

## **The Trauma Prayer Transcribed**

If you want to lay down on the floor, be my guest. Some of you are going to wind up there anyway. Pat and I may wander around and lay hands on you. If somebody touches you don't freak out.

[Starts prayer]

Father, we take authority over anything left over hanging around in this room that wants to insert itself, inject itself, or otherwise mess with what's going on. Father, we just kick to the curb anything that will not bow its knee to the Lord Jesus Christ. You have no place here, we give you none. Holy Spirit, we invite you. Come and minister to those that you love. We submit to you. We give you the place. We thank you so much for what you have done for us. For what you've provided us. For what you've shown us.

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 every one of them from every second heaven entity that's gained access to them for the purpose of inflicting torment and trauma. I specifically ask you to disconnect them from fear, chaos, death, destruction; anything that has bound or blocked development. Disconnect them right now, Father, in Jesus' name.

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

Father, I take authority over every (person's) body in this place, in Jesus' name, for a few minutes. I command their bodies to release all of the effects of trauma. Everything that it has held onto, down to the cellular level, from accidents, injuries, medical procedures, surgeries, invasive medical procedures, broken bones, cuts. I also command their bodies to release all of the effects of trauma with respect to rejection, abandonment, death, divorce, loss of dreams, hopes, aspirations, every time they were robbed, stolen from. You'll come out without harm or injury. I just command you to release it all. Don't hang on to any of it. All of the pent-up stress and tension, anxiety, worry, results of fear.

I command your bodies 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, spouses, I just command all of that out of your body, you can't hold on to it, in Jesus' name. Out of every bone, out of every piece of connective tissue, out of spines and muscle, hair, teeth, come out in Jesus' name.

I command your bodies to release all of the memories of aching loneliness; the feeling that you were all alone and helpless. Just be released right now, in Jesus' name. Let it go. Wherever you have hidden it, wherever you have allowed it to be stored up in your body, just let it go. Let it be released.

In this season of economic uncertainty, I just command your bodies 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, just release, release, release. Just let it all go. All of the effects of unforgiveness, bitterness, of being cut off or abandoned. Just let it go. Just release all of the effects of shame, disappointment, and disillusionment. Everywhere that people have not lived up to their word, in fact, have done exactly the opposite. Every time you have been called a name, lied against, lied about, dishonored. Just let it all go. Release it. All of the physical effects, whether it was emotional, spiritual or physical, just release it all now in the name of Jesus. Every bit of it. Just let it go.

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

I take authority right now, in Jesus' name, over all witchcraft prayers that have been prayed against you, against the body of Christ, against your relationships, against your place in the body, even those who have been jealous of you for how you looked, how you acted, the favor you had, I just cut that all off right now, in Jesus' name. I release you from every bit of it. Father we just call every one of those (words and prayers) null and void and we cast them to the ground. Have no effect. It's dust under their feet.

Father, we release them from all of the tension and anxiety and anything that its imparted, too, and Father we just break all of that off. Father, we even remove from them all of the heaviness of false responsibility. The stuff that others have told them that needs to be done, and they need to do it. I just release them from all of that, in Jesus' name. I release them from their expectations of what you ought to look like, how you ought to do it and how it ought to get (it) done.

Father, if there's any portion of them that's been removed, stuck in prison, held captive, in any other time, space, place or dimension, as a result of the trauma that they've experienced, I ask you, Father, in Jesus' name that you would release them. Cause them to be recovered from wherever that has been. I ask that you restore it to them. Cleanse it of any defilement of any place that it has been. Cancel the assignment of any familiar spirit that's been assigned to it to hold it there. Father if there's any portion of themselves that they have dismissed because they have believed it wasn't acceptable, was not worthy, caused them to be vulnerable, or felt like it allowed them to be taken advantage of, Father I, in Jesus' name, pronounce them forgiven for dismissing that part of them that they did not agree was good. I ask you, Father, to restore it. Reunify it so that it becomes part of them in this time, this space, this dimension.

Father, where there had been blockages to development in any area, particularly relationally, Father, I ask you to remove those dams. Allow them to grow. Father, I place my hand on every head and I pray for their brains. Father, any place that has become chemically imbalanced because of the trauma they 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 them to be can be directed towards the issues of life. Father, I ask you to restore it. If there's any deficiency in any gland in the brain, I ask you to restore it. Restore connectivity between areas of the brain. Father, specifically for those areas like the amygdale, Father I ask you, in Jesus' name, that you would give them a new normal.

While we're at it, Lord, I ask you to move all of the memories of all of the traumatic and tormenting events to the back of the bus. Make them difficult to get to. Lord, all of those memories that speak to them of being loved, appreciated and understood, connected, belonging, Father, I ask you to move them so that they would be in the first place that they can get to.

Father, I ask you, in Jesus' name, that you would restore whatever memories are necessary for healing and the completion of what you said you started.

For those who have been horribly abused, I want to speak to your spirits and to your soul. I declare to you that those times are over. You do not have to remain on guard 24/7. The other shoe is not going to drop. You're safe now. You're no longer a little child. You can let down your guard. You can enter into the rest of the world. He has become your rear-guard. He is with you 24/7. I invite you to stand down. To enter into that place of rest that was designed for you.

Father, I ask you, in Jesus' name, to reestablish for each one of those here, the sleep patterns that you designed for them so that when they put their head on the pillow at night, they can do so with full confidence that they'll not be awakened with tormenting dreams. That the disconnection from the enemy will allow them to sleep peacefully, not reminded of where they've been rejected, abandoned, where they're helpless, hopeless. Father, that they know when they wake in the morning, their bodies will be rejuvenated, restored, and they'll have all of the energy that they need for the coming day.

Father, while you're at it, I ask you, in Jesus' name, that you would download into their spirits everything that they will need for the coming day because you know who they're going to run into, you know the circumstances they're going to be facing. Father, I ask you, in Jesus' name, that during that night season, that you will cause them to be prepared for everything that's coming.

[Pat speaking]

Now, Father, we ask that you will pour your spirit into every place where trauma has left. Spirit of life and light and truth will fill every cell, every bone, every tissue, every organ, every place where memories are stored, that you will fill it with your truth. 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 them. We invite you to come, Spirit, and to bring back to life the dead places. The places that have been given up on, set aside and ignored. The places where lies have been believed, Spirit come.

We call for a restoration and a redemptive work within each person, at a level they cannot cognitively get to. We thank you, Spirit, it's your job. We thank you for filling. We thank you for renewing. We thank you for refreshing. We thank you for loving. We thank you for defeating the enemy on our behalf. We thank you for taking all of the effects of trauma on the cross. In the name of Jesus, we yield that to you right now. The effects of living in a fallen world, we yield that to you. The effects of stress of the busyness of life, we just release it to you. The burdens of ministering to broken people, we release it to you. The pressure, stress, or family members who are ill, and it leaves us brokenhearted, we release it to you.

Father, we release generational trauma. Trauma that has been passed down through the family line that caused the recurrence of trauma, we release it in Jesus' name, and we speak forgiveness over it. We stand as sons and daughters of the living God who declared dominion over the works of the enemy in ourselves first, in our family, in our body, in this town, in this nation and in this world we declare he is defeated. You, Father God, are the victor.

Father, we bless each individual here. We bless their identity. We bless their future. We bless their destiny. We bless their dreams. We bless them. They're coming and they're going. We bless them in the name of Jesus.

Amen.