

## Healing Soul Wounds

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*“The Lord is near to the brokenhearted  
And saves those who are crushed in spirit.”*

Psalm 34:18

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Soul wounds come from major traumatic events that have happened either in our childhood or adulthood. It could be your or your parents’ divorce, losing a child, molestation, abandonment or rejection by a parent or spouse. It could be something someone said to you that cut you to your core, effectively a word curse over you and your life. Only Jesus can truly heal our soul wounds. Only His love and mercy can truly wipe away the sting and the scars.

Soul wounds keep us from the fullness of life in Christ Jesus. They keep us from the fullness of love and loving, receiving and giving love. They keep us from the fullness of relationship with God the Father, His Son Jesus Yeshua and the Holy Spirit. Soul wounds become normalized because life grows over them. We habituate and move on with our life. Nonetheless, they are there beneath the surface and they keep heartache running in the background of our life.

***Soul wounds keep heartache running in the background of our life.***

God wants us free. Jesus came to heal the broken-hearted, to bind up our wounds, to give us new life. We can genuinely be experiencing joy of the Lord, and yet have these soul wounds still nesting in the deepest part of our being.

Even if you don’t think you need this prayer protocol, take the time to reflect and write down events, experiences, words of hurt, pain and trauma that you have incurred.

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Before doing this prayer protocol, search your life and heart for any deeply wounding events, experiences and words. Write them down if that helps.

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*“Return, all of you who have turned away from the Lord;  
he will heal you and make you faithful.  
You say, ‘Yes, we are coming to the Lord  
because he is our God.’”*

Jeremiah 3:22

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### **Heal My Soul Wounds Lord Jesus**

Dear Abba, my Heavenly Father, I am ready for all my deepest soul wounds to be healed. I do not even know all the ways these soul wounds have affected me and my life. I may not even be fully aware of all of them, but I come before You today because I want to be healed. I don't want to carry these soul wounds anymore.

Dear Lord Jesus, I place before You now, all the events, experiences and words that have caused me pain, hurt and trauma throughout my life. [Name them privately to the Lord.] I express to You now how they have

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hurt me, and what are my feelings and thoughts about them. [Share with God and Jesus your pain, your feelings and experiences regarding these traumas.]. I now realize that walking around with soul wounds for so long has caused me to believe these wounds are just a fact of life, a part of my nature, an appendage to my body, that I have just acclimated to, and come to accept as my normal. I don't want this to be my normal anymore.

Dear Jesus Christ Yeshua, You came to heal the broken-hearted. I now lay at Your feet all of my brokenness, all of my heartache and heartbreak, all of my hurts and traumas, everything that I have buried in order to have a good and functioning life; yet these wounds still remain. I don't want to carry them anymore. I want to be truly and fully free. I don't want anymore heartache and heartbreak in my soul. So I lay at Your mercy feet all of my memories, sorrows and wounds from these events I have just shared with You. I release to You all unforgiveness towards the people who have caused my pain and trauma. I forgive them, they knew not.

Heavenly Father, I may have turned away from You or kept You at arm's length on account of my own trauma and woundedness, on account of being hurt and betrayed by people I love, even people in spiritual and other authority over me, such as my own parents. I may have even taken it out on You. I am truly sorry for that. I don't want to carry this trauma anymore. Please take it from me. I release it to you now. Jesus, please heal me now.

I ask for Your forgiveness as I also forgive my family, my ancestors and all those who have hurt me and caused me trauma and heartbreak. I also forgive myself for my mistakes and transgressions and know that the blood of Jesus has washed me clean and white as snow and I therefore release any unforgiveness towards myself.

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### *Heal Me by Your Word*

Dear Abba, my Heavenly Father, I receive Your Word as healing balm for my heart and soul. I receive it into every wound I have sustained and held on account of traumatic and deeply hurtful events, experiences and word curses.

- ◆ *Isaiah 53:4-6 comforts me: “However, it was my sicknesses that He Himself bore, and my pain that He carried; yet I myself assumed that He had been afflicted, struck down by God, and humiliated. But He was pierced for my offenses, He was crushed for my wrongdoings; the punishment for my well-being was laid upon Him, and by His wounds I am now healed. All of us, like sheep, have gone astray, each of us has turned to his or her own way; but the Lord has caused my wrongdoing to fall on Him.”*
- ◆ *From Jeremiah 17:14 I cry out: “Heal me, O Lord, and I will be healed; Save me and I will be saved, for You are my praise.”*
- ◆ *From Psalm 30:2-3 I say: “Lord my God, I called to you for help, and you healed me. You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit.” Thank you Jesus. Thank you Heavenly Father for answering my cry for help and healing me.*
- ◆ *From Psalm 23:1-4 I declare that: “The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” Thank you Jesus, for being my comfort and my healer.*
- ◆ *Thank you Lord God, that You have healed me, the brokenhearted, and bound up my wounds, according to Psalm 147:3.*
- ◆ *Thank you Heavenly Father Abba, for giving me hope and comfort through Psalm 34:17-20 which assures me: “When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.”*
- ◆ *Father God, I receive the promises of Your Word in Isaiah 40:29-31 that comforts me: “He, the LORD, gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young*

