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### **A PRAYER FOR RELEASING TRAUMA FROM MY SPIRIT, SOUL AND BODY**

“Lord Jesus, I come before your throne of grace to ask for your help as I have been severely traumatised and hurt. I am broken-hearted and need you to heal me. The enemy has surrounded me like a flood. He has tried to destroy my life, my family and my destiny in you Lord God. He has tried to wipe my name out of your Book of Life and sought to harass me at every turn so that all the days that you ordained for me will not come to pass.

I need you, Lord God, to heal my mind, my emotions, my will, my senses, my body and every part of my soul, so I can worship you freely and be at peace from the torment going on in my head. I ask that you would come and bring peace to me. Lord, I need to feel your presence with me. Please let me feel the depths of your love deep within my spirit, that overflows to my soul.

I ask that you rebuke the forces of darkness that are trying to hurt me, and that have been attempting to keep me locked in a prison of trauma and pain. I ask that the true Lord Jesus Christ will set me free, because only He can do it by the power of His Holy Spirit.

I thank you, that you have not given to me a spirit of fear, but power, love and a sound mind. I am holding on to this promise. I believe the words are true and I reject all the lies of the enemy spoken over me by anyone including myself. I thank you Lord God, that you really have given me soundness of mind, and clarity in my thoughts. I submit my thought processes to you and ask that you would order them in accordance with your good and perfect will.

Lord Jesus, you died so that I could be set free. Your blood is sufficient to purify and cleanse me from all filthiness and defilement. You took upon yourself the worst pain, suffering and trauma imaginable. It was on the cross that you bled and died not only for me, but for the whole human race. I ask now that all my pain, trauma, shock, fear, terror and shame would be put to death at the foot of your cross. I take a moment now, to allow your blood to wash over me, cleansing me from all impurities as I bring them before you. I thank you Lord God for your mercy and the unconditional love you have for me.

By the grace and by the power of the Holy Spirit, I ask Father that you, remove any traumatic memory that has been stored in my body's cells. I ask that you restore my cells to the perfect vibration, order and balance so they may function correctly.

Lord, I know that you are the one who created me in my mother's womb. I ask that you bless the moment of my conception. Any rituals done, or curses or proclamations made about my conception, I ask that you would nullify them right now. I ask forgiveness for the people that did it and I also forgive them too for the trauma that I have been subjected too throughout my life.

I ask that you bless every moment that I was in my mother's womb. I ask that you reverse anything that would be considered a curse and that it would be stamped with the blood of Jesus and nailed to the cross. I ask that you would search and examine my original DNA and restore all of it, removing from it anything that is not of you. I ask that all the frequencies and vibrations of my DNA will be cleansed and brought back to complete harmony.

Heavenly Father, I ask that you remove any trauma, shock, fear, terror and shame that I experienced in my mother's womb; including anything passed down through the generations.

I put the cross of Jesus Christ between myself and my ancestral generational lines on both sides of the bloodline. Let all iniquities incurred be stopped at the cross of Christ. I ask that you forgive all those of my ancestral generational lines on both sides of the bloodline for manipulating, dominating or controlling others through torment and fear. I ask that you release to me the anointing of the Holy Spirit that breaks every yoke of bondage and help me to heal from all the unresolved grief and pain.

I ask that right now you would bless the moment of my birth and breathe new life into me. Any curse words, negative words or damaging words spoken over me at the moment of my birth, I ask that they would be negated, cancelled, stamped with the blood of Jesus and nailed to the cross. These include names of any deities or any other entities that I may have been dedicated too.

Lord God Almighty, you caused me to be born for a reason and I know you have plans for me. As I journey throughout my life, may your specific purposes you have for me be fulfilled and come to pass.

I ask that you would remove any trauma experienced at the time of my birth, whether because of my mother having to have an emergency caesarean, or having to have a forceps or vacuum delivery. I ask that you remove from me any trauma experienced by my mother and the thoughts she had at the time. I also ask that you remove any trauma because of abuse that my mother may have experienced throughout her pregnancy and the time of her giving birth.

