

Healing Heart Prayers

G-1 Basic Forgiveness Prayer

Lord, I don't know how to make forgiveness happen.

I can't cleanse my heart or change my feelings.

I don't know how to trust, and I'm afraid to hold my heart open.

Today I'm making a choice to forgive

I choose to forgive _____ for _____

Father, I let go of all resentments and bitterness stored in my mind. Wash me clean. Give me a new and right spirit. Heal the wounded heart within me. Pour Your love in. Bless those who wounded me. Enable me to see You and love You as You really are, and to walk in Your way.

G-2 Break sins from earthly father (or mother)

- a. I'm making a choice to forgive. Please God, give me the willingness and strength to persevere until forgiveness is accomplished in me by Your power.

I forgive my father for _____ (be specific)

I forgive my mother for _____ (be specific)

Forgive me for all my sinful responses such as _____ (be specific)

- b. Father, I let go of all resentments and bitterness stored in my mind. Wash me clean. Forgive me for all my condemning judgments. Give me a new and right spirit within me that will enable me to hate sin but look with Your compassion and love. Heal the wounded heart of the child within me. Pour Your love in. Bless those who wounded me.
- c. Forgive me, Lord, for projecting my childish pictures in relation to my parents, and onto others, and those I love. Bring those pictures to death. Bring my childish ways and expectations to death. Let your light shine into all the hidden places of my heart. Enlighten the eyes of my heart, Lord, to see you and love you as you really are, and to walk in your way.

Note: The following counseling material is based on "Prayers That Heal the Heart" a teaching series by Mark Verkler. Listen to Recordings 1 to 4 of series before beginning the healing process. We recommend the counseling process be completed under the oversight of a Christian counselor who has experience in dealing with healing emotional damage (hurts).

Prayers must be repeated for each specific issue and incident.

1. Break generational sins and curses (Recording #5)

- a. **I confess** and repent of the sin of my ancestors, my parents, and my own sin of _____ (be specific) and of my anger and resentment against You, God.
- b. **I forgive and release** my ancestors for passing on to me this sin and for the resulting curses of _____ (be specific). I ask You to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.
- c. I place the cross of Christ between my ancestors and myself, as a baby in my mother's womb. I command the sin of _____ (be specific) and all accompanying curses to be halted at the cross of Jesus Christ, and for freedom and release to flow down from the cross of Christ to that baby in the womb. (Your counselor may also pray this over you.)

2. Sever ungodly soul ties (Recording #6)

- a. **I confess** and repent of my sin of _____ **(be specific)** and ungodly soul tie with _____ **(be specific)** and of my anger and resentment against You, God.
- b. **I forgive** _____ **(be specific)** for their involvement in this sin. I ask You to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.
- c. Lord, sever the ungodly soul tie between me and _____ **(be specific)** and restore the broken or torn portions of my soul. Lord, remove anything that has come into me through this soul tie and, Lord, bring back anything godly that has been stolen from me.

3. Replace negative beliefs (Recording #7 – Negative Expectations)

- a. **I confess** and repent of my sin (and if appropriate, my ancestors' sin) of believing the lie that _____ **(be specific)** and for the ways I have judged others and/or institutions based upon this negative belief.
- b. **I forgive** _____ **(be specific)** for contributing to my forming this negative expectation/belief. I forgive myself for believing this lie.
- c. I confess the countering divine truth that _____ (according to your searching God's word

4. Renounce Inner Vows (Recording #8)

- a. **I confess** and repent of my sin of vowing that _____ **(be specific)**
- b. **I forgive** _____ for contributing to my forming this vow and myself for making this vow.
- c. Instead, I now purpose by the power of the Holy Spirit to _____ (insert God's truth)

5. Receive divine visions (Recording #9 Traumatic Pictures; Inner Healing)

- a. **I confess** and repent of any anger and bitterness I have against You, God, for this event _____ **(be specific)**. I ask You to forgive me, and I receive Your forgiveness.
- b. Lord, please take me back to the appropriate memory that is underlying this issue in my heart. (See the scene. If a rape or other extremely traumatic scene, you may go back to just after it is over.)
- c. Lord, show me where You were in this scene. (Look and see where Jesus is/was.) Holy Spirit, take over this scene and give me a vision, showing me what Jesus was doing. (Respond to what the Lord is showing and doing.)

6. Break Word Curses (Recording #10 Deliverance)

- a. **I confess** and repent for receiving the word curse stating that _____, **(be specific)** and for any anger or resentment against You, God.
- b. **I forgive and release** _____ (self & others) for speaking this over me. I ask You, God, to forgive me, and I receive Your forgiveness. I forgive myself for this sin.
- c. I **joyfully accept** the divine exchange Christ made for me on the cross of Calvary. I break this curse over me right now in the name of the Lord Jesus Christ and I receive His divine blessing of _____ (the opposite) which replaces this curse.

7. Cast out demons (Recording #10 Deliverance)

- a. **CAUTION!** -- Make sure the demon's house is thoroughly dismantled and his anchors completely pulled up by praying through the previous prayers. **If the demon does not come out, go back to the previous prayers** - something has been missed. Ask God what has been missed and honor what flows back in response.
- b. In the Name of the Lord Jesus Christ, I renounce and break all agreements with the demons (strongholds) of _____, **Name each one separately.**
- c. I take authority over the demons (strongholds) of _____ **(be specific)** and I bind you and command you to leave me now in the Name of the Lord Jesus Christ. **The counselor should also verbally use his authority to cut the person free from each demon (separately) and cut all ties to this demonic activity.**

Experience the Spirit of Life in Christ Jesus

- a. God, the power to overcome the sin of _____ is in you, the one who lives in me.
- b. I turn away from my self-effort to overcome my sins, and embrace the power of the Holy Spirit Who flows within me.
- c. Jesus, I release the flow of the power of the Holy Spirit out through me, to overcome completely the sin of _____. (May use vision, seeing this happen.)

NOTE: Listen to recordings 11 and 12 after completing the healing process