

Prayer for Healing Traumas

Lord Jesus, I ask that you bring your peace, love and healing to me.

I ask You Lord Jesus to rebuke any forces of darkness that seek to harm me in any way, or have tried to keep me locked in any prison of trauma.

I thank you Lord, that you have not given me a spirit of fear, but of love, power and a sound mind.

I ask you Lord now to be a poultice, and draw from me all the pain, trauma, shock, fear, terror and shame, bringing it all to death on your cross. You suffered and died for me and I appropriate all that you accomplished for me.

Heavenly Father, I ask that you remove all effects of the traumas I have suffered on all levels.

I ask for all the long- and short-term effects of trauma, injuries, stress, tension, worry, anxiety, fear and wounding be removed permanently. Lord I ask that you remove all effects in my body of memories of abuse, defiling touch, incisions, invasive medical procedures, rejection, abandonment, beating/bruises, slapping of the face, harsh words or curses spoken by parents or other authorities. I ask that they be removed down to the cellular level; all memories of all incidents on all levels, the results of all trauma, pain, shock, fear, terror, shame and chemicals the body have produced naturally and has hung on to as a result of trauma, or were ingested or injected, excess enzymes produced, anesthesia and anesthetics, produced prior to or during any and all incidents. I ask that all of these come out of me without harm or injury, and with ease and grace. I speak complete healing to my immune system.

I bless in the name of Jesus my lymphatic system and all other systems in my body to safely remove all wastes, toxins, poisons, or any other product or by-product of trauma from the body including anything the body produced in excess during the trauma. Jesus, pour in your love, healing and grace and by the power of the Holy Spirit permanently remove all trauma from my cells and restore them to perfect Divine order and vibration.

Lord, I bless the moment the egg and sperm came together and I came to be. I bless my conception and every moment that I was in my mother's womb. Holy Spirit I ask that you brood over the original DNA and restore all vibrations, frequencies, tones and colors within me to my Divine Perfection and remove anything that is not of you.

Heavenly Father, I ask that you remove any trauma experienced in the womb; absorbed from the womb; or passed down through the generations. I ask that you would heal the very DNA and remove all trauma, shock, fear, terror and shame that has come through my generational flow.

I put the blood of Jesus and the cross of Jesus between myself and my generations and ask that all iniquity be stopped. I release and forgive all my generations who traumatized others, or manipulated, dominated or controlled through fear and torment. Release your precious blood and heal all unresolved grief and pain.

I bless my birth, and call myself forth into the newness of life. The Lord has a purpose and plan for me, to give me a future and a hope and to prosper me in every way.

Heavenly Father, bring your healing and please remove any trauma, shock, fear or terror that I experienced in the birthing process or in the moments following and help me to fully embrace the life that you have given me.

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

Heal the Amygdala, and remove all trauma, shock, fear, terror and shame from the emotions. I ask that you bring healing to the "fear center" of my brain. Turn off the alarms that have been ringing for so long, and

replace the fear, dread and hyper vigilance with godly discernment. Let me know when there is true danger and give me the wisdom to know how to deal with it. Bring peace and rest to that part of my heart that has always had to stand guard and be alert; remove any pervasive low-level anxiety.

Heavenly Father, please remove the trauma from my eyes and ears. Wash over any images “seared” upon my soul, with the blood of Christ. Remove the trauma from any words spoken and remove any disharmony, disease, illness, sickness or disorder that these words or images have caused. Sing your song of love over me and bring everything within my being into agreement with your song and original design. In the name and by the blood Jesus Christ I prophesy order and healing into my spirit, soul, mind and body. And, I place my spirit, soul, mind and body under Your Authority Almighty God.

Remove any trauma or shame that is associated with scent. Remove any trauma from the skin.

Lord, trauma has shaken me to the very core of my foundations, and I ask that you heal every crack with your love. Restore trust and the grace to believe in you, and to be able to receive your promises.

I ask you Lord to remove all trauma, shock, fear, terror and shame from the muscles, ligaments, tendons, bones and bone marrow on all levels. Bring your healing power to every area where my spirit may have been crushed or broken, and restore health, vitality, vigor, resurrection and alignment to Your Holy Will. Make my bones and connective tissues strong.

I ask that you would remove all shock, trauma, fear and terror off the organs of my body.

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

I ask you Lord, if there is any portion of my being that has been delayed, trapped, captured or imprisoned in another time, another space, dimension or place, as a result of trauma, would You please cause it to be released now, I ask you Lord, to cleanse those parts of me with the Blood of Christ and that they are rejoined with my core being in this current time, space and dimension. Thank you, God, for re-unify those portions with my core being.

I claim this healing in the name of Lord Jesus Christ of Nazareth

God, I am grateful that this is completed on all levels of my being in accordance to your Holy Will, harming none and in Divine Order.

In Jesus Mighty Name I pray.

Amen

This prayer was originally written by Heavens Garden Ministries, and from that we made some adjustments as we were Divinely guided. If you wish to view the original format of this prayer please visit:

<https://heavensgardenministries.com/>