



THE PRAYER CLOSET

Transforming Lives Through Intercessory
Prayer And Fasting

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PRAYING FOR EMOTIONAL HEALING

You live in a fallen world. You have to exist and survive in a world where people are sinful. And your life is affected by the sins of others. Unfortunately nobody gets by without being hurt. No one is exempt from the pain that can be inflicted by others. Perhaps you've been fortunate; you've never experienced large doses of hurt from others in your circumstances. But maybe your entire life has been filled with hurts and wounds from people.

These hurts and wounds of the past play a major role in our daily lives. Many of our irrational fears, prejudices, and bad behaviors are expressive of our hurts of the past. They impact us physically, emotionally, and spiritually. They determine our responses to people. They will shape and mold our relationships. They will even influence our view of God and ourselves.

However, the good news is that God is the Healer of the emotionally wounded. He is the One who can heal the hurts of the past. God is concerned about your whole life—physically, spiritually, and emotionally. The good news of Jesus is that He wants to change every part of you including your wounded emotions. He not only heals diseased bodies He also mends broken hearts.

God does not want you to feel that you are worthless and useless. He does not want you to live in disappointment, frustration, and bitterness. It is

not His will that emotional pain and despair characterize your life. He does not desire that fear rule your life. He does not want your life crowded with unhealthy relationships. Because God feels this way, He offers emotional healing. He will heal those hurts and wounds that affect you to this day.

This issue of *The Prayer Closet* will focus on praying for emotional healing. We will look at the basics of seeking God for the healing of past wounds and hurts. The material in the newsletter will be an introduction to this type of intercession.

We will be going into more detail about this subject in future newsletters. The purpose of this month's issue is to provide you with a foundation for seeking God's emotional healing in your life and the lives of others.

What Is Emotional Healing?

Emotional healing is asking God to change your response to past hurts and to heal the pain that you feel from those hurts. It is Jesus, who is the same yesterday, today, and forever, taking the memories of the past, healing the wounds from those memories, and filling your life with His love and grace. It is God draining your life of the poison of past hurts and resentments and then replacing it with His power and the fruit of the Spirit.

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asking Him to enable you to deal with the consequences of your emotional wounds.

In praying for emotional healing, we are not trying to change the past. Our past is our past. It cannot be changed. We can't go back and change anything that has happened. But, you have to remember that an event can only hurt you once. It is the memories of the event that continue to wound you. It is the memories of that moment that continue to fill your life with pain and produce nasty consequences in your life.

Emotional healing then is asking God to help us change our response to these past hurts and memories. It is pleading that He will heal the pain that these things have inflicted on us. It is praying that the harmful consequences that these wounds have had will be removed.

As we go through life, we will get hurt. When this happens, we will do our best to keep from falling apart or behaving in a socially unacceptable way. Our honest reaction is suppressed in order to cope. Yet, those hurts are not addressed. We do not deal with them. The consequences of these wounds begin to appear in a variety of forms later in life.

This is similar to bandaging a wound without first cleaning it. The wound then festers and becomes infected under the bandage. Then the infection spreads to other parts of the body. When you do not deal with emotional hurts, they will infect other areas of your life. You may look fine on the outside, but the hurts spread, affecting other parts of your life. These wounds will begin showing up in you thoughts, words, and behavior.

Ideally we should begin by dealing honestly with each hurt as soon as it takes place. We should face our true feelings, admit them to God, and allow Jesus to take charge and clean the wounds. Regrettably many believers do not do this. They either suppress the hurt and their feelings or ignore the reality of the pain. And, over time, the consequences of the emotional hurts begin showing up in their lives in a variety of ways. Some of the ways that it manifests itself are irrational fears, ungodly behavior, unhealthy relationships, or a harsh self-image.

This is where emotional healing comes in. It is seeking God in order to help a person deal with wrong responses to their emotional hurts and to remove the pain that they experience from these hurts. It is releasing the past into His hands and

Why Should I Pray For Emotional Healing?

The Bible provides numerous reasons why you should plead with God for emotional healing. *First, God is the Healer of the brokenhearted.* The Word of God declares that God is the One who can heal people of their emotional wounds. Listen to the testimony of God's Word:

- "For I am the LORD who heals you" (**Exodus 15:26**). God reveals Himself as the healing God. This is His name, "the LORD who heals you." It is His character to provide healing. This healing is not limited to healing of the body. It extends to dealing with emotional hurts and wounds.
- "The LORD is near to those who have a broken heart, and saves such as have a contrite spirit" (**Psalms 34:18**).
- "Many are the afflictions of the righteous, but the LORD delivers him out of them all" (**Psalms 34:19**).
- "He heals the brokenhearted and binds up their wounds" (**Psalms 147:3**).

