

A Prayer Guide for Breaking & Overcoming Generational Hurt & Pain

Jesus, I come into Your presence, & ask You to quiet my soul & surround me with Your holy presence. I come under Your authority & claim upon my life. I give myself to You including the places of hurt & pain. I declare Your authority over my life, for You made & redeemed me.

Holy Spirit come & reveal hurts that you want to heal at this time in my life. Reveal to me the lies I have believed & how they have influenced my life.

Jesus, forgive me for the ways I've mishandled my brokenness. You alone make me dwell in safety. Forgive me for all my self-protection & self-redemption, & for all my false comforters. Forgive me of any pain I have caused others & help me to love as You love.

Lord come reveal Your truth to me. Reveal the promises in Your word that apply to my need. Replace every debilitating lie with Your liberating truth.

Now by the power of Your grace I break every ungodly vow & agreement I have made with the kingdom of darkness. (Get specific here. What have you believed, bought into?) I renounce any claim I have given to Satan, & in the name of Jesus, I declare victory & close the door on evil activity in my life.

Jesus, come now & fill me with Your Holy Spirit & thank You for healing my broken heart & setting me free.