

Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed" (Isaiah 53:3-5). Jesus is our emotional wound and bruise substitute just as he is our sin substitute.

10. Lord take away any hardness in my heart in this area and give me a new heart in this area.

"A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh" (Ezekiel 36:26).

11. Lord fill my heart with your love, your peace, and your joy.

"For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost" (Romans 14:17).

"Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost" (Romans 15:13).

12. Lord, I acknowledge my part in these offenses and ask You for the grace to seek forgiveness from the offender. For healing to be complete, it is often necessary to acknowledge your own offenses (wrong words, actions, attitudes,

and motives) toward the other person and ask for their forgiveness.

Paul said, "And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men" (Acts 24:16).

13. In the your name of Jesus, I choose today to bless my offender by _____.

To bless means to speak well of, to speak blessing over, to show favor for, and pray for God's goodness concerning the individual.

"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matthew 5:44).

14. Lord, I thank for your love, mercy, and grace. Amen. We need to remember that God works ALL things together for our good, even what others have meant for evil.

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose" (Romans 8:28). Look now to see how God can use your experience to minister to others. (See: Mark 5:19).

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you" (I Thessalonians 5:18).

Whole Person Counseling
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1. I ask you, Heavenly Father, to reveal to me where I have been emotionally wounded and bruised and where I have, myself, may have hurt others.

"Search me, O God, and know my heart: try me, and know my disquieting thoughts: And see if there be any way of pain in me, and lead me in the way everlasting" (Psalms 139:23-24). (A literal translation). Also allow yourself to fully remember the offenses and trauma experiences and the emotional pain as the Holy Spirit reveals them to you.

2. By your Grace, Father, I purpose and choose in my heart to forgive _____ for _____.

This means that by the grace of God that you are making a choice to no longer hold the offense against the person/s who hurt and offended you.

"For if ye forgive men their trespasses, your heavenly Father will also forgive you" (Matthew 6:14).

3. Heavenly Father, I also place the judgment of _____ into Your hands and also ask that you forgive _____ for what they did to hurt me. Place the Judgment of the offender, if still living, into God's hands and also ask God to forgive that individual. In one sense, we are priests unto the Lord and may pray interceding in behalf of others. (Also See Rev. 1:6).

"Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots" (Luke 23:34). Jesus said this as he was being crucified on the cross.

As Stephen was being stoned to death he prayed: "And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this, he fell asleep" (Acts 7:60).

"Whose soever sins ye remit, they are remitted unto them; and whose soever sins ye retain, they are retained" (John 20:23).

4. Father, forgive me for any unforgiveness, anger, resentment, bitterness, hatred, or revenge that I have held towards _____ as you did for me.

"If we confess our sins, he is faithful and just to forgive us our sins, and cleanse us from all unrighteousness" (I John 1:9).

5. Lord, I ask You to recover any ground that the enemy has taken in my life through this experience.

"Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil" (Ephesians 4:26-27). Notice the word "place". The enemy may intrude in our souls (mind, will, emotions) through emotional wounds.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. (Psalms 23:3).

"Let my supplication come before thee: deliver me according to thy word" (Matthew 16:19).

6. In the name of Jesus, I now bind the evil spirits of _____, and _____ and command them to leave my mind, my will, my emotions, and my body, this room and this area and not to return. Listen to the Holy Spirit and do this as the Lord reveals the evil spirits to you.

"Submit yourselves therefore to God. Resist the devil, and he will flee from you" (James 4:7). This is our responsibility.

"And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven" (Psalms 119:170). We are to give the eviction notice to evil spirits, but God is the one who enforces that eviction notice.

"And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues" (Mark 16:17).

7. Holy Spirit, as you are the Spirit of truth, I ask You, Am I free in this area? Ask the Holy Spirit to validate to you whether or not are free in this area.

"The Spirit itself beareth witness with our spirit, that we are the children of God" (Romans 8:16).

8. Holy Spirit, What is keeping me from receiving freedom? Pray this if you sense that are not free and you don't have peace.

"Howbeit when he, the Spirit of truth, is come, he will guide you into all truth:" (John 16:13a). Listen and work through any issues that are revealed in the same manner as previously stated.

9. Lord, I ask You, by your Holy Spirit, to step into my heart to bring healing to my emotional wounds and emotional bruises based upon the work of Jesus.

"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord" (Luke 4:18-19). Jesus came to bring freedom and healing to you today.

"He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.