

Free To Be Me

PRAYER TO HEAL FROM INCEST, MOLESTATION AND ALL FORMS OF SEXUAL ABUSE

Lord Jesus,

I have been sinned against. I ask You to tenderly speak to my heart. Give me understanding to receive truth that it was NOT MY FAULT. A bad thing was done to me, but that does not make me bad. I did not make the abuser hurt me. That was his/her own decision. Lift away any false sense of responsibility and shame for what happened. Jesus, speak truth to my heart; show me that love is clean and not abusive.

Jesus, I thank You that You do not violate my boundaries. You know just how close You can come without frightening me. Wash away the feeling of defilement with wave after wave of Your love. Wash away the smells, the sounds, and the touch sensations connected to those memories. Clothe me in Your truth and righteousness.

Lord, You made our bodies to respond to touch, even the wrong kind. Help my spirit to know You do not condemn me for that. It is not my fault. It was a natural response. My "NO" was not accepted; my person and boundaries were not respected. Lift off the guilt and shame. Forgive me for the ways I have judged, condemned, or looked down on my own body. Separate my spirit, Lord Jesus, from that of the one who abused. May Your glory continue to heal me; may it hide me and be a protection for me. Thank You, Jesus, that You do care.

Restore all aspects of my sexuality—spirit, soul and body—so that I associate sex with innocence, holiness, love and enjoyment.

Lord, You have not rejected or abandoned me. Minister to my fear, loneliness, weariness, confusion, and anger. Bring comfort to the bruised and broken places. Fill me with Your comfort that goes deep into the bones. I lay before You my anger at those who did not protect me, believe me, comfort me, etc. (name anyone that comes to mind). Satisfy my heart with Your peace. Hide me from the powers of darkness. Wrap me in Your glory as a protection.

Father, I bring to You all the ways I have practiced performing, hiding, escaping, and harming myself. These do not lead to life and freedom. I choose to break agreement with these false forms of protection. You are my protection. Bring healing to my relationships, especially with You.

It has been difficult to trust certain people or in certain situations. I ask You, Jesus, to begin the process of restoring that broken trust. Show me the people in my life who are worthy of trust, and shelter me from those who are not.

Father, speak the truth about who I really am in Your eyes. Help me to come to know the experience of being Your cherished child. Open the eyes of my spirit to see the pride in Your eyes that You feel for me, and to see and feel Your delight in my presence.

In Jesus' name, amen.

Modified for *Free to Be Me*, from *A prayer to heal the effects of sexual abuse*, Elijah House Inc.