

Prayer For Inner Healing and Deliverance

Heavenly Father, I come before You today as Your child, completely known, completely loved, and in need of Your healing touch. You are the One who restores the brokenhearted and binds up every wound. I invite Your Holy Spirit to search me and shine Your light into the deepest places of my heart. I surrender my body, soul, and spirit to You, and I open every door of my inner life to Your healing presence.

I confess the pain, sin, and brokenness that have shaped my heart. [Confess any areas of sin, brokenness, or pain to the Lord] I bring before You the memories, emotions, and experiences that have caused hurt or led me away from Your truth. I acknowledge the impact these wounds have had on my thoughts, reactions, and relationships, and I no longer want to carry these burdens alone. I lay them at Your feet, believing that You care for me and that nothing is hidden from Your sight.

Lord Jesus, I choose to forgive every person who has wounded me, whether through words, actions, neglect, or betrayal. I choose to forgive [name of person] for [what they did or failed to do.] I choose to forgive all those who have hurt me, and I release them from the debt they owe me. I also forgive myself for the ways I have responded in fear, anger, shame, or control. I release every expectation that others would make right what only You can heal. Thank You, Lord, that as I forgive, You are setting my heart free from bitterness and pain. I choose to bless those who have wronged me and to trust You with the outcome of every situation. I receive the freedom that comes through forgiveness and the peace that surpasses all understanding.

Heavenly Father, I repent for the ways I've agreed with lies about who You are and who I am. I renounce every false belief that has taken root in my heart, every lie that says I am unloved, unworthy, or abandoned. [Renounce every lie, false believe, and negative influence.] I break agreement with fear, shame, rejection, and every spirit or influence that has attached itself to these wounds. In the name of Jesus, I command all darkness, torment, and oppression connected to this pain to leave my life right now. I close every door to the enemy that has been opened through sin, trauma, or deception, and I choose the truth of Your Word as my foundation. I receive Your cleansing

ONE IDENTITY MOVEMENT

power through the blood of Jesus, and I declare that every chain of bondage is broken over my life in His name.

Lord Jesus, I now invite You to fill every place that has been emptied with Your presence, peace, and love. [Take a few moments to wait and allow the Holy Spirit to speak God's truth to you. Declare it aloud.] Speak Your truth over me, Holy Spirit. Where there was rejection, I receive Your acceptance. Where there was fear, I receive Your perfect love. Where there was shame, I receive honor and restoration. Where there was sorrow, I receive Your joy. I receive Your forgiveness, freedom, and healing. I welcome Your truth to renew my mind, Your love to heal my heart, and Your Spirit to strengthen my walk with You.

Father, I thank You that You are making all things new within me. I receive Your truth that I am loved, chosen, and free in Christ. I seal this healing by the power of the Holy Spirit and declare that the work You have begun, You will bring to completion. I belong to You, Jesus, and I choose to walk in freedom, wholeness, and peace from this day forward. In the mighty name of Jesus Christ, my Healer and Deliverer, I pray. Amen.