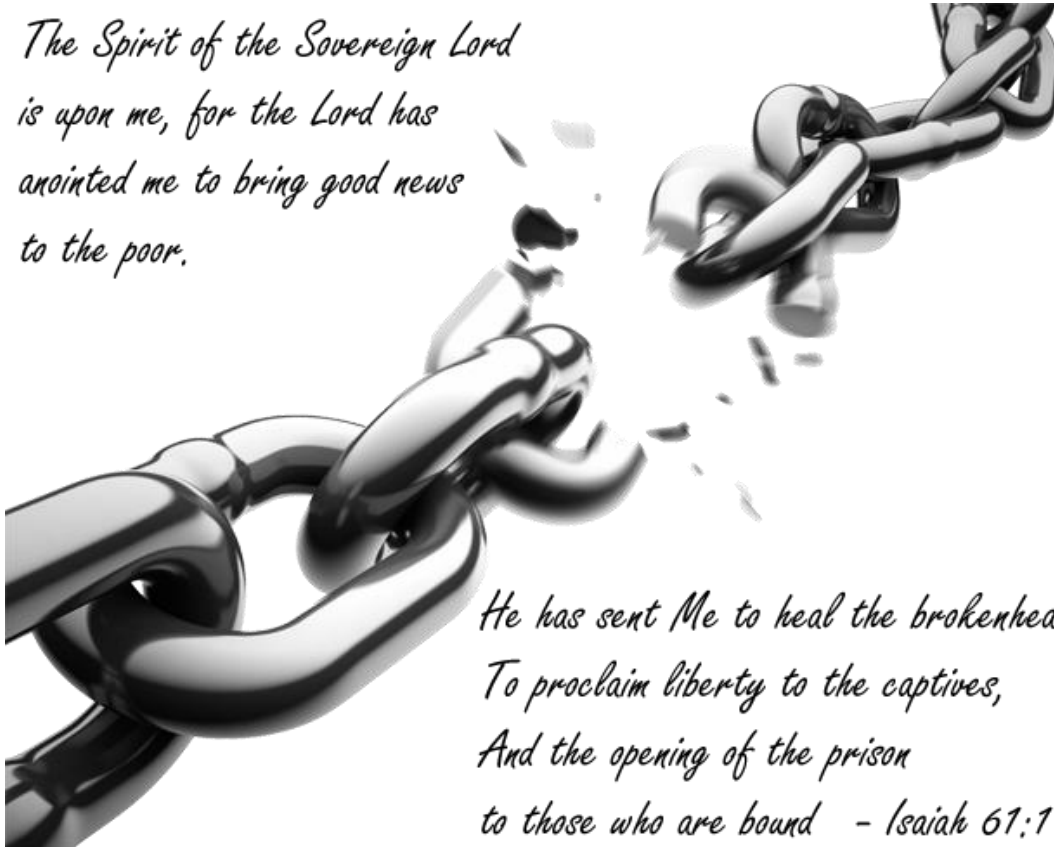


# **‘Wounds/Traumas’**

## **Inner Healing and Deliverance Prayers**

*The Spirit of the Sovereign Lord  
is upon me, for the Lord has  
anointed me to bring good news  
to the poor.*



*He has sent Me to heal the brokenhearted,  
To proclaim liberty to the captives,  
And the opening of the prison  
to those who are bound - Isaiah 61:1*



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***\*\*\*\*Most of the prayers in this PDF are unique and not a replica of other people's ideas ~ they are created through revelation of the Holy Spirit and our view of what He has shown us as He works with us. There may be the odd prayer or idea that has been added to our Ministry from others because it impacted us, but more often than not you will be viewing an original.***

***All prayers are subject to change as God gives new insight and revelation. All prayers are to be prayed out loud. Often you will see we ask you to do a prophetic act. A prophetic act is an action of obedience as a step of faith in the natural (physical) realm that supports God's workings in the spiritual realm, to release the power, presence and victory of God into a situation.***

**Prayer of Protection:** “Father God in the name of Jesus Christ and by the Power of Your Holy Spirit I pray that You would guide me through this journey of deliverance and healing. I thank You for the presence of the Holy Spirit.

