**Trauma Prayer**

|  |  |  |
| --- | --- | --- |
| Physical Abuse | Parents Divorced | Surgeries - infection |
| Emotional Abuse | Divorce from Spouse | Invasive Medical Procedures |
| Spiritual Abuse | Sudden Deaths in Family | Extreme Humiliation |
| Sexual Abuse | Injuries | Witness parent taking life |
| Frequent Moves at key times | Abandonment | You were almost aborted |
| Major rejection from parents | Major Illnesses | Near Drowning |
| Rejection from peers | Broken Bones | Being Robbed |
| Attempted Suicide | Death of a child | Miscarriages |
| Witness Parent Attempt Suicide or \_\_\_\_ | Fire | Witness Parents Fighting |
| Adoption | Falling Down Stairs | Witness Parents Hitting each other – or threats of killing |
| Sudden Delivery of Bad News | Bad Health Diagnosis | War |
| Captured During War | During War Shot The enemy | Bullied |
| Gone through Natural Disasters | Locked in Closet | Being Yelled at for no reason |
| Negative Words Spoken over me that hurt | Break ups with someone I loved that broke my heart | Betrayal by someone I trusted |
| Car Wreck | Almost Drowned | Forced Abortion |
| Kidnapped | Sudden Financial Loss | Sudden Loss of Job |
| Graphic Violent Movies that brought fear | Manipulation through guilt | Born with cord around your neck |
| Baby left you in room crying | Feel Different - Discrimination |  |

Mental Hospital – traumatic, Self-Mutilation Earth Quake

Almost Hit by Car

**Physical and Emotional Abuse how: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Bitterness (if needed)**

Deal with Bitterness First related to the traumatic event:

Father God, I forgive those who \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I let them go free and I give them over to you Lord.

Father God forgive me for harboring unforgiveness towards \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I ask for your forgiveness.

Father God, I receive your forgiveness.

**Spirit of Fear**

Father God in the Name of Jesus Christ of Nazareth, I repent and renounce for the spirit of fear that came in through the door points of trauma and have joined to me through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I repent and renounce for intense fears, horror, shock, numbness, feeling overwhelmed, terror, anxiety, stress, phobias, insomnia, worry, sensitivity to noises, shell shock, projecting fear, dread for tomorrow, fight and flight responses to a spirit of fear. I come out of agreement with the spirit of fear.

**Manifestations of the Fear**

|  |  |  |
| --- | --- | --- |
| Oppression and Heaviness | Anxiety Attacks | Overwhelming Feelings |
| Depression | Overreact to noise | Having Trouble Functioning at Work |
| Bad Memories, Flashbacks, Nightmares | Memory Gaps | Fear of Germs |
| Unusual Fears | Sleep Disorders | Fear of Chemicals |
| I cannot control my anger | Panic Attacks | Fear of Animals |
| Feelings of guilt and shame | Phobias | Fear of Bugs |
| Sadness and Hopelessness | Feeling Ruined | Fear of Heights |
| Fatigue | Restless Leg Syndrome | Fear of Flying |
| Stomach issues | Fear of the Opposite Sex | I am perfectionist |
| Obsessive Compulsion | Homosexual Tendencies | I am an introvert |
| Perfection, Performance, Drivenness | I fear I cannot live up to people’s expectations | I will perform to feel good about myself |
| I live by a list | Fear of Failure | I smoke for my nervousness |
| I do drugs to numb out | I do alcohol to numb out | Fear of Authority |
| I have rage and anger when triggered | I get agitated around loud noises | Agoraphobia |
| I feel unclean | I cannot rest | I self-blame |
| I feel defiled | I feel like a victim | Unable to trust or hear God |
| Projecting fear into the future - Dread | Self-Critical Voice | Anxious around relationships |
| Fear of saying no | Anxious feelings and thoughts | Overthinker |
| Procrastination | Negative thinking (see life half-full) | Excessive Worrier |
| I have aches and pain | I have muscle tension | Fear of Doctors |
| My mind is foggy | No matter how much sleep I am always tired | I feel like I am hyperactive |
| I have OCD |  |  |
| I have a broken heart | I self-cutting |  |
| Fear of Dying | Isolation |  |
| Fear of being accused | Super sensitive criticism | Go into guilt easy |
| God has rejected me | Not good enough to God | Fear of rejection |
| Overwhelmed | Self-Critical Voice | Insecurity (Imposter Syndrome) |
| Fear of making wrong decisions | Emotionally drained no matter how much sleep | Fibromyalgia |
| Overeat or under eat | Have high expectations on me to be perfect to meet the needs or praise of others | Self-Blame even when it is not my fault |
| **I compare myself to others** |  |  |
|  |  |  |
| **Diseases** | Chronic Fatigue | Arthritis |
| Fibromyalgia | Skin issues | Hyperactivity |
| High blood pressure | Pain in my body | High Cholesterol |
| Thyroid issues | Hair lo | Heart problems |
| Diabetes I | Diabetes II | Migraines and Headaches |
| IBS | Constipation | Asthma |
| Bronchitis | Allergies | Back Pain |
| Nausea | Acid Reflux | Diarrhea |

