

Prayer for Healing from Past Trauma: Finding Freedom and Restoration

By Melkisedeck Leon Shine · July 6, 2023

Selected Christian Prayers to Support your Prayer Life

Dear Heavenly Father,

I come before you today with a heavy heart, seeking your healing touch for the wounds of past trauma that have left me broken and weary. Your Word assures us that you are near to the brokenhearted and bind up their wounds (Psalm 34:18). Lord, I believe in your power to bring freedom and restoration to my soul.

Oh, Jesus, my Savior and Redeemer, you promised to give us rest from our burdens (Matthew 11:28). I surrender my pain and memories to you, knowing that you understand the depths of my suffering. Pour your healing balm over every wound, soothing the ache and replacing it with your perfect peace. You are the Great Physician, and I trust in your divine ability to heal me completely.

Holy Spirit, I invite you into the depths of my heart, for you are our Comforter and Advocate (John 14:26). Guide me through the process of healing, revealing to me any areas of unforgiveness, bitterness, or fear that may hinder my restoration. Fill me with your gentle presence, replacing my sorrow with a renewed sense of hope and joy.

Lord, I acknowledge that the journey towards healing may be difficult, but I have faith in your unfailing love. Help me to embrace the truth that I am fearfully and wonderfully made (Psalm 139:14) and that you have plans to prosper me and not to harm me, plans to give me hope and a future (Jeremiah 29:11).

In this prayer, I also lift up others who have experienced the pain of trauma. May they find solace in your loving arms, experiencing the same healing and freedom that I seek. Surround them with your love, Lord, and grant them the strength to press on towards wholeness.

Lastly, I offer gratitude to you, O God, for your faithfulness and mercy. Thank you, God, for your unconditional love, for hearing my cries, and for your unwavering presence in the midst of my pain. My hope and trust rest in you, God the Father, the Holy Spirit, and our Lord Jesus Christ.

In the name of Jesus, I pray, Amen.

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