

**PRAYER FOR INNER HEALING**  
**(based on the life of Christ)**

*"He heals the brokenhearted,  
and binds up their wounds."  
(Psalm 147:3)*

We inevitably get hurt in life, in many different ways. Oftentimes, even without our knowing it, these hurts keep us from experiencing the fullness of our life in Christ. Consequently, we are prevented from realizing our profound dignity as a child of God and held back in our capacity for service as an instrument of the Spirit. Jesus wants to set us free.

Jesus himself is the Great Healer, and he greatly desires our wholeness. Jesus himself experienced grief, rejection, ridicule, betrayal, abandonment, insults and physical abuse. We can identify with him. And he can heal us.

Together with repentance for our own sin, and forgiveness for others who sin against us, freedom in Christ can be accomplished through prayers for inner healing. In this, we focus on the life of Christ.

*Introductory comment to participants*

We will pray with you for inner healing. We will take you through aspects of the life of Christ, who desires your healing and wholeness. Please focus on Jesus. And as we go through the aspects of his life from conception to resurrection, think about your own life and particular situations, and how you may have experienced disappointments and pains. Offer those situations to Jesus. Make the prayer that I offer your own.

*The prayer*

Lord Jesus, the angel announced your coming birth to your mother Mary, as he said, "Hail, favored one! The Lord is with you." "Behold, you will conceive in your womb and bear a son, and you shall name him Jesus." Mary was greatly troubled at the angel's words, and pondered what sort of greeting that might be.

Perhaps your parents were troubled when they found out your mother was pregnant with you. Know that it was God's will for you to be conceived. As Mary said, "May it be done to me according to your word."

Let your prayer be: Lord Jesus, please remove any wounds and pains associated with any negative feeling of rejection, or disappointment, or fear, at my conception.

Lord Jesus, you were in the womb of Mary for 9 months.

Perhaps your parents felt burdened during your mother's pregnancy. Perhaps somehow they could not help but look on you as the burden. But know that you were a blessing to them, and even to others. Mary visited Elizabeth and the infant in Elizabeth's womb leaped for joy. Elizabeth herself exulted and said to Mary, "Most blessed are you among women, and blessed is the fruit of your womb." Every child is a blessing. You are a blessing, both to your parents and to others.

Let your prayer be: Lord Jesus, please remove any wounds and pains associated with feelings of having been a burden during the time of pregnancy, and let me know how much of a blessing I truly am.

Lord Jesus, you were born in a lowly, bare and cold manger, as there was no room in the inn.

Perhaps your parents could not afford a decent birthing place. Perhaps your mother suffered in giving birth to you. Perhaps you came into the world amid uncertainties, fears and suffering. But at the birth of Jesus, there was a multitude of the heavenly host with the angel, praising God and saying: "Glory to God in the highest." You are a child of God, and there was great rejoicing in heaven at your birth, even in the midst of sadness and darkness on earth.

Let your prayer be: Lord Jesus, please remove any wounds and pains associated with my childbirth, and just fill me with joy as exhibited by the angels in heaven at my birth.

Lord Jesus, you were presented at the Temple by your parents, and the revelation of the Spirit to Simeon was fulfilled, as he saw the Messiah. But Simeon also prophesied that you would be a sign that would be contradicted. Indeed, you lived your short public life experiencing rejection and oppression.

Perhaps you also experienced rejection—in school, in your neighborhood, among your peers. Perhaps many people have treated you badly, including those whom you considered your friends. But God has a wonderful plan for you. Simeon said about Jesus, "Behold, this child is destined for the fall and rise of many in Israel." You also have your destiny in Christ.

Let your prayer be: Lord Jesus, please remove any wounds and pains I endured while growing up, and let me fully trust in the greatness of your plan for me.

Lord Jesus, you had to flee to Egypt to escape the sword of Herod.

Perhaps your family had a difficult time when you were growing up. Perhaps you were driven out of your home. Perhaps the family faced many dangers and challenges. Perhaps you were looked down upon by your neighbors. Know that God was always there, caring for you, even in the worst of circumstances.

Let your prayer be: Lord Jesus, please remove any wounds and pains I endured while residing in the family home, and let me see challenges in life as mere pathways to truly living in you.

Lord Jesus, you were found in the Temple, engaged in animated discussion with the teachers and elders, who were astounded at your understanding and answers.

Perhaps your school years were difficult, when you felt inferior, or did not do well, or were bullied, or were overwhelmed by your circumstances.

Let your prayer be: Lord Jesus, please remove any wounds or pains I sustained in school and in my relationships with my teachers, schoolmates and friends.

Lord Jesus, your life between ages 12 and 30 was hidden from us. But we know you were obedient to your parents and worked as a carpenter.

Perhaps, when you entered the world of work and tried to advance your career, you had setbacks and failures. Perhaps you saw others moving up and leaving you behind. Perhaps there was much frustration and worry trying to make ends meet.

Let your prayer be: Lord Jesus, you sanctified work when you took on the noble work of a carpenter. Please remove any wounds and pains arising from disappointment, resentment and envy, and let me realize the nobility and value of honest work.

Lord Jesus, you calmed the storm when your disciples were greatly terrified.

Perhaps you have endured violent storms in your life, whether events or relationships. It might have been a serious illness, or a life-threatening accident, or a breakdown in friendships or marriage, or a financial setback. Know that Jesus was there in the midst of the storm. Perhaps you had cried out to him and he seemed not to have answered your prayer. But know that Jesus does care, and works out what is for your good.

