

Almighty God my heavenly Father, I give you permission to spiritually and emotionally heal any wound or memory in my life that is bothering me, hindering me or keeping me from becoming all you want me to be. I desire to be spiritually and emotionally healed so I can live in complete freedom and become all that you want me to be. I surrender completely to your will and I do not hold anything back from you Father.

My Lord Jesus Christ, I bring all of my wounds, all of my pain, all of my sorrow and all of my strongholds to leave at the foot of your cross. Jesus, disarm all of my defenses that I have used to protect my wounds, pain and sorrow. I ask, my Lord, that you heal all of my wounds, take away all of my pain, bear all of my sorrow and tear down all of my strongholds.

Holy Spirit, I give you permission to bring out into the open any wounding in my life that has been hidden and to shine your light on the memory of any traumatic event from my past that has been held captive in darkness. Holy Spirit, set free each memory that my heavenly Father wants healed and bring each to my conscious memory in turn as they are to be healed by Jesus.

Lord Jesus, as my advocate I ask that you present this petition to my Father in the courts of heaven:

Father, as my holy Judge, I ask for a decree to be made in my favor that every memory of every traumatic or wounding event that you want to have healed in me be set free by the Holy Spirit for Jesus to heal. Remove all authority the enemies of my soul have had to hold me in bondage to these memories and events. Give me a restraining order to keep any agent of your enemy from interfering in any way with the process of my healing.

Father, what is your decree?