Prayer For Healing Of Memories
(Make this your own personal prayer)

Father, I thank you for your Son Jesus who died on the cross not only for my sins, but for my hurts and for my fears. I thank you that Jesus is the same yesterday, today and forever, and that He wants me to be completely whole; mind, soul, body and spirit. Lord Jesus, I ask you to walk back through every second of my life, to heal me and to make me whole. Go back into the third and fourth generation and break all harmful genetic ties.

Jesus, You knew all about me even before I was born. Thank You for being there as life began. If fear or any other negative force was transmitted to me as I was in my mother’s womb, set me free from those things. Thank You, Lord Jesus, for being there when I was born, and for loving me. (Some came into this world not being loved and not being wanted, and they felt such rejection. Oh, Lord Jesus, from the very beginning fills each one with Your precious love.)

Lord, walk back through every second of my life during those early years. (Some were separated from parents because of sickness or death; some were born into families where they did not receive the love that was needed.) Lord Jesus please go back and fill every void and give the love that was not received. Remove every hurt, every feeling of rejection. Take away all fears, fears of darkness, fears of falling, fears of animals, fears of being lost. I thank You Jesus for setting me free and for healing me.

I pray Lord that You will take my hand, go back in time and walk to school with me. At times I felt so shy, so afraid to leave home and go into new situations. Jesus there were times I felt embarrassment of failure at school, will you take away those memories? When I was treated harshly by a teacher or I was hurt by classmates, please heal those hurts. Some fears entered during those first school years, fear of speaking in public, or fear of failure. Thank you for healing those hurts and for setting me free from those fears. I thank You and I praise You.

Lord Jesus, I thank You for my mother, (For those who did not have the love of a mother, please fill that void, that empty place and give them the love that was needed.) I ask You to stand between my mother and me and let Your divine love flow between us. I ask forgiveness from my mother for any way I have hurt her or failed her and I forgive her for any way she hurt or failed me.

Lord Jesus, I thank You for my dad (For those who did not feel the love of an earthly dad, please give them all the love they needed but didn’t receive.) Stand between my dad and me. I pray that Your divine love will mend any broken relationship. I ask forgiveness from my dad for any way I hurt or failed him, and I forgive him for any way he hurt or failed me.
I lift up my brothers and sisters to you. Where there were feelings of competition, jealousy, or resentment, I ask that Your healing power and love mend every broken relationship.
I forgive each brother and sister for hurting or failing me and I ask their forgiveness for the ways I hurt or failed them.

Thank You, Lord for being there in my teenage years and when I was in High School. There were new emotions and new fears. As each painful memory is brought to mind, wipe the pain from my mind and heal me. During those times that I tried things that were dangerous. I thank You for being there with Your protective hand. Take away any feeling of humiliation, embarrassment, guilt, fear or failure. (Some were teased because of race, appearance, size, or poverty and were wounded so deeply.) Let me know that You loved me and that You were there in every situation. (For those young people who experimented with drugs, that left their mind con-fused, Lord Jesus we pray You will repair the damage. Let them think clearly again, let them receive Your healing. Let each one know You love them and that You can redeem the past.)

As each of us started to leave home, there were new fears, frustrations, or hurts. (Some wanted to go on to college and were not able to, others were not able to enter the profession they dreamed of and they felt such disappointment.) Jesus, heal every disappointment and every hurt.

Thank You for being there as we entered marriage. (For some it was such a beautiful new beginning. For others it was a nightmare.) Jesus, please take away every hurt. I pray that you will stand in between my mate and me and heal every hurt. I am saying to my mate, I forgive you for hurting me and I ask your forgiveness for hurting you. Lord Jesus, through Your divine love, I thank You for mending every broken relationship, and wiping away every painful memory. (Where there has been bitterness and loneliness, take away all those negative feelings. Heal the deep wounds and erase the painful memories. Jesus, fill each mate with forgiveness, Your divine love and healing power.

Thank You Lord for my children. Take away any feeling I have of failure or guilt as a parent. When I punished unwisely or was too possessive with my love, when words were spoken in criticism or anger, I pray You will heal any hurt that was caused. I ask their forgiveness and I forgive them for hurting me.

Lord, I thank You for being there during those terrifying times of accidents, those times of sickness or surgery. I ask you now to take away the horror, the fear and the memory of the pain. Set me free from the trauma I felt. Thank You for being there during times of sorrow. I thank You for taking my hand and walking through the valley with me. I thank Your for lifting the burden, I thank You for taking away my sorrow, my grief, and my mourning. I thank You for giving me Your joy and Your peace.
Now, Lord Jesus, thank You for walking back through every second of my life up to this exact moment. Thank You for healing me of all my hurts, my fears, my painful memories and my guilt, for setting me free. Thank You for filling me with Your love. Help me to love myself. Help me to love others. But most of all, Jesus, help me to love You as I should.

I thank You for giving me joy. I thank You for giving me peace. Thank You, Jesus! I thank You for going way down deep into the darkest recesses of my mind and cleansing me. I thank You for healing my mind, my emotions, and my memories. I thank You, Jesus for making me whole; and I give You all the praise and all the glory.

AMEN.

_If these prayers bless you in your walk to Freedom in Christ, let us hear from you! We love your testimonies and suggestions! Til next time, God Bless! B + N_