Father God, I repent and I renounce for the manifestations of fear (**see list above**) that control me because of the fear that came in through traumatic events. I repent and I renounce for the false pathway to peace and triggers created in my life instead of going to you for peace.

Father God, I repent and renounce for the feelings of powerlessness, hopelessness, and insecurities.

**\_\_\_ Check if they control others:** Father God, forgive me for being insecure and controlling my environment or manipulating and controlling others out of my fears and insecurities.

Father God, in the Name of Jesus Christ of Nazareth, I repent and renounce for participating with emotional & physical pain, depression, heaviness, oppression, physical pain,

**\_\_\_ Check:** if Sexual Abuse

**Sexual Abuse**: Father God, I repent, and I renounce for my involvement with the sexual abuse. I repent, and I renounce for agreeing with the spirit of shame, guilt, unclean spirits, defiling spirits, violation, victimization, self-pity, spirits of lust, confusion, identity crisis, replaying over and over again the incident.

\_\_\_\_ **Check:** **Isolation** from peers, fear of people, distrust in people, distrust in the opposite sex, fear of authority, fear of vulnerability

Father God, I repent, and I renounce for my fear of man, fear of the opposite sex, fear of God, fear of vulnerability, isolation from peers, fear of failure, fear of authority,

**Minister:**

**If bitterness**:

Father God, I take authority and dominion, bind, break, destroy all spirits of bitterness, resentment, anger, rage, hatred, violence, murder with the tongue, rebellion, hurts, pains, and I cast them to the pit of hell.

**Spirit of Fear**

By the power invested to me through Jesus Christ of Nazareth, I take authority and dominion over the kingdom of darkness, I bind, break, destroy the powers of the spirit of fear, anxiety, stress, shock, horror, terror, intense fear, helplessness, wounding, loss, and I command these spirits that in through the door points of trauma and I cast them to the pit of hell.

**Intrusive Memories**

Father God, I take authority and dominion, bind, crush, and destroy, long and short-term effects of trauma, injury, wounding, incision, invasive medical procedures, rejection, abandonment, beatings/bruising, harsh words or curses spoken over you by parent(s) or other significant authorities and command all recurrent, intrusive destressing memories**, defiling touch**, incision, flashback episodes, images, thoughts and perceptions, nightmares, intense psychological distress at exposure to internal or external triggers and cast these spirits tormenting you to be sent to the pit of hell, in the name of Jesus Christ of Nazareth.

**Avoidance:**

Father God, I take authority and dominion, bind, break and destroy all persistent avoidance of stimuli associated with the trauma and numbing through avoiding thoughts, feelings, avoidance of activities, places, or people associated to the trauma, and I command and cast these demonic spirits to the pit of hell.

