



PRAYER FOR HIDDEN TRAUMA AND WOUNDS

Lord,

I thank you that You are peace. Your Presence is peace. You are the Prince of Peace. Come now and establish Your peace in me.

Let me feel Your Presence surrounding me like a warm blanket, holding me securely as I rest on Your lap. I am safe in Your arms, protected within Your Presence.

Quiet my mind. Quiet my heart. Quiet my body.

I am listening, ready to receive what You want to show me. I choose to trust that what You reveal, You will heal.

Search me and see if there are any hidden wounds—any trauma buried inside that I am not actively aware of yet it is affecting my soul and keeping me from freedom. I will wait quietly for Your response. (Be aware of anything that comes to mind. Be aware of any physical sensation you feel and the location on your body where you feel it.)

Jesus, I invite You into that part of me where that trauma has been stored. I ask You to take the trauma, fear, shock, terror, or shame out of me and nail it to the cross, where it is already paid for. Take any toxic emotion, sound, smell, touch, or taste that was attached to that memory. Loose it from my soul now, in Jesus' name. Loose it from my body at the cellular level, in Jesus' name.

Cut me free from any person or place that was attached to that memory. Any assignment of the enemy that was made to keep me in bondage because of that trauma is now cancelled by the blood of Jesus. He is my deliverer, refuge and strength. I am hidden in Him.

Father, fill in these wounds with Your love. Heal these wounds with Your gentle touch. Restore every cell to its original design and vibration, the way You designed me to think, feel and respond. Heal my mind, heart, will and emotions. Restore the dignity and honor that is my birthright as Your child.

In Jesus' name, amen.

By Dana Grindal – *Free to be Me*