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*men stumble and fall; but those who hope in the Lord will renew their strength.”*

- ◆ I take hold of Jeremiah 3:22 which says: *“Return, all of you who have turned away from the Lord; he will heal you and make you faithful. You say, “Yes, we are coming to the Lord because he is our God.” Yes, Abba Father, yes Lord Jesus, I am coming home to you now.*

### ***I Am Healed By the Empathy of Lord Jesus***

Dear Abba, my Heavenly Father, knowing that Beloved Lord Jesus also went through suffering and therefore holds empathy and compassion for my suffering, helps me to receive His healing love. Jesus, I trust in You!

- ◆ Hebrews 2:18 says: *“For because He himself has suffered when tempted, He is able to help those who are being tempted.”*
- ◆ Hebrews 4:15 affirms: *“For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.”*
- ◆ Hebrews 5:7 declares: *“In the days of His flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence.”*
- ◆ Hebrews 7:23-25 brings me hope: *“The former priests were many in number, because they were prevented by death from continuing in office, but Jesus holds His priesthood permanently, because He continues forever. Consequently, He is able to save to the uttermost those who draw near to God through him, since He always lives to make intercession for them.”* Dear Heavenly Father, I draw comfort knowing that Jesus always lives to make intercession for me, as I draw near to You.

### ***The Former Things Pass Away***

- ◆ 2 Corinthians 5:17 *“Therefore if anyone is in Christ, this person is a new creation; the old things passed away; behold, new things have come.”*
- ◆ Thank you Heavenly Father for making me a new creation, as the old things, wounds and traumas, pass away.

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- ◆ Revelations 21:4 *“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”*
- ◆ Thank you Lord God, for wiping away the tears from my eyes. I rejoice that the former things have truly passed away and I am restored to wholeness in You, wholeness in Christ Jesus Yeshua.

### **Protect Me in Jesus**

Dear Abba, my Heavenly Father, Your Living Word in John Chapter 17 reminds me that I am never alone, as I choose to be yoked to You, as I choose to be one with You. I am able to heal and grow stronger knowing You will protect me in this world.

- ◆ John 17:14-23 says: *“I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. My prayer is not that you take them out of the world but that you protect them from the evil one. They are not of the world, even as I am not of it. Sanctify them by the truth; your word is truth. As you sent me into the world, I have sent them into the world. For them I sanctify myself, that they too may be truly sanctified. My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one— I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.”*
- ◆ Heavenly Father, I receive Your sanctification now. Sanctify me with Your truth; Your Word is truth. Let this sanctification make me a new creature in You, washed and cleansed of trauma and hurt, pain and humiliation.
- ◆ Heavenly Father, I take hold of Philippians 4:5-7 which declares: *“The Lord is near. I shall not be anxious about anything, but in everything by prayer and pleading with thanksgiving let my requests be made known*

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*to God. And the peace of God, which surpasses all comprehension, will guard my heart and mind in Christ Jesus.” Thank you Lord God, for guarding my heart and mind, for filling me with Your peace, Your shalom.*

### ***My Recovery Springs Forth***

Dear Abba, my Heavenly Father, I receive the promises from Isaiah 58:8 that say:

- ◆ *“Then my light will break out like the dawn, and my recovery will speedily spring forth; and my righteousness will go before you; the glory of the Lord will be your rear guard.”*
- ◆ Dear Lord God, I ask that You fill me with the fruits of Your Spirit, according to Galatians 5:22: *Love, joy, peace, patience, kindness, goodness, faithfulness.*

Dear Father God, pour out Your healing balm of Gilead into my heart and soul, everywhere memories, imprints, beliefs, traumas, traits having to do with traumatic and heartbreaking events and experiences have been engrained in me. Erase them now; erase all damage and trauma in me. By Jesus’ wounds, I have been healed and I receive this healing now. Let the Blood of Jesus heal me now. I receive by faith this healing in Jesus name.

### **~ Pause in Silence to Receive God’s Healing ~**

*“The Spirit of the Lord God is upon me,  
Because the Lord has anointed me  
To bring good news to the afflicted;  
He has sent me to bind up the brokenhearted,  
To proclaim liberty to captives  
And freedom to prisoners.”*

Isaiah 61:1