



PRAYER OF CLEANSING FROM SHAME

Lord,

I thank You that You are a kind, loving and gentle God. I thank You, Jesus, for dying on the cross for me, and for paying the price for my sin and shame. Lord, I confess that I need You. I need Your love, protection, power, and deliverance.

I know that the work of the enemy is to kill, steal, and destroy. Shame has been a way that he has stolen from me and has brought destruction to my life and relationships.

But You promise to give me life, and life in abundance. So, I choose this day to receive Your promise of fullness of life, and I ask that You set me free from the bondage of sin and shame. I invite You into every area of my heart, mind, and spirit.

I repent for _____ (any ways I have participated in shameful deeds, entertained shameful thoughts, or used shaming or shameful words). I renounce these sins and ask You to forgive me for sinning against You and others. I choose to forgive those who have caused me to feel shamed, devalued, put down, and rejected. Reveal to me my hidden sins—the ungodly ways I have sinfully responded to the situations that have occurred in my life. Show me any bitterness, unforgiveness, or demands for justice that I still cling to.

I ask You to heal my wounded heart and fill every unmet need, unfulfilled desire and longing with Your gentle lovingkindness. I release to You my fear and distrust; I ask You to replace it with Your gentle mercy and lavish, infinite love. I ask You to remove my shame and reproach and restore to me the honor and dignity which is my true inheritance as a child of the Most High God.

Enable me to believe Your promises and experience them in my life.

In Jesus' name, amen.