**Sleep Problems:**

Father God, I take authority and dominion, bind, break, and destroy all symptoms of increased arousal, difficulty in falling asleep, staying asleep, altered sleep cycles, irritability or outburst of anger, difficulty concentrating, hyperactivity, insanity, and hyper vigilance and I command and cast out these demonic spirits to the pit of hell.

Father God re-establish sweet undisturbed, rejuvenating, regenerative rest according to Prov. 3:24 “If you lie down, you will not be afraid, when you lie down, your sleep will be sweet. I release healing and peace over you, in the name of Jesus Christ of Nazareth.

Father God re-establish Godly dreams, visions, and angelic visitations in the night season, both to enlighten, instruct and direct.

**Disconnect from 2nd heaven:**

Father God, I take authority and dominion and I as the Lord to disconnect you from all 2nd heaven entities; principalities, powers, dominions, thrones, rulers, kingdom of darkness, that have gained access to you through the traumatic event. Lord, I ask you to shut down all pathways, portals, and means of access to you and I command all demonic entities to be cut off and cast to the pit of hell.

**SRA**: I also cut off all marks or markers or any means of connectivity placed upon you physically or spiritually to track you or gain access to you for torment, I ask the Lord to shut them down in the name of Jesus Christ of Nazareth.

Father God, in the name of Jesus Christ of Nazareth, I cancel all assignments of familiar spirits made as a result of the traumatic incidents.

**Abandonment:**

I call forth the breath of God to fill their lungs and I break the spirit of destruction off your life and break all programming of asthma attacks, panic attacks, spirit of infirmity, and I command the demonic spirits to leave and I cast them to the pit of hell.

**Mental Torment:**

Father God, I take authority and dominion, bind, break, and destroy all negative words spoken over you that replay in your head. I pull down every negative word spoken over you, make it null and void, cast it down and command every demonic spirit to go to the pit of hell.

**All Manifestations of Fear:**

Father God, I take authority and dominion, bind, break, crush, and destroy all demonic spirits manifesting as anxiety attacks, panic attacks, phobias, worry, stress, OCD, germ phobias, chemical phobias, agoraphobia, and I command every demonic spirt to release you, and I cast these spirits to the pit of hell.

**Shock and Trauma – Unfreeze:**

Father God, I take authority and dominion, bind, break, crush, and destroy all demonic spirits manifesting. I command where your soul is frozen in time from the shock, terror, horror to become unfrozen now in the name of Jesus Christ of Nazareth. I call your soul out of the free and out of the darkness. I command and cast these demonic spirits to the pit of hell.

**Self-Destructive / Coping:**

Father God, in the name of Jesus Christ of Nazareth, I bind, break, crush, and destroy all self-destructive and coping mechanism to deal with the spirit of fear such as (smoking, pornography addictions, drinking, drugs, food addictions, gambling addictions. \_\_\_\_\_\_\_\_\_\_\_\_\_. I command these spirits to leave you and I cast these demonic spirits to the pit of hell.

**Death and Destruction**

Father God, I also bind and break every disease, sickness illness, death and destruction, destroyer doom and gloom, hopelessness, helplessness, suicidal thoughts, syndrome, to come up and get out of all of them now and I command and cast these demonic spirits to the pit of hell. I call forth the blood of Jesus to close the door points of trauma.

**Betrayal:**

I command any spirits of betrayal by others to be broken. I pull out the dagger from your chest, and I call forth the breath of Christ in their lungs now in the name of Jesus Christ of Nazareth. I also call forth the spirit of pain out of their hearts, body tissues and in their central nervous system to come up and out now in the name of Jesus Christ of Nazareth.

**Walls of Protection:**

Father God, I come against walls of protection around their hearts. I command the walls to come down, I command every demon of fear hiding behind the walls of protection to come up and out now in the name of Jesus Christ of Nazareth. I command self-preservation spirit, self-survival spirits to come up and out now because of lack of trust in God or man. I break the power of self-independence from man and cast these spirits to the dry places now in the name of Jesus Christ of Nazareth.

