

Sample Prayer to Release Trauma

(Use portions that are appropriate for the individual.)

Lord Jesus, I ask that you come as the Prince of Peace and bring your peace to _____. Come and establish your dominion of peace in _____ and manifest yourself in such a way that _____ will know that you are here. Enable _____ to feel the depths of your love.

In your name, I rebuke any forces of darkness that seek to harm _____ in any way or have tried to keep him/her locked in this prison of trauma. You have not given _____ a spirit of fear, but of love, power and a sound mind. I claim this for him/her today. I ask that you be like a poultice and draw from _____ all the pain, trauma, shock, fear, terror, and shame, and bring it to death on your cross. You suffered and died for _____, and we appropriate all that you accomplished for _____. Pour in your love and grace, and by the power of the Holy Spirit remove any trauma that has been stored in the cells of _____'s body. Restore the cells to perfect order and vibration.

Lord, I bless the very moment of conception when _____ came to be. I bless every moment that _____ was in his/her mother's womb. Holy Spirit, I ask that you brood over the original DNA. Restore all vibration, frequencies, and tones within _____ and remove anything that is not of you.

Heavenly Father, I ask that You remove any trauma experienced in the womb, absorbed from others while there, or passed down through the generations. I ask you to heal the very DNA and remove all shock, trauma, fear, terror and shame that have come through his/her generational flow.

Together we plant the cross of Jesus Christ firmly between _____ and his/her 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 your birth, and call you forth into newness of life. I say that you are welcome on this earth. There is a place for you here. Your heavenly Father has a purpose for you and a plan to give you a future and hope and to prosper you in every way.

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

I ask you to come into _____'s conscious and unconscious memory, and remove all shock, trauma, fear, terror, and shame and the pain that has caused so much torment. Heal the Amygdala, the portion of the brain that processes emotion and memory, and remove all shock, trauma, fear, terror and shame. I ask that you bring healing to the "fear center" of _____'s brain. Turn off the alarms that have been ringing for so long and replace the fear, dread, and hyper-vigilance with godly discernment. Let _____ know when there truly is danger and give _____ wisdom to know how to deal with it. Bring peace and rest to the parts of _____'s heart that have always had to be alert and on guard and remove any pervasive low-level anxiety.

Heal the immune system and remove all toxins that remain from any chemicals or hormones that have poured through his/her body for so many years. Cancel any and all effects they have had on spirit, soul, and body and restore all neurochemical balance.

Heavenly Father, please remove the trauma from _____'s ears and eyes. With the blood of Jesus Christ, wash over any sounds or images "seared" upon the soul. Remove the trauma that has come from any harmful or harsh words spoken and remove any dis-harmony, dis-ease or dis-order that these words or images have provoked.

Sing your song of love over _____ and bring everything with him/her into agreement with your song and original design. In the Name and the blood of Jesus Christ, I prophesy order and healing to your spirit, soul and body.

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

Lord, trauma has shaken _____ to the very core of his/her foundation. I ask that you heal every crack with your love. Restore trust and the grace to believe in you, to receive your promises, and to trust others.

Lord Jesus, I ask that you remove all shock, trauma, fear, terror, and shame from the will and spirit of _____. Restore his/her will and strengthen it in every way.

I ask that you remove all shock, trauma, fear, terror, and shame from the muscles, ligaments, tendons, bones and bone marrow. Bring your healing power to every area where _____'s spirit has been crushed or broken, and restore health, vitality, and vigor. Make his/her bones and connective tissues strong.

I ask that you remove all shock, trauma, fear, and terror off the organs of _____'s body (ask the Lord to reveal any organs that you should pray for specifically).

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

I break every assignment of trauma against _____ and bind and send away every "guard" assigned to _____. We receive and appropriate the love, power, and soundness of mind that you have promised to give him/her.

Lord Jesus, bring to death any old ways of responding and reacting to shock, trauma, fear, and terror. Dismantle ungodly structures of defense and establish new neurological connections to the joy center of the brain. Rebuild within _____ new godly structures of defense based on scripture. Build trust in you, Lord and true understanding of his/her spiritual authority as a son/daughter of the Most High God.

Fill every cell with Your peace and healing grace. Displace any darkness with your light. Keep _____ in Your perfect peace, especially in the night, and bring Your rest. Send heavenly hosts to guard _____ as he/she sleeps, and quiet him/her with your love. Amen.

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