

He Heals and Delivers Me Prayers

HURTS NEED FORGIVEN

Prayer to Forgive Others

“Heavenly Father, I humbly come before you as your (SON/DAUGHTER). I thank you for forgiving me every time that I have hurt you. You see where my heart is hurt and just as you have forgiven me, I choose to forgive (WHO HURT ME) for (WHAT THEY DID TO HURT ME) because it made me feel (HOW IT MADE ME FEEL – list these feelings until you can’t think of anything else). But I choose to forgive them for all of it. Clear my heart of this hurt. Father, please forgive me for allowing these hurts and pain to affect me and those around me. I see that holding onto this hurt and pain is not what you want for me. So, I ask you to put back in my heart what the enemy stole from me. Put back (ex: love, joy, peace, kindness, gentleness, self-control, trust, thankfulness, worth, etc.). Heavenly Father, just as you have loved me and have forgiven me and give me blessings that I don’t deserve, I not only forgive (NAME), but I choose to love (HIM/HER) unconditionally from my heart. I pray that you would bless (HIM/HER) and if you ask me to, I will show love and blessing to (NAME). Amen.”

Prayer to Forgive Yourself

“Heavenly Father, I humbly come before you as your (SON/DAUGHTER). I thank you for sending Jesus to die on the cross for me. I see how much He sacrificed for me. Father, you see where I am right now. I am in a place of pain that feels like my own doing. You see where I (LIST WHAT YOU DID OR DID NOT DO). When I think about this, it makes me feel (ex: guilty, shameful, frustrated, sad, depressed, stupid, embarrassed, weak, etc). I know you do not want me to live with this in my heart. So, I choose to forgive myself and receive the forgiveness that Jesus sacrificed for me. I will not hold onto it. I will not allow the enemy to keep me in bondage over this anymore. I choose to let go. I plead the blood of Jesus over my life. Now, I pray that you would put back in my heart what I need from you (ex: hope, love, confidence, value, joy, peace, etc). I receive your healing in Jesus’ Name, Amen!”

Prayer to Forgive God and Repent of Your Expectations of Him

“Heavenly Father, I humbly come before you as your (SON/DAUGHTER). You see where my heart is hurt and as I’ve slowed down, I now see that it is you I am hurt with. So, I choose to forgive you, Father, for (LIST WHAT YOU EXPECTED GOD TO DO FOR YOU) because it made me feel (HOW IT MADE ME FEEL – list these feelings until you cannot think of anything else). But more than forgiving you, I ask you to forgive me for my expectations of you. I am sorry for thinking that I knew what was best. I am sorry for not trusting you or seeing your ways as good. Please forgive me for (LIST HOW YOU REACTED WHEN YOU WERE HURT BY GOD – ex: being angry, bitter, hard-hearted, running from you). I want to be close to you. I want to be back in right relationship with you. I love you Father. Now, I pray that you would put back in my heart what I have needed from you all along. Put back (ex: hope, love, confidence, value, joy, peace, etc). I receive your healing in Jesus’ Name, Amen!”

Psalms 107:6-8

Then they cried out to the Lord in their trouble, and He delivered them from their distress. He led them by a straight way to a city where they could settle. Let them give thanks to the Lord for His unfailing love and His wonderful deeds for mankind.

WOUNDS NEED MENDED

As you identify the wounds on your heart, we can allow healing to begin by revisiting those traumatic event(s), picturing ourselves there and truly feeling how we felt in that moment. Allow yourself to sit in this pain for a moment. Now, begin speaking to yourself the comfort and truth that you wish you had received in that moment. (For example: I'm so sorry that you are hurting. I hurt with you and for you. This is wrong. You do not deserve this. You were doing the best you could.) Allow the Holy Spirit to counsel you. Picture Jesus in that pain and know that your Heavenly Father is speaking His love and truth over you.

A SPIRIT OF FEAR NEEDS REBUKED AND REPLACED WITH LOVE AND TRUST

"Heavenly Father, I am tired of this fear ruling my life. I feel it's grip on my heart. I see how it's holding me back and I don't want to live with this fear anymore. I receive your perfect love for me. I trust that even if some of my fears do come true, you will be there for me. So now, I rebuke the (NAME THE FEAR) in Jesus' name. Satan, you no longer have authority over my heart or my mind. Spirit of fear, flee in Jesus' Name. Now, Father, fill me with faith. I choose to trust you. I pray these things in Jesus' name. Amen!"

