

Healing Prayer

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I learned this simple prayer has helped me each time I use it. I am always surprised at the results. Follow the next few steps:

Think of a traumatic event from your past or something that is bothering you or has bothered you a long time.

Measure the intensity of how you feel on a scale of 1-10 in this very moment: (1 means you are relaxed about it and 10 means you are losing sleep.)

Take a deep breath

Access the intense emotion you are feeling about the event...

Repeat this prayer

“Jesus I ask that you take this trauma/emotion from me”

Take a moment and allow him to take it from you.

Then ask

“Jesus I ask that you heal the part of my soul that it (the emotion) wounded
Take a moment to allow Him to heal it”.

Check back in to see if you feel lighter. Repeat until you feel lighter about it.

Thank Jesus for helping.