I ask for Your protection, and that I am covered with the Blood of Jesus Christ. I also pray this protection over my loved ones, our pets, our belongings and our surroundings.

With the authority given to me by the Lord Jesus Christ of Nazareth, I bind you Satan, all demons and any other agents of Satan, my own human flesh which is antichrist, from any harm or attacks targeting me, my family, our homes and properties, our pets and belongings, our health and our finances, our businesses and our ministries.

I also bind you from any interference, distraction, transference, or blocking or counterfeiting the Holy Spirit, in Jesus name. I bind up and forbid any counterfeit gifts, un-godly manifestations, and lying signs and wonders, in Jesus name.

Father God, I thank You for Your heavenly angels and pray that they would be released in accordance with Your word.”

***Please Note - Many of our prayers as an added precaution will include the term ‘ancestors’ to cover any sins that they may have participated in that you are unaware of.***

## **Healing The Wounded Spirit and Soul**

Humans have a soul and a spirit. Many of us carry a wounded soul and a wounded spirit. Our spirit and soul both need healing and this healing can only be done by Jesus. Man cannot heal himself of a wounded spirit or soul.

**Wounded Spirit - The spirit of a man will sustain him in sickness, But who can bear a broken spirit? (Proverbs 18:14, NKJV).**

***A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken (Proverbs 15:13, NKJV).***

The Lord taught me recently that you can have a wounded soul and also a wounded spirit. I had previously only known about the wounded soul. The soul (which is the heart of man and comprises our mind, will, emotions and conscience) was separated from the spirit at the fall in the Garden of Eden. The soul can house all kinds of trauma, pain, wounds and even demons. The spirit can be wounded also. Our human spirit belongs to God and is the breath of God. The devil and his demons cannot touch our human spirits once we are born-again. If we are wounded or demonised in our spirit this is healed when we receive the Holy Spirit at the time of our baptism. Woundings in our spirit can be formed from our own rejection towards God, and when we perceive that God has rejected and abandoned us. God once showed me that if someone doesn't appear to have received the Holy Spirit after praying for salvation to look for rejection against God, or the belief that God has rejected you. Repentance of rejecting God will need to be done, as well as repentance for believing God could ever reject or forsake you, and then forgiving

God because you believed He rejected you. The only time according to Scripture that God will turn from you is when you reject Him and turn away from Him. He has no choice but to walk away because He will not violate free-will and force Himself upon you. If at any time in our lives we have laid down the call of God over our lives that too can wound our spirit and soul.

The spirit is where our Godly intuition, Godly gifts and Godly fruit operate from. The spirit is in the body of every human being there is. It lies dormant, or inactive to the ways of God until you are born-again. The soul is where our fleshly emotions and conscience operate from. The spirit and the soul war against each other. When you are born-again in your spirit all the damage and all the wounds are healed and it becomes brand new – but when people whom God has put in your path to feed and nurture your spirit wound you, the spirit can become wounded again. When this happens the spirit can enter into dormancy again. One such example is other believers as you are all ‘one body’ in Christ. This means our born-again spirits are one with other believers and we are linked together spiritually. I recently was shown by God a lady’s spirit and it was battered and bruised all over which was caused from rejection of people in her church. She was very prophetic and obedient to God which in turn made many reject and want to shut down her Holy Spirit gifts in operation. This in turn made her unconsciously lay down her gifts as she was no longer wanting to use them through ‘fear of rejection’.

The Lord once taught me that there are also Godly soul ties meaning they nurture and provide sustenance to the soulish parts of man with holy things and they can be between you and people God has given to us to feed our spiritual wellbeing. When the spirit and soul are thriving the physical body will too. These connections are God-given. Our souls can also become wounded when we have disconnected and broken that Godly tie from any person that God has joined together. Divorce between husband and wife is a classic example as you are joined in a Holy Union of a threefold cord.

