

# Prayer of Forgiveness and Healing

## **Declaration of Forgiveness**

Father God, I come before You as Your obedient daughter, choosing to obey Your command to forgive.

I forgive every person who has caused me pain - whether intentionally or unintentionally, whether I know their names or not.

I forgive my family members - parents, grandparents, siblings, aunts, uncles, cousins - for every wound they inflicted, every word that cut, every absence that abandoned, every action that harmed.

I forgive every stranger, every authority figure, every peer, every person whose path crossed mine and left damage in their wake.

I forgive those who hurt me through ignorance, those who hurt me through malice, and those who hurt me while believing they were helping.

I forgive those who failed to protect me, those who didn't see my pain, and those who saw it but did nothing.

I forgive those who perpetrated spiritual abuse, emotional manipulation, physical harm, sexual violation, financial exploitation, and psychological torment.

I release them all from the debt they owe me. The account is marked "PAID IN FULL" by the blood of Jesus Christ.

Their debt now stands between them and God alone - it is no longer mine to carry.

## **Thanksgiving for Deliverance**

Thank You, Father, for delivering me from the snare of unforgiveness!

Thank You for breaking every chain that bound me to my perpetrators through unforgiveness, bitterness, and the demand for vengeance.

Thank You that I am FREE - free from the prison of resentment, free from the torment of rehearsing offenses, free from the burden of making people pay.

Thank You for showing me that unforgiveness was a trap of the enemy, designed to keep ME in bondage while my offenders walked free.

Thank You for the revelation that forgiveness is not about THEM - it's about MY obedience to You, MY King.

Thank You that vengeance belongs to You alone, and I can trust Your perfect justice without carrying the weight of it myself.

Thank You for releasing me from every agreement I made with spirits of bitterness, revenge, hatred, and unforgiveness.

### **Restoration Declaration**

Father, I receive back everything the enemy stole from me through pain and trauma!

I receive back my joy, my peace, my innocence, my trust, my hope, and my ability to love freely.

I receive back the years the locust has eaten - every season stolen by the enemy's schemes.

I receive back my voice, my confidence, my identity as Your beloved daughter, and my destiny as Your servant.

I receive back my health - spirit, soul, mind, and body - restored to Your original design.

I receive back every good gift You intended for me that trauma blocked or distorted.

I receive back my capacity for intimacy with You, with others, and with the calling You've placed on my life.

I receive back my future - unhindered, uncompromised, and fully aligned with Your purposes.

### **The Seal of His Blood**

Now, Lord Jesus, I ask You to seal every wound with Your precious, healing blood.

Pour Your blood over every psychological wound, every emotional scar, every spiritual breach, every physical injury.

Let Your blood seal off every entry point the enemy used to torment me.

Let Your blood wash away every infection of bitterness, shame, fear, and pain.

Let Your blood mark these places as HEALED and HOLY - forever protected under Your covenant.

Where there were open wounds, let there now be scars of testimony.

Where there was bleeding out, let there now be divine restoration.

Where there was vulnerability to attack, let there now be supernatural protection.

I declare that I am covered, I am sealed, I am healed by the blood of the Lamb!

### **Closing Declaration**

It is finished. I am forgiven. I have forgiven. I am FREE.

No weapon formed against me shall prosper. Every tongue that rises against me in judgment, I condemn.

This is my heritage as a servant of the Lord, and my righteousness is from You, O God.

I receive it. I believe it. I walk in it.

In the mighty name of Jesus Christ, my King and my Deliverer—

**AMEN.**