God has the power, love, and mercy to heal past emotional wounds. He can deal with these wounds no matter how painful or destructive they may be. He is able to handle and heal any emotional hurt. He is willing to heal you of your past hurts. He longs to set you free from those things that bind you emotionally. He is filled with mercy and compassion for you, "The LORD is merciful and gracious . . . For as the heavens are high above the earth, so great is His mercy toward those who fear Him" (**Psalms 103:8, 11**).

Second, Satan seeks to wound and hurt people emotionally. The Bible declares that he is like a roaring lion seeking whom he may devour (**1 Peter 5:8**). Jesus likens him to a thief who comes to steal, kill, and destroy (**John 10:10**). He tempts people to yield to negative sinful emotions. He does not want the believer to experience the emotional wholeness that God desires to give.

fullest what You have purposed for him/her (Philippians 3:13).

Father, emotional hurts can produce sinful, negative attitudes and behaviors that can hinder and destroy relationships. I ask You to grant emotional healing to _____. I pray that You would deal with any sinful attitudes or behaviors in _____'s life that would hinder his/her relationships. I plead that You would grant _____ healthy, godly relationships (Matthew 22:39).

Father, I plead that You would enable _____ confess and repent of any sinful responses to his/her emotional wounds. I pray that _____ would not see himself/herself as a victim, but would take responsibility for his/her responses (1 John 1:9; Proverbs 28:13).

Father, I pray that You would deliver _____ from harsh, negative attitudes about himself/herself. Cause him/her to know that there is hope, peace, and healing with You. Show him/her that You can transform his/her broken heart (Exodus 15:26).

Soaking Prayer For Emotional Healing

Soaking prayer is saturating a person with prayer. It is pleading for the release of God's healing power through numerous short prayers. You can do this as an individual. Yet, it is usually most effective as two or more believers pray in agreement, continually covering the person in prayer.

The following are short requests that you can use to soak a person in God's power and love so that they can experience emotional healing.

- Release Your healing power into _____'s life; be gracious to him/her.
- Cause _____ to sense and know Your love as never before his/her life.
- Open his/her eyes to those wounds that have _____ bound and hurting.
- Remove the pain from _____'s life; fill his/her wounds with Your mercy.

- Set _____ free from unforgiveness; deliver him/her from harboring unforgiveness.
- Remove anger and hatred from _____'s life; replace it with love.
- Remove depression and despair from _____'s life; replace it with joy.
- Remove fear and anxiety from _____ and replace it with peace.
- Remove resentment and temper from _____; replace it with longsuffering.
- Remove bitterness and a critical spirit from _____ replace it with kindness.
- Remove selfishness from _____ and replace it with goodness.
- Fill _____ with Your love; show him/her Your concern for him/her.
- Cause him/her to seek You with all his/her heart.
- Manifest Your power and grace by healing and blessing _____.

Praying Psalm 23 For Emotional Healing

Psalm 23 provides a powerful prayer model for emotional healing. You can use this psalm to pray for God's healing of damaged emotions. You can use it to pray for yourself or for others.

- *Pray that the person would experience in fresh and unique ways Jesus as his/her Shepherd (v.1). Ask Jesus to reveal His compassion, tenderness, and guidance to this person. Pray that He would guide this person to emotional healing and wholeness.*
- *Plead that Jesus would provide this person with all the love, power, and hope that he/she needs to deal with his/her emotional wounds (v.1). Pray that He will provide whatever this person needs in order to be healed.*
- *Ask Jesus to grant this person peace and security through His power and love (v.2). Plead that this person will experience calm in the midst hurtful circumstances. Pray that he/she will turn to Jesus who can grant this peace and security.*
- *Pray that Jesus will restore peace and harmony in the emotions that have been wounded and*

- *torn apart* (v.3). Ask Jesus to enable this person to root out sinful, negative responses. Pray that Jesus would provide emotional health and soundness.
- *Plead that Jesus would lead this person in the paths of righteousness* (v.3). Ask Him to enable this person to respond with righteous behavior

when hurt or provoked. Pray that he/she will not give in to sin when he/she is wounded or hurt.

- *Ask Jesus to give this person a unique sense of His presence in his/her life* (v.4). Pray that this person will know that Jesus is with him/her. Plead that he/she will know that Jesus cares and that He understands what he/she is going through.

- *Pray that this person will receive the correction and comfort of Jesus* (v.4). Ask that this person will receive comfort for his/her wounds and correction for his/her sinful responses to those wounds.
- *Plead that Jesus will help the person cope and deal with those who have hurt him/her* (v.5). Pray that Jesus will protect and provide for the person when he/she has to deal with those who have wounded him/her.
- *Ask that the goodness and mercy of God would sustain the person* (v.6). Before, during, and after his/her healing, pray for God's goodness and mercy to sustain this individual.
- *Pray that this person will look to and rejoice in the final healing of heaven* (v.6).



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