I command spirit guides, vacant spirits, double-mindedness, mind-blanking spirits, legions, dissociative spirits to come out and go to dry places that came in through shock.

**Triggers:**

Father God, I pray that you Lord, will dismantle all automatic human responses gained as a result of trauma such as abnormal fright responses, sensitivity to noise, triggers, fears and phobias. Father God, rebuild, re-establish, re-create any electrical or chemical any connections broken or improperly re-connected, because of trauma. I pray over you that once again operate within normal limits of high and low stimulus. I pray that all cortisol drip and all chemical imbalances will return back to normal, in the name of Jesus Christ of Nazareth.

I break all triggers of programming to false pathways to peace to cease. I call forth the hypothalamus, hippocampus, cingulated gyrus and all organs to go back into peace now in the mighty name of Jesus Christ of Nazareth.

**Fight to Flight:**

I command all cortisol levels to return to normal range, and I break the power of fight to flight responses, no adrenaline rush, peace and health back to the hormones. I cast out the spirit of infirmity, sickness and disease that came in through door points of trauma through shock to go dry places now.

I break all programming in the long-term memory and old dendrites in the mind conscious and subconscious level to stop, be broken and dissolve and no longer recall back the old memories and call the mind to be renewed and create new and Godly dendrites.

Break the programming of being on alert in your body, muscles, in your mind, I pull down the demonic that keeps you on alert. I command all muscles in your body programmed to be on alert to stop and cease and go back to peace.

**Body:**

Father God, in the name of Jesus Christ of Nazareth, I command the body to detox all poisons and toxins in the body either produced naturally and hung on because of the trauma, ingested or injected, excess enzymes produced to leave now and the body to start detoxing. Father God, I bless their lymphatic system and other systems to safety remove all wastes, poisons, and any other product or by-product of trauma and the spirit of fear to release.

**Body Surgeries:**

Father God, I take authority and dominion and command all anesthesia and anesthetics lingering the body because of surgeries, to leave. I command any open portals or connections to the second heaven to be cut off and shut down, in the name of Jesus Christ of Nazareth.

**Brain**

Father God I speak healing to any abnormalities in the limbic system from the trauma to be repaired return to normal especially the hippocampus, hypothalamus, cingulated gyrus, thalamus, am ganglia in the name of Jesus Christ of Nazareth.

Father God, I speak healing to the neutrons, protons, and electrons in the brain to work properly. I command all these elements vibrate at a specific frequency. Father God, I speak to the DNA strand is un-twisted. Everything to return to normal.

**SRA:**

Father God, I pray the Lord will re-establish the connection between the hemispheres of the brain. Also, to re-establish and synchronize both explicit and implicit memories to reactivate and retrieve memories.

**Temptations/habits:** Father God, we break all wrong reactions in dealing with habits, or temptations where it may be malfunctioning in as disorganized, feeling helplessness, and easily surrender to temptations of sin. We ask you now to heal further the basal ganglia areas to be further healed.

Father God by the power of the Lord Jesus Christ of Nazareth, we pray for all emotional numbing, denial, disorganization and the inability to problem-solve to stop and cease and be healed.

Father God we command all cortisol levels that are high and increasing blood sugar, suppressing the immune system to stop and cease and that every chemical imbalance to go back to normal in the name of Jesus Christ of Nazareth.

