

A Heartfelt Prayer for When You Feel Deeply Wounded

Did you see that?

How could they have done that to me?

I'm angry and hurting.

I come to you, Father, because I would like to be free.

So first, I give this offense to You. I ask that You help me to let go of it in Your strength.

Jesus, as You are the Prince of Peace, may Your peace move into my memory of the offense. May I see that You were with me then and You are with me now.

The offense was not designed by You. You didn't send it or cause it, and You weren't using it to punish me.

Instead, You were waiting for me to see You through the offense, to see that You wanted to not only carry the offense for me, but You want to heal my wounded heart.

May Your healing touch heal me.

May Your healing set me free of all trauma.

May Your peace take away the sting. For as it is written, by Your stripes, I am healed.

May You defeat the enemy and turn this offense into a miracle in my life.

For You came to give me life and to give it to me abundantly.

For now, I pray for the one who offended me. I pray that You would help him turn from his ways and find your forgiveness.

In Jesus' name,

Amen

P.S. Lord, may I repeat this process through all the deep offenses of my life. For You have already paid the price for my wounds and my offenses on the cross. {eo}

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