

Healing Prayer

*Jesus said, "If you hold to my teaching, you are really my disciples.
Then you will know the truth, and the truth will set you free.
If the Son sets you free, you will be free indeed."
John 8:32, 36*

Prayer links our hearts, souls and minds to God. Inner healing prayer is prayer that gives Jesus permission to go to the places within our hearts and minds that cause us to be unloving to ourselves or others. Jesus is committed to healing every wound and rooting out every impact of sin (our own or another's against us) from within our hearts.

He does this gently and does not rip away our defenses all at once. It is always our choice to let Him into our hearts and our lives. He never forces His way in. He will only reveal to us what is necessary to remember and feel. In trauma and memory work it is comforting to the client to understand that he or she does not have to remember everything.

Even for those who have not experienced abusive pasts, God longs to heal hurtful past experiences. We pray for the guidance of the Holy Spirit to hand pick those memories of specific events in our lives that contain significant messages that distort love and where self-protective vows may have been made (for example, "I will never trust anyone ever again.").

It is necessary that such vows become conscious so that the person can choose to make new decisions based on the faithful acceptance of God's Word to him or her. The power of God's healing love, in the spirit of truth, decontaminates painful memories, gradually brings the person to recognize and reject lies and empowers them to live out their true identity as a beloved son or daughter of the living God.

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"Jesus, help me to see that You always have my best interest at heart, especially through the painful parts of prayer where You are bringing to the surface areas that need Your forgiveness or healing love. I give You permission to go to those places in me that cause me to be unloving to myself or to others. Help me to say 'Yes' to You in all things, that I may find the grace to cooperate with You in this holy work of setting me free to love myself and others as You do. Amen."