



# THE PRAYER CLOSET

ENCOURAGING & EQUIPPING BELIEVERS IN PRAYER

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## PRAYING FOR THE HURTING

You live in a fallen world. It's inevitable that you're going to be hurt. Your heart is going to be wounded; it's going to be broken. It's not a matter of if; it's a matter of when and how much. You're going to sin. Others are going to sin against you. All this wreaks havoc with your emotional life.

At the same time, this is true of your church. Your church is full of broken people. In spite of outward appearances, the pews are filled with people whose emotions have been infected and affected by sin. Every pew has people who have a broken hearts, emotions wrecked by sin.

However, the good news is that God is the Healer. God does heal our broken bodies (**Exodus 15:26**). Yet, He is also the healer of the brokenhearted (**Psalms 147:3**). He is close to the brokenhearted and saves those crushed in spirit (**Psalms 34:18**). We can seek Him and receive His healing power.

This issue of *The Prayer Closet* will focus on praying for the hurting. This issue will provide you with a variety of Scripture prayers and models on how to pray about this issue. Part of discipleship is conforming our emotions to God's standard revealed in His Word. These prayer aids are offered to help you pray for yourself and others.

### Scripture Prayers For Emotional Healing

Father, You are the Healer of the brokenhearted. You declare that You bind up their wounds. Because it is Your nature to heal, I ask You to heal \_\_\_\_\_ of all his/her emotional wounds. By Your love and power, remove the hurt and anger that \_\_\_\_\_ is experiencing. Help him/her move on to emotional wholeness (**Psalms 147:3**).

Father, I ask that \_\_\_\_\_ would trust in You as his/her Healer. Build his/her faith to depend on You as his/her Healer. Reveal to \_\_\_\_\_ that You are filled with mercy and grace. Convict him/her of

Your willingness and ability to heal him/her (**Psalms 103:8, 11**).

Father, You are \_\_\_\_\_'s Creator. You have made his/her emotions. These emotions have been wounded; they have been torn apart. Sinful, negative emotions have been cultivated into his/her life. I plead for You to release Your power into his/her life. Remove the sinful, negative emotions that resulted from his/her emotional wounds. Heal \_\_\_\_\_ so that he/she can experience emotional health and wholeness (**Genesis 1:27**).

Father, \_\_\_\_\_ has experienced deep emotional wounds. However, I ask You to deliver him/her out of all of these. Heal \_\_\_\_\_ and cause him/her to grow from these wounds (**Psalms 34:19**).

Father, You promise to be near those who are brokenhearted. I pray that You would grant \_\_\_\_\_ a deeper experience of Your presence. Surround him/her with Your love. Cause him/her to know that You love him/her without reservation (**Psalms 34:18**).

Father, You sent Jesus to heal the brokenhearted. You sent Him to set the captives free. I plead in the name of Jesus that \_\_\_\_\_ would experience complete emotional healing. In the name of Jesus, I pray that \_\_\_\_\_ would be set free from every past hurt that binds him/her. Through Your Son Jesus, heal \_\_\_\_\_ and grant him/her freedom from the consequences of his/her past hurts (**Luke 4:18-19**).

Father, I ask in the name of Jesus that You would bind Satan and his demons from \_\_\_\_\_. In the name of Jesus, I plead that they would no longer harass or oppress \_\_\_\_\_ through his/her emotional wounds. Deliver him/her from the attacks of the enemy through past emotional wounds. Heal

him/her and cut off every avenue of the enemy in \_\_\_\_\_'s life (**1 Peter 5:8**).

Father, I plead that \_\_\_\_\_ would seek You with all his/her heart. I ask that \_\_\_\_\_ would cry out to You for emotional healing. I plead that \_\_\_\_\_ would seek You with all his/her being and that You would release Your healing into his/her life (**Jeremiah 29:13**).

Father, I ask You to set \_\_\_\_\_ free from any unforgiveness in his/her life. Deeply convict him/her of any unforgiveness that he/she is harboring. Through Your grace and power, enable him/her to release the debt, the anger, and the damage into Your hands. I plead that he/she would forgive as You do for the sake of Christ (**Matthew 6:14-15; Ephesians 4:32**).

Father, grant \_\_\_\_\_ the strength and help to face the wounds of the past. I plead that \_\_\_\_\_ will not neglect or suppress the hurt or the pain. Empower him/her to face these things, to seek You for healing, and move on by Your grace and power. I pray that \_\_\_\_\_'s past would no longer hurt, hinder, or destroy \_\_\_\_\_'s present and future (**Hebrews 13:5-6, 8**).

Father, I pray that You would cultivate the fruit of Spirit in \_\_\_\_\_'s life. I plead with You to transform \_\_\_\_\_. Root out the sinful, negative emotions that have been cultivated in his/her life. Replace these things with Your fruit (**Galatians 5:22-23**).

Father, \_\_\_\_\_ has been wounded. Yet, I plead for Your healing in his/her life. I ask that \_\_\_\_\_ would forget those things that happened in the past and would press on to Your purpose and Your blessings for his/her future. I plead that \_\_\_\_\_ would keep his/her eyes focused on You. I ask that \_\_\_\_\_ would continue to seek You and experience to the 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

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 The Fruit Of The Spirit

Galatians 5:16-17, 22-23

God desires to remove sinful emotions and replace them with the fruit of the Spirit. The following prayer guide can help you pray for others and yourself.

