

# Prayer to Heal From Trauma and Emotional Wounds

## Scripture Foundation

### Psalm 147:3

“He healeth the broken in heart, and bindeth up their wounds.”

### Isaiah 53:5

“By his stripes we are healed.”

### 2 Corinthians 5:17

“If any man be in Christ, he is a new creature.”

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## Instruction

Pray this if you are carrying emotional wounds, trauma, or deep pain from past experiences. This prayer addresses personal healing while also renouncing destructive patterns that may have repeated across generations.

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## The Prayer

Father God,

I come before You in the name of Jesus Christ. You are near to the brokenhearted, and I bring my wounds before You without hiding them.

If trauma, betrayal, abuse, rejection, neglect, or deep disappointment has marked my heart, I lay it before You now.

I do not deny what happened. I do not minimize the pain. But I refuse to let it define my identity or govern my future.

You are the One who binds up wounds. Heal what I cannot heal myself.

If there are emotional patterns that have repeated in my family line; cycles of abandonment, instability, anger, silence, or broken relationships, I bring those before You as well.

I do not carry false guilt for what others did, but I renounce every destructive emotional pattern that has tried to continue through me.

If trauma has shaped my reactions, distorted my thinking, or influenced my choices, renew my mind through Your Word.

Your Word declares that by the stripes of Jesus, healing is available. I receive healing according to Your will and Your timing.

If any infirmity in my body has been aggravated by prolonged stress, fear, or unresolved pain, I ask You to restore what has been weakened.

Where healing is immediate, I thank You.

Where healing is gradual, give me endurance.

Where healing requires support, give me wisdom to seek help.

Teach me to trust You in the process.

I release bitterness. I release resentment. I release the need to control outcomes.

I choose forgiveness where You instruct me to forgive. I choose obedience over emotional reaction.

Establish stability in my heart. Replace trauma responses with truth. Replace fear with peace.

I am not bound to the pain of my past. I am a new creation in Christ.

In the name of Jesus Christ,  
Amen.

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### **Closing Declaration**

God heals my broken places.

Destructive patterns stop with me.

I walk forward in trust, healing, and endurance in Christ.