Let your prayer be: Lord Jesus, I trust in you. Please remove any wounds and pains caused by the storms in my life, and help me to put my whole faith in you always.

Lord Jesus, you wept when told that your friend Lazarus had died.

Perhaps you have lost a loved one, and the pain of loss lingers on. Know that death is just the gateway to eternal life, and Jesus raises you up on the last day.

Let your prayer be: Lord Jesus, help me to let go of the person I love so much, and to know that he/she is in your embrace. Please remove the pain and instead fill my heart with joy.

Lord Jesus, you instituted the Holy Eucharist at the last supper. You blessed the bread, broke it and gave it away. You said, "This is my body, which will be given for you."

Perhaps you have experienced brokenness in life. Know that Jesus is at work, intending the suffering and pain to be salvific for you, blessing you through trial, and intending to give you away to be an instrument of life for others.

Let your prayer be: Lord Jesus, please remove any brokenness I might have and make me whole. Let me realize that you intend to use me for good.

Lord Jesus, you were betrayed by Judas, one of your very own chosen apostles. He even gave you the kiss of condemnation and death.

Perhaps you have been betrayed by a friend or a loved one. Perhaps it was one closest to you, whom you trusted so much.

Let your prayer be: Lord Jesus, please remove the wounds and pains of betrayal, and help me to forgive those who have betrayed me.

Lord Jesus, you agonized at the Garden of Gethsemane. You felt sorrow and distress. Your sweat became like drops of blood. And your apostles slept while you agonized.

Perhaps you had a really heavy burden and were weighed down in sorrow and hopelessness. Perhaps you faced some trial alone, without sympathy even from those closest to you. Perhaps you begged God to take the cup away from you, but received no relief.

Let your prayer be: Lord Jesus, I know you weep whenever I weep, and bear my burdens with me. Please remove the wounds and pains caused by events that brought me sorrow.

Lord Jesus, you were arrested and condemned, even as you were without guilt.

Perhaps you have been accused wrongly, or deprived of things unjustly, or condemned by others without cause.

Let your prayer be: Lord Jesus, you paid the price for my sins, and took away my condemnation. Please remove the wounds and pains I suffered through wrong and unjust actions by others.

Lord Jesus, you were scourged at the pillar and on your head was placed a crown of thorns. You were mocked and spat upon. You were abused physically and verbally.

Perhaps you were excoriated by words or actions—by your parents, by a bully in school, by your boss, or even by a leader in community or parish. You felt helpless and forlorn.

Let your prayer be: Lord Jesus, please remove the wounds and pains brought upon me by words and actions that deeply hurt me.

Lord Jesus, you carried a heavy cross.

Perhaps you have carried your own crosses in life. Small crosses as well as big crosses. These have weighed you down, burdened you, grieved you, wracked your mind and body with pain.

Let your prayer be: Lord Jesus, please remove the wounds and painful memories of the crosses I have carried through life.

Lord Jesus, you were stripped of your garments. You suffered not just pain but also shame. You were left with nothing.

Perhaps you have suffered the torment and shame of losing everything that is important to you. It might have been someone close to you, or something dear to you. Perhaps your good name and reputation have been tarnished.

Let your prayer be: Lord Jesus, you bore the shame of our sins on the cross. Please remove the wounds and pains I experienced when I lost my dignity and was shamed before others.

Lord Jesus, you were nailed to the cross. You continued to be mocked by the people. You hung on the cross for hours in extreme agony.

Perhaps you have been crucified by people who oppressed or persecuted you, who judged you unjustly, who maligned you and gossiped about you.

Let your prayer be: Lord Jesus, my sins nailed you to the cross. You absorbed the weight of my sins out of love for me. Even when I have been unfaithful to you, you still maintain your love and care for me. Please remove the wounds and pains I have endured.

Lord Jesus, as you hung on the cross, you said, “Father, forgive them, they know not what they do.” You, the innocent one, forgave the guilty criminals crucified with you, the jeering soldiers who nailed you to the cross, the rulers who sneered, the chief priests and the scribes who mocked you, the passers-by who reviled you. You forgave them all.

Perhaps people continued to trample you when you were already down.

Let your prayer be: Lord Jesus, you forgave me my sins, even as I turned away from you. Grant me the grace to forgive all those who turned away from me and caused me pain. As you have forgiven me, I now extend my forgiveness to them all.

Lord Jesus, you died on the cross. You took on all our sins. You took on all our wounds and hurts. You absorbed all the effects of hate, betrayal and abandonment. You have washed us clean with your blood. You have set us free.

Lord Jesus, you rose from the dead. Hallelujah!

Thank you for bringing me to new life. Thank you for forgiving my sins and dying for me. Thank you for granting me salvation. Thank you for removing all the wounds and pains that I have endured. Thank you for making me whole. Thank you for allowing me to rise to new life with you.

Amen.

*Exhortation to participants after the prayer*

If you have prayed the prayers with me in your heart, know that Jesus has set you free.

You may at times be tempted by the enemy to doubt what Jesus has done for you today. If that happens, rebuke the evil one, and trust fully in the love of Jesus.

Know that forgiveness is a crucial part of inner healing. Continue to forgive in your heart anyone who has offended you or done you wrong. That is the way of Jesus. If you find it difficult, look not to the person who offends you, but to Jesus. That is your way to being set free and living your life through the power of the cross.

God bless you.

[SG. Feb 11, 2018]