



PRAYER TO HEAL THE BROKENHEARTED

Isaiah 61

Jesus, thank You for coming to preach the Good News to the poor, to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.

Lord, I need Your good news today. I am brokenhearted, a prisoner of shame and pain. I have been in a place of mourning, darkness, and despair. For too long, I have carried this weight of shame. I ask that You remove the shame and reproach that has been my portion.

This is the day of the Lord's favor for me. Set me free from all bondage, darkness, despair, and hopelessness by the cleansing blood of Jesus. Wash away all defilement. Gather up all the brokenness and restore me to Your original design. Set me free from the lies I have believed about You, others, and myself (name the lies). Establish Your truth over me as a shield.

Wash away every tear from my eyes, and heal my broken heart.

I receive Your forgiveness for the sins I have confessed to You, Lord, and have chosen to forgive those who wounded me. Since I have extended forgiveness, I am released from spiritual bondage to those people or places, in Jesus' name. I choose to release those people and places back to You and bring the cross of Christ as a spiritual boundary between them and me.

This is the day of Your vengeance. You, O Lord, are the One True and Righteous Judge. I receive Your comfort, protection, peace, and justice into my life. You give me a crown of beauty instead of ashes. I give you now the dirty rags of shame and sackcloth that I have been wearing for so long, and I receive your royal garments of dignity, honor, and praise.

Fill me with the oil of joy in place of mourning. Let Your oil of gladness fill every unmet need, every unfulfilled desire, and every longing in my heart.

Thank You that I am fearfully and wonderfully made. You have created me for purpose. You are establishing me as an oak of righteousness for the display of Your splendor.

In Jesus' name, amen.

By Dana Grindal – *Free to be Me*