Diseases: Father God we speak healing from the damage of the high cortisol we speak healing in the areas of autoimmune disease, lupus, chronic fatigue syndrome, diabetes, irritable bowel syndrome, multiple sclerosis, fibromyalgia, and arthritis to be healed from a spirit of fear, unloving spirits of self-hatred, and rejection. \_\_\_\_\_\_\_\_\_\_\_

Father God we speak healing to the anterior cingulate that regulates the heart, lungs, sweat glands, kidneys, digestion and reproductive organs. Also the area that response to rational cognitive and emotion functioning to be healed and restored back and we command the area of the brain that is over-activated to go back to peace. WE break all spirits controlling through numbing, denial, disorganization and the inability to problem-solve to be healed by the blood of the lamb. We command everything in the brain to return back to normal and release \_\_\_\_\_\_\_ from the spirit of fear that came in through the door points of trauma.

Father God, I ask you to clean off all ungodly paths connected to your DNA, RNA and proteins and restore the original paths. Please remove all ungodly inscriptions on the stones.

**Minister to their broken heart**

**Satan it is written, The Son of God was manifested to destroy the works of the devil to the very depths of hell. And in this moment, I loose the manifestation of Jesus, the Son of God, tearing to pieces every design of the devil in the kingdom of darkness. The Son of God destroy the design of Satan against \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

Jesus not only came to save us from sin, but also to rescue us from our captivity and from all that implies the kingdom of darkness:  **Sickness of Disease  
Torment  
Captivity  
Generational Sins  
Personal Sins  
Poverty  
Occult Practices  
Hurts to Bitterness  
Occultism, New Age, Witchcraft  
  
In the name of Jesus Christ of Nazareth, I pull you out of captivity of darkness, into God’s marvelous light.**

**1 Peter 2:9 “**But ye *are* a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:”

I, the Lord, have called You in righteousness; I will take hold of Your hand. I will keep You and will make You to be a covenant for the people and a light for the Gentiles, to open eyes that are blind, to free captives from prison and to release from the dungeon those who sit in darkness (Isaiah 42:6-7).

Father God, and free him/her who all their lives were held in slavery by their fear of death (Hebrews 2:15).

Father God, Ask the Lord to heal their broken heart, put all the fragments of hurts and pain together again. Remove the fragments that the enemy has in hell away from him back into your heart. I call on the Lord to heal your wounded spirit. Call up the spirit of pain for healing. I speak over their minds to be at peace and break the spirit of confusion over their minds in the name of Jesus Christ of Nazareth.

Father God, we break down the walls of Jericho that the enemy put around your soul and spirit. We pray and ask the Lord to rebuild his/her walls in order to function properly

Father God, we bind, break, crush and destroy the bands of wickedness where fear came in through the door points of trauma. We call on the Lord to burn up everything that is not of you, in the name of Jesus Christ of Nazareth.

[**Deuteronomy 7:6**](http://biblehub.com/deuteronomy/7-6.htm)  
I declare according to deut. 76 "For you are a holy people to the LORD your God; the LORD your God has chosen you to be a people for His own possession out of all the peoples who are on the face of the earth.

[**Deuteronomy 26:18**](http://biblehub.com/deuteronomy/26-18.htm)  
"The LORD has today declared you to be His people, a treasured possession, as He promised you, and that you should keep all His commandments;

[**Deuteronomy 26:19**](http://biblehub.com/deuteronomy/26-19.htm)  
and that He will set you high above all nations which He has made, for praise, fame, and honor; and that you shall be a consecrated people to the LORD your God, as He has spoken."

**Release Peace:**

[**2 Thessalonians 3:16**](https://www.kingjamesbibleonline.org/2-Thessalonians-3-16/) - Now the Lord of peace himself give you peace always by all means. The Lord [be] with you all.  
  
[**John 16:33**](https://www.kingjamesbibleonline.org/John-16-33/) - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.  
  
[**Philippians 4:6**](https://www.kingjamesbibleonline.org/Philippians-4-6/) - Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.  
  
[**Isaiah 26:3**](https://www.kingjamesbibleonline.org/Isaiah-26-3/) - Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee.  
  
[**1 Peter 5:7**](https://www.kingjamesbibleonline.org/1-Peter-5-7/) - Casting all your care upon him; for he careth for you.