

Free to Be Me

PRAYER: HELP ME HEAL

Lord,

Please help me. It is hard to think about the painful memories and difficult things that have happened to me. Thank You that I am not alone because You are with me. Thank You for suffering for me. Thank You for paying such a great price for my healing and salvation.

Sometimes I have struggled with why certain things have happened. I have wondered where You were and why You did not prevent, stop or change things. So many things have happened that were not fair!

I do not want to be stuck in the questions and pain of the past. The **pain and shame have held me captive. I want to be free.** But I need Your help. I choose to let go of the things I do not understand and to take hold of Your hand instead, trusting that in time, You will use my suffering for great good. I feel You calling me, and I choose to follow You.

Please give me the strength to walk through the healing process. Please give me the courage to open my heart to You and to allow others to help. Please give me Your peace when I am tempted to run, hide, escape, or suppress my pain. If there is any time on this journey where I feel too weak or afraid, please carry me, protect me, and help me trust You.

There are things that I have done, and things that have been done to me, that I am ashamed of. But I am tired of being controlled by those things. I am tired of hiding. I want to move forward into peace and wholeness. I want to be who You have made me to be. I want to walk in the abundant life You have promised me. I choose to believe that You are trustworthy and faithful to finish the good work You have begun in me.

In Jesus' name I pray, amen.

Modified for *Free to Be Me*, from *Healing Trauma*, Sandra Sellmer-Kersten.