

EP 17 — EMOTIONAL RESTORATION

Healing the Wounds You Carry Episode 17 — Prophetic Prayer & Declaration · Chris & Prudence Ministries

OPENING

Some injuries never show up on an X-ray.

You can be high-functioning and still bleeding. You can run a company, lead a family, carry a ministry, and still have a wound inside you that hasn't closed in twenty years.

We're good at managing pain. We learn to work around it. We build a whole life that quietly avoids the one room we never go into.

But God isn't interested in you managing the wound. He wants to heal it.

He heals the brokenhearted and binds up their wounds. Binds up. That's a medical word. He doesn't slap a verse on it and tell you to be stronger. He tends it. Slowly. Personally. With His own hands.

The wound you've been carrying so long it feels like part of you isn't part of you. It's an injury. And injuries are meant to heal.

Today, we let Him into the room.

Let's go to the Father.

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PROPHETIC PRAYER

1. Worship

Father, hallowed is Your name.

You are close to the brokenhearted. You save the crushed in spirit. You don't stand at a distance from our pain. You step into it.

We worship You as the God who keeps our tears in a bottle. Who records every sorrow. Who has never once looked at our wound and looked away.

Holy is Your name over the broken places. Holy is Your name in the grief we never named. Holy is Your name in the room we've kept locked.

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2. Submission

Your Kingdom come. Your will be done. On earth as it is in heaven.

Father, in heaven there are no open wounds. Every tear wiped. Every sorrow healed.

So we submit the wound. We unlock the door we've been guarding. We hand You the pain we've been carrying alone because we didn't trust anyone with it, including You.

Your will be done in our hearts as it is in heaven. Come into the place we've avoided. We give You access.

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3. Petition

Give us this day our daily bread.

Father, today we ask for healing. Not just relief. Healing.

Touch the wound underneath the wound. The rejection. The betrayal. The grief. The thing that happened that we never let ourselves feel all the way through.

Give us the courage to feel what we numbed. The safety to grieve what we buried. The grace to forgive what we excused or pretended didn't matter.

Daily bread for a healing heart. One layer at a time. We trust Your pace.

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4. Confession and Forgiveness

Forgive us, Father.

For numbing instead of healing. For staying busy so we'd never have to feel it. For building a life around avoiding the one thing You wanted to touch.

We confess the bitterness we kept. The offense we fed. The walls we called wisdom that were really just scar tissue.

Cleanse us. Heal the wound. Drain the old infection.

And as You forgive us, we forgive the ones who hurt us. By name, in our hearts, we release them. Not because it was okay. Because we refuse to carry it one more mile. We forgive, and we let You take it.

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5. Protection

Lead us not into temptation. Deliver us from the evil one.

Father, the enemy wants to keep the wound open and weaponized. To turn pain into a personality. To make sure what hurt us keeps shaping us.

Deliver us from the spirit of rejection. From the orphan heart. From the lie that says we are what happened to us.

Protect the healing. Guard the tender place while it closes. Let nothing reopen what You are binding up.

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DECLARATION

I declare over you today.

The wound is being healed. Not managed. Healed. The thing you've carried for years is coming up and out.

I declare the brokenhearted is being made whole. The crushed spirit is being lifted. The grief is being comforted.

I declare what was meant to break you will not define you. The scar will become a testimony, not a wound.

I declare the locked room is opening, and the Light is walking in, and nothing in you is too far gone for the Healer.

I declare Psalm 147:3 over you. He heals the brokenhearted and binds up their wounds.

You are being restored. From the inside out.

SEALING PRAYER

Father, we seal this.

Every wound bound up. Every tear honored. Every broken place restored. Sealed in the name of Jesus.

What heaven has healed, no memory on earth can reopen.

Wholeness over numbing. Healing over hiding. His hands over our scars.

It is finished. It is sealed. It is so.

In the mighty name of Jesus.

Amen.