Holy Spirit, fill \_\_\_\_\_'s life with Your power and healing and produce Your fruit in him/her.

Holy Spirit, enable \_\_\_\_\_ to repent of and put away sinful, negative emotions.

Holy Spirit, cause \_\_\_\_\_ to know and experience the Father's love for him/her.

Holy Spirit, set \_\_\_\_\_ free from any hindrances that keeps him/her from loving others freely.

Holy Spirit, create Your supernatural and abiding joy in \_\_\_\_\_.

Holy Spirit, remove any obstacles in \_\_\_\_\_'s life that will keep him/her from experiencing Your joy.

Holy Spirit, fill \_\_\_\_\_ with the peaces that passes understand and is not dependent on circumstances.

Holy Spirit, I ask that \_\_\_\_\_ will forsake fear, anxiety, and panic.

Holy Spirit, I pray that You will cultivate a longsuffering heart in \_\_\_\_\_.

Holy Spirit, deliver \_\_\_\_\_ from the pride that makes a person easily provoked.

Holy Spirit, cause \_\_\_\_\_ to know how kind the Father is to him/her.

Holy Spirit, empower \_\_\_\_\_ to show kindness to others in powerful and tangible ways.

Holy Spirit, I plead that \_\_\_\_\_ will experience the Father's goodness in fresh and new ways in his/her life.

Holy Spirit, stir and inspire \_\_\_\_\_ to be good to others regardless of the circumstances.

Holy Spirit, cultivate in \_\_\_\_\_ a longing for and a determination to be faithful to God and others.

Holy Spirit, deliver \_\_\_\_\_ from a selfish spirit that would lead him/her to be self-seeking.

Holy Spirit, I pray that You would create a gentle, forgiving spirit in \_\_\_\_\_.

Holy Spirit, deliver \_\_\_\_\_ from harshness, bitterness, and unforgiveness toward others.

Holy Spirit, grant \_\_\_\_\_ the power to say "No!" to sinful, negative emotions.

Holy Spirit, I ask that You would set \_\_\_\_\_ free from bondage to any sinful, negative emotions.

### Praying Against The Obstacles To Emotional Healing

The Word of God reveals that God is the Healer of the brokenhearted. He desires to deal with the hurt and the pain that you have experienced. He wills that you experience emotional wholeness – walking in the fruit of the Holy Spirit. He can and will do this.

Yet, you must understand that there are certain hindrances to emotional healing; there are some factors that can keep you from experiencing God's healing in your life. We need to examine these hindrances to receiving the healing that we are in desperate need of. We also need to pray for their removal.

#### Unbelief

Father, I plead in Jesus' name that \_\_\_\_\_ will trust You for genuine change in his/her life. Your Word says that we are to ask in faith without doubting. I ask that \_\_\_\_\_ will not doubt but seek You for the healing of the pain and bringing real change in his/her life (James 1:6-7).

#### Lack Of Forgiveness

Father, I ask that \_\_\_\_\_ would freely forgive others. I plead that \_\_\_\_\_ would not grieve the Spirit but that he/she will put away all bitterness, wrath, anger, clamor, and evil speaking along with all malice. I ask in Jesus' name that \_\_\_\_\_ will be kind to one others, tenderhearted, forgiving others, just as God in Christ forgave him/her (Ephesians 4:30-32).

#### Unconfessed Sin

Father, Your Word declares that if we regard iniquity on our hearts, You will not hear. If we are not willing to confess and repent, we cannot expect Your work on

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our lives. I ask in Jesus' name that \_\_\_\_\_ would confess and repent of sin in his/her life that he/she might experience Your healing work (**Psalm 66:18**).

### **Spiritual Warfare**

Father, Your Word says not to give place to the devil. I ask that any area that \_\_\_\_\_ has opened the door for the enemy to work will be closed. I pray that the devil will have no more access through that stronghold. Drive out the enemy and grant healing to \_\_\_\_\_ (**Ephesians 4:27**).

### **A Victim Mentality**

Father, we can't control what others will say or do. I ask that \_\_\_\_\_ will not focus on what others have said or done. Protect him/her from obsessing over those things. I plead that \_\_\_\_\_ will focus on the good that You can bring out of it. Grant him/her grace and power to cope with the words and actions of others (**Genesis 50:20**).

### **Salvation**

Father, if \_\_\_\_\_ doesn't know Jesus Christ as His personal Lord and Savior, I ask that he/she will repent and trust in Him. I plead that the life-transforming power of Jesus will enter his/her life. I pray that the power of Jesus will transform his/her whole life, including his/her emotions (**John 3:16**).

## **Prayers Needed**

I would appreciate your prayers for The Prayer Closet. We have experienced a lot of upheaval in the last couple of months. We are also seeing many changes in our ministry especially with volunteers. I'd covet your prayers as we continue to press forward with the Lord. Please pray that God will provide what we need and that He will empower this ministry to proclaim God's Word and bring transformation into the lives of people. We would also ask you to consider donating to this ministry. This ministry is dependent solely on the gifts of God's people. Your gift goes to making a difference in the lives of people across the country and world. God bless you?

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