and affect the physical body. Another Biblical example of our interconnected nature can be found in Proverbs 17:22 “A merry heart does good, *like* medicine, but a broken spirit dries the bones.” Our emotional and spiritual well-being bring health to the physical body, but brokenness affects the bones. An interesting thing to consider is the fact that our bloodstream is created and regenerated in our bone marrow as is our immune system. We know “life is in the blood.” Therefore, reconciliation of body, soul and spirit can have a positive impact on our health, our emotions and our spiritual life.

During my healing process I discovered that I had dissociated (separated) my body from the experiences of my soul (mind, will and emotions) as the result of repeated episodes of sexual and ritual abuse. I rejected my body, believing in my childlike thinking that my gender and my physical body were to blame for my traumatic experiences. I thought “If I didn’t have a body” or “If I wasn’t a bad girl, these terrible things would stop happening.”

I felt that my body had betrayed me with arousal and the shame of that arousal led me to hate myself. In later years when I struggled with eating disorders, body dysmorphia and contempt for every extra pound, I hated my body to an even greater extent.

Any distortion in our soul, body or spirit is experienced by the other components. If I hate and reject myself emotionally, this will ultimately affect my physical health. This may be the

emotional root of autoimmune dysfunction which is characterized by the body literally attacking itself as though it were an assailant.

The word of God says in Psalm 139 that "*I am fearfully and wonderfully made*":

*"For You formed my inward parts;
You ¹⁷covered me in my mother's womb.
¹⁸I will praise You, for ¹⁹I am fearfully and wonderfully made;
Marvelous are Your works, And that my soul knows very well."*
- Psalm 139:13-14 (NKJV)

Abuse may be the seedbed of self-hatred and contempt, but right relationship with the Living God is the antidote that can remedy each bit of twisted thinking and bring healing and restoration through the ministry of reconciliation found in 2 Corinthians 5:18-20.

"¹⁸Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, ¹⁹that is, that God was in Christ reconciling the world to Himself, not ²⁰imputing their trespasses to them, and has committed to us the word of reconciliation.²⁰Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God." (NKJV)

Steps for Healing and Reconciliation

1) Repent to the Body

Apologize to the body for all the ways you have rejected and abused it.

Prayer for the Body (Feel free to modify this prayer to suit your needs.)

Body, you have been fearfully and wonderfully made, but I have despised and rejected you. Please forgive me for hating you when you were simply doing what you were designed by our Creator to do. I have abused you with addictions, alcohol, excessive stress, ungodly sexual activity, an unhealthy diet and sleep deprivation. Forgive me for not taking care of you, not getting enough exercise or eating properly. I apologize for comparing you to others and believing you weren't perfect in any way.

Body, I love you, just the way you are. You were Created by God to be loved. I no longer reject you, instead I wish to embrace you and make amends to you for the ways I have treated you in the past. Body, receive your healing in Jesus Christ.

2) Repent to the Soul

Apologize to the soul for avoiding or neglecting feelings, silencing your voice, exiling wounded or occult parts of self, and refusing to love and accept who you were authentically created by God to be.

Prayer for the Soul (Feel free to modify this prayer to suit your needs.)

Soul, please forgive me for neglecting your feelings and emotional needs. I am so sorry I have silenced your voice while criticizing and judging you harshly. You have important things to say that need to be heard. I repent for all the self-hatred and self-rejection I have directed toward my soul and for each time I have spoken of myself in a self-deprecating manner. You were created by God to be loved and accepted just the way you are. You don't have to be perfect or perform to an ungodly standard, you just get to be authentic and real.

Like David said in Psalm 25:1 "To you, O Lord, I lift up my soul" and I trust you to deliver, heal and restore me. Soul, I invite you to receive your healing in Jesus Christ."

3) Repent to Your Spirit Man

Apologize for grieving the Holy Spirit, neglecting that still small voice and turning away from God.

Prayer for the Spirit Man (Feel free to modify this prayer to suit your needs.)

Spirit Man, please forgive me for not addressing your brokenness or not working to resolve my inner conflict with God. I am so sorry for neglecting my gut feelings and the intuition and revelation which would have led me to obedience to the Holy Spirit. Forgive me for judging God and turning away from the Truth. It is my heart's desire to repent and be reconciled to God the Father, Jesus Christ the Son, and Holy Spirit through my spirit man.

I declare 1 Corinthians 6:17, "*He who is joined to the Lord is one spirit with Him.*" Therefore, my spirit is united with the Holy Spirit of Yahweh God, and I receive the healing of my spirit man."

4) Prayer of Reconciliation

Body, be reconciled to my soul. There shall be no more separation. You are loved and embraced as a creative expression of the Living God.

Soul, be reconciled to my body by the resurrection power of Jesus Christ.

Spirit man, be reconciled to the Holy Spirit and receive integration and healing.
Spirit man be reconciled and integrated with my soul and my body as the triune
being you were designed to be.

Body, soul and spirit man, receive your healing, and be integrated through the
resurrection power of Jesus Christ.