Heavenly Father, please bring your healing anointing and totally restore me from any damage experienced in the birthing process and in the moments following and help me now to fully embrace the life that I have been given to love and serve you.

I ask that the Holy Spirit will come into my subconscious memory, my unconscious memory and my conscious memory, and remove all shock, trauma, fear, shame, and the pain that has caused so much torment.

I ask that you bring healing to the “fear centre” of my brain. I ask that you cleanse and heal my amygdala (the major processing centre for my emotions) and remove all shock, trauma, fear, terror and shame from it. Please remove all anxiety, fear, dread and the hyper vigilance in my mind and replace it with Godly discernment. Grant me wisdom to know when there is true danger and help me how to deal with it. I know this won't be easy, but I am willing to work with the Holy Spirit to accomplish this.

Lord, for so long I have always had to stand guard and be alert. I know your word says to guard our hearts, but I need rest and peace to the parts of my heart that have been so wounded and traumatised. Please let your peace wash over me so that I might recover.

I ask that you bring healing to my immune system and my endocrine system and remove any toxins that are still within me as a result of all the hormones and chemicals that have been released over many years due to trauma and stress. I pray that the chemicals in my body will be restored to perfect balance and frequency.

Heavenly Father, please remove all trauma from my eyes and ears. Any ungodly images or sounds that have been ‘seared’ on my soul, I ask that they be completely and utterly washed by the blood of Jesus, and cleansed with the Living Waters of the Holy Spirit. And Lord God, please invalidate, nullify, cancel and negate any lies that were fed into my mind at the time of any trauma.

Heavenly Father, please remove all trauma from my nose. Any smells that have been ‘seared’ on my soul, I ask that they be completely and utterly washed by the blood of Jesus, and cleansed with the Living Waters of the Holy Spirit. And Lord God, please invalidate, nullify, cancel and negate any lies that were fed into my mind at the time of any trauma.

Heavenly Father, please remove all trauma from my senses of touch and taste. Any ungodly, sexual or abusive touching that has violated my God-given boundaries or any ingestion of ungodly material that have been ‘seared’ on my soul, I ask that they be completely and utterly washed by the blood of Jesus, and cleansed with the Living Waters of the Holy Spirit. And Lord God, please invalidate, nullify, cancel and negate any lies that were fed into my mind at the time of any trauma. I ask that I be washed completely clean! And I ask that every part of me will be brought into total agreement with your original design for me.

Lord God, the trauma has shaken me to the very core of my being and I ask that you heal every area of brokenness with your love. I ask you to restore trust and the grace to believe in you and receive your promises, and to trust others.

I ask, that you would remove all shock, trauma, fear, terror and shame from my will and my spirit. I ask you to restore my will and strengthen it in every way. I ask Lord Jesus, that you would remove all shock, trauma, fear, terror and shame from my muscles, ligaments, tendons, bones and bone marrow and bring your healing power to every area where my spirit has been

crushed and broken. I ask that you make my bones and connective tissues strong and restore my motivation and my will to live.

Lord, I ask that you would sever all unhealthy and unholy soul ties, trauma bonds and fear bonds that have been created through trauma.

Any of my bodily organs that have been affected because of trauma, I ask now to be healed and restored.

In the mighty name of the Lord Jesus Christ, I break every assignment of trauma off my life and I send away every 'guard' that has been assigned to me to keep the trauma in place. I command that those 'guards' be dragged to the feet of the Lion of the tribe of Judah to be dealt with.

I thank you Lord, once again, for giving me power, love and soundness of mind.

Lord Jesus, I ask you to help me to find new ways of responding to trauma, if I should be triggered by it. I ask that you dismantle the ungodly structures in my mind so I can respond in a Godly way. I ask that new neurological connections be established in my mind. I ask that you build within my mind new Godly structures of defence against trauma and fear that is based on the Word of God and not on the lies I have believed.

Finally, Lord, I ask you to fill every cell of my being with your peace and healing grace. Displace any darkness with your light. I ask you to keep me in your perfect peace, especially in the night hours and please bring me rest. Send your heavenly hosts to guard me as I sleep.

Let this prayer be sealed in every realm, age, dimension and timeline, in Jesus' mighty name, Amen