

## A Prayer for Those Who Feel Wounded

*Dear God,*

*We feel wounded, betrayed, and brokenhearted.*

*We wonder sometimes if we can ever fully recover from the deep hurt we feel inside.*

*Thank you that you know what we've been through and the struggles we still carry.*

*Help us to forgive.*

*Help us to let go.*

*We know that we can move forward with you in peace and freedom.*

*We pray for those who have hurt us right now, and ask for your power to work mightily within their lives.*

*We leave them in your hands and find our comfort and strength in your spirit.*

*Thank you that you understand all that we've faced, that you see and you care.*

*We ask that when the enemy taunts us with lies and tries to bring up the hurt of the past, you would silence his voice and allow us to walk free.*

*We bring you all the stuff that he would use to try to trap us or stop us - the pain, the past, the mistakes, the struggles. And we lay it at your feet, again.*

*Thank you for your healing, for your grace, for your hope.*

*Thank you that you have set us free and will not waste the pain that we've carried.*

*We look forward to the greater good and purpose you will bring through this struggle.*

*We love you Lord, we need you, we trust you.*

*In Jesus' Name, Amen.*

~ Debbie McDaniel