LIES FROM THE ENEMY NEED SEVERED AND REPLACED WITH TRUTH

"Father, I confess to you now that I have believed a lie that (SAY THE LIE). I am sorry for believing this lie. I know it is not the truth of who you say I am and the truth of your Word. Father, please forgive me and let your truth wash over me now. In the name of Jesus Christ, I destroy the power of agreement that this lie has had over me. I open my heart to receive and confess the truth that says (SPEAK TRUTH). Now, renew my mind. I want my thoughts to be your thoughts. Let your truth set me free. In Jesus' Name, Amen!"

STRONGHOLDS NEED DEMOLISHED IN JESUS' NAME

"Father, I come to you now by the power of your Son, Jesus Christ. I see where this stronghold that says (NAME STRONGHOLD) has been ingrained in my mind. I see that it has affected my emotions and it has left an opening for the enemy to oppress me. (PAUSE IN GOD'S PRESENCE - Take a moment with the Holy Spirit and "see it" See its effect, how long it has been there, how many times you've sinned or reacted because of it). I see it and I'm tired of it. So, I take authority over this stronghold and demolish it now in the name of Jesus. Satan, you no longer have the ability to rule my mind and access my heart. I bring into captivity every thought and make it obedient to the truth through Christ Jesus. (SPEAK TRUTH) This stronghold has no more authority over me. Now, I boldly proclaim that I trust you, God. You are my strong tower and I run into you. I know you will keep me safe. Thank you Father for filling me now with your peace, your love, and with your joy. In Jesus' Name, Amen."

UNHEALTHY SOUL CONNECTION PRAYER

“Heavenly Father, I come before you now with a humble heart. You see the connection that I’ve had with (INSERT NAME) in the past. You see the moments where this relationship was not pleasing to you (AND I REPENT OF MY SIN). You see the times where I allowed them to treat me as less than who you say I am. And yet, you see where I still feel connected to them, and I have unhealthy thoughts about them and it’s keeping me from you. So, I ask you to forgive me. Father, I need you to heal my soul and transform my heart. Now, I come to you with boldness and ask you to sever the unhealthy connection that I have with (INSERT NAME) in Jesus’ name. Renew my mind. Restore my heart. Heal me. Deliver me. I pray this in Jesus’ Name, Amen.”

GENERATIONAL CURSES PRAYER

“Heavenly Father, I come before your throne with boldness. You have shown me a pattern in my family that is not of you. I see where I have fallen into those same patterns. I couldn’t see it for the longest time because it was normal to me, but now I do. I see where (LIST THE GENERATIONAL CURSE THAT YOU SEE) has brought destruction. I don’t want to walk in the ways of my earthly family if it doesn’t please you. I want to walk in your ways alone. I am tired of this curse of (Idolatry/Divorce/Physical Illness/Destructive Behaviors, etc.) and its patterns in my life. So, now, I command Satan to flee from me and from my family. I break off this generational curse in the Name of Jesus. I ask you, Father, to heal me and deliver me. I pray and believe now that the curse is broken. Give me strength and help me to walk in new freedom. Allow me to lead my family and others in that newfound freedom too. I begin new today. I pray this in Jesus’ Name, Amen.”

ADDICTIONS PRAYER

“Heavenly Father, I humbly come to you and confess that I have been addicted to (ADDICTION). I repent of this addiction and ask you to forgive me and help me to begin again. I put off my old self and my old way of life. I confess that I have been in bondage to (ADDICTION), and I surrender all involvement with it. I see that I have had corrupt desires and I am sorry. I also reject the devil’s lies, and I reset my mind to believe the truth. Please renew the spirit of my mind. I want to be holy and honor you. I ask, by the blood of Jesus Christ and the power of your Holy Spirit, that You would set me free. Thank You for loving me, forgiving me and setting me free. I pray In Jesus’ Name, Amen.”