

# **Healing PTSD Through Prayer: Finding God's Peace and Strength**

By Melkisedeck Leon Shine · February 21, 2025

Selected Christian Prayers to Support your Prayer Life

## **A Prayer for Healing from Post-Traumatic Stress Disorder: Finding God's Peace and Restoration**

Almighty Father, we come before Your throne of grace, our hearts heavy with the suffering of those burdened by Post-Traumatic Stress Disorder (PTSD). We acknowledge You as the ultimate source of healing, and humbly beseech Your divine intervention to bring peace and restoration to their lives. Your Word promises in Isaiah 41:10, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Father, we cling to this promise, imploring You to strengthen those afflicted with PTSD, lifting their burdens and replacing them with Your perfect peace that surpasses all understanding.

Lord Jesus, compassionate Healer, You walked among us, mending the broken and healing the wounded, both body and soul. We implore You, our Savior, to extend Your healing touch to those whose minds bear the scars of trauma. May Your boundless love penetrate the deepest recesses of their hearts, bringing about complete restoration and freedom from the paralyzing chains of fear and anxiety. We pray for the release of trapped memories and the soothing of tormented minds.

In this spiritual battle, we stand firm in our faith, knowing You are our ever-present help in times of trouble. We hold onto the truth of Romans 8:28, "And we know that for those who love God all things work together for good, for those who are called according to his purpose." Father, we trust that You will utilize even this agonizing experience for the ultimate good of those who love You, fostering resilience, empathy, and a deeper understanding of Your unwavering love. We pray for the transformation of trauma into testimony, allowing suffering to pave the way to strength and purpose.

We also lift up the families of those affected by PTSD. Grant them unwavering strength, boundless patience, and divine wisdom as they navigate this challenging journey alongside their loved ones. May they find solace in Your unwavering presence, anchored in the knowledge of Your steadfast love and support. May they experience Your grace and be equipped with the resources they need to offer compassionate, effective care.

Heavenly Father, we express our deepest gratitude for the unwavering promise of Your healing and peace. We firmly believe in Your power to restore and redeem. Empower us, Lord, to be instruments of Your love and compassion, extending our support and understanding to those who are hurting. Let Your healing flow through us, bringing comfort, hope, and a tangible sense of Your presence to those who need it most. May they know they are not alone in their struggle.

We offer these prayers in the precious name of Jesus, who taught us to pray, "Our Father, who art in heaven, hallowed be thy name..." Thank you, God the Father, Holy Spirit, and Jesus. Amen.

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