

Prayer for Healing from Childhood Trauma: God's Healing and Wholeness

By Melkisedeck Leon Shine · July 6, 2023

Selected Christian Prayers to Support your Prayer Life

Dear Heavenly Father,

We come before You today with heavy hearts, seeking Your healing and wholeness from the childhood trauma that has left deep wounds within us. Your Word assures us that You are near to the brokenhearted and save those who are crushed in spirit. (Psalm 34:18) Lord, we believe in Your power to bring restoration and redemption to our wounded souls.

Jesus, You came to heal the brokenhearted and bind up their wounds. (Isaiah 61:1) We cry out to You, our Savior, pleading for Your divine touch to heal the pain that has haunted us for far too long. Pour out Your love upon us, and let Your perfect love cast out all fear. (1 John 4:18)

Holy Spirit, we invite You to move in our lives, bringing comfort and healing to every hurtful memory and painful experience. You are our Counselor and Comforter, and we surrender ourselves to Your gentle work of healing and restoration. Help us to release the bitterness and anger that has held us captive, and fill our hearts with Your peace and joy.

As we embark on this journey towards healing, we ask for Your strength to face the difficult emotions and memories that arise. Help us to trust in Your unfailing love and to lean on Your everlasting arms. (Deuteronomy 33:27) Give us the courage to confront the past, knowing that through You, we are more than conquerors. (Romans 8:37)

We lift up to You the pain and suffering of others who have endured similar childhood trauma. Lord, we pray that they too may find healing and freedom in Your loving embrace. We ask that You surround them with supportive and understanding individuals who can walk alongside them, offering comfort and encouragement.

In the midst of this healing process, we also pray for our families. May Your healing touch extend to every member, bringing reconciliation, forgiveness, and unity. Help us to be vessels of Your love and grace, extending forgiveness to those who have caused us harm.

Thank You, God, for Your faithfulness and unwavering love. You are our ultimate source of healing, and we trust that You will bring complete restoration to our lives. Strengthen our faith, Lord, and grant us the patience to endure this journey towards wholeness.

In the name of Jesus, our Savior, we pray. Amen.