Ungodly soul ties are soul to soul meaning they are soulish and carnal which feed the fleshly parts of man with unholy things. They are formed when we enter into unholy unions with another through sexual relations or other things such as occult activities.

How do we get our spirits healed? We firstly need to release our spirits and souls to Jesus for healing. We may even need someone else to release it in a positive, believing prayer. In order for this to happen we need to forgive those whom God has chosen to nurture us that have instead hurt us, and vice versa. We need to also repent for every relationship that was given by God that has been broken.

**(PRAYER)** – “Father God in Jesus name I repent for anytime I and my ancestors rejected You. I repent and renounce the lie that You would leave or forsake me. I forgive You for the times I believed You forsook me. I repent for anytime I laid down the call of God over my life. In Jesus name I forgive all those whom I have a spirit to spirit connection with that hurt or wounded me. I bless them. I repent for all people that I have hurt or wounded that God gave to me to nurture and feed also. I repent for all God-given connections between myself to another that has been broken by myself or them. I forgive myself for all the things I have done that has wounded or hurt another. I repent also for not using my gifts through ‘fear of rejection’. I release

my spirit to You now and submit all my hurts and wounding's to You to be healed. I pick up my God given gifts again so I can be used by You fully in Jesus name."

*(Have someone Godly that you can trust to speak this over you)*

**(PERSON PRAYING)** – "I release *(name)* from a wounded spirit and I pray for every area in his/her spirit to be healed in Jesus name."

**Wounded Soul** - Our soul is also known as our spiritual heart. God showed me that our heart has four chambers like our physical heart which are mind, will, conscience and emotions. Our spirit is our God conscience - ***I tell the truth in Christ, I am not lying, my conscience also bearing me witness in the Holy Spirit (Romans 9:1, NKJV)***. Our soul (heart) has a evil conscience until it is purified. ***Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water (Hebrews 10:22, NKJV)***. The heart is the area in which we trust God, and worship in spirit and truth. Deliverance and healing enable our soul to come into alignment with our born again spirit.

A soul can become wounded from sin, *(our own sin or those sinning against us)*, soul ties *(invisible spiritual links between oneself and another person, object or thing in which demons pass between)*, divorce *(when two become one and then separate, the tie that is formed between the two souls is torn, tearing the two souls in the process)* and traumas *(rejection, self rejection, fear etc..)*

***Lest they tear me like a lion, Rending me in pieces, while there is none to deliver (Psalm 7:2, NKJV).***

***I said, "Lord, be merciful to me; Heal my soul, for I have sinned against You" (Psalm 41:4, NKJV).***

***He restores my soul; He leads me in the paths of righteousness For His name's sake (Psalm 23:3, NKJV).***

***Whoever commits adultery with a woman lacks understanding; He who does so destroys his own soul (Proverbs 6:32, NKJV).***

***And the two shall become one flesh'; so then they are no longer two, but one flesh (Mark 10:8, NKJV).***

***A merry heart does good, like medicine, But a broken spirit dries the bones (Proverbs 17:22, NKJV).***

***A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken (Proverbs 15:13, NKJV).***

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

A wounded soul can cause physical infirmities. What we sometimes see in our bodies is a reflection of our soul. Many times when healing comes for the soul, the physical manifestations in the physical body are healed also. ***A merry heart does good, like medicine, But a broken spirit dries the bones (Proverbs 17:22, NKJV).***

***Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers (3 John 2, NKJV).*** These woundings can happen throughout the various stages of our lives. Parts of the soul can crack and separate themselves from the main core of us. It is a coping mechanism to protect us from the pain. We then build a wall as a form of self protection around that memory and pain. This wall is false protection and is built upon using lies from the enemy. This is known as a demonic stronghold. The wounded parts of us are known as alters. Alters are simply parts of your mind that are locked up. These alters can form from a very young age and they are a God given help in helping the core (main) person to continue with their life. In deliverance the demons can be found behind the alters. The demons that enter into the cracks become false counterparts of us. These false demonic counterparts can be known as preconception you, in-utero you, baby you, toddler you, little girl/boy you, teenage you, adult you and senior you. A soul can also split in half (completely sever) to form separate identities which is what we see in mental illness such as Split Personality disorder, Bipolar or schizophrenia. This is due to extremely traumatic events. ***A double minded man is unstable in all his ways (James 1:8, KJV).*** It can even shatter and break which is known as a Psychotic Break, Dissociative Identity Disorder and MPD.

You will need to relinquish the wall of false protection to Jesus. The Holy Spirit may show you that you need to engage with those parts of you that are wounded and speak healing into them. He may lead you to scriptures that come against specific traumas like rejection, fear, fear of death etc..... You will need to look for unforgiveness and any un-confessed sin and release where applicable. You will need to sever the ungodly soul tie that is attached to the place of the event, and to any people involved in the trauma. You will also need to release the demonic counterparts of you that has entered between the fragmented part of you. One time when God was healing my fragmented soul He showed me that I had rejected myself and hated myself as a child because of rejection from others. After I had forgiven the people who had rejected me I spoke to 'Little Girl me' and told her I loved her over and over as I wept. The healing was huge as I finally accepted myself and spoke love into those wounds of self hatred.

When the Lord started to teach us about wounded souls and alters I asked Him if this could be backed up Scripturally as I firmly believe that everything one does needs to be confirmed through Scripture. I already knew through Scripture that souls could be shattered, broken and wounded and that God wanted to make us whole but what about the separate personalities and alters needing to be dealt with. Immediately He brought me to Himself. He showed me that He is a three part being. Although He is one God He has three distinct personalities each with different roles. If we are made in His image then we too can become distinct personalities but still be one.

**(PRAYER)** - "Heavenly Father in Jesus name I repent for every sin on behalf of myself and ancestors that wounded my soul. I release my soul to You for healing. I repent for all times I was artificial, and pretended to be something I was not. I have tried to protect myself as I have not trusted anyone else to protect me, including You and those you have put in authority over me. I forgive the people who wounded, failed, traumatised, and rejected me (*name them if possible*). Self-protection is an



idol in my life, as I trust in it more than I trust in You so I relinquish this idol and everything else I have used to protect me to you Lord Jesus, as this is false protection. Tear down these walls, I no longer need them, nor do I want them, all I need is my God-ordained covering. I renounce the lie that You are not protecting me. I declare that I am under the refuge of Your wings (**Psalm 91**) and that I will fear no evil, for You are with me. Your rod and Your staff comfort me (Psalm 23). I declare that my protection is my God-given walls which are salvation (**Isaiah 60:18**). In the name of Jesus I break all access points, ill effects, pain and trauma to all events. I break ungodly soul ties to all people involved with the traumas and I break the ungodly soul ties to all events where there was a wounding of my soul.

I break all enemy assignments operating against me and my family. I break all entry points of death, destruction, fear, rejection, torment, grief, shock and trauma, including that which entered in the womb. I bind and break all accident, misadventure and curses and command all demons I received from all wounds, traumas and soul ties to leave in the name of Jesus Christ. I speak to all demonic spirits entrenched within false protection including multiple me, artificial me, false me, hurt and abused me, man/woman me, senior me, adult me, teenage me, little girl/boy me, toddler me, baby me, in utero me, preconception me, protection of self and every other demon of false protection, insecurity and not trusting in the Lord, as well as all spirits of mental illness and break your power and command you to leave in the name of Jesus Christ. I ask you Lord Jesus to remove the pain from the memories, and to remove all residual effects. I pray for the anointing of Christ to repair all wounds and for all fragmented pieces within my soul to be restored and placed back into their rightful place in Jesus name. I pray that the real adult whom God made will come up in me and stay.”

**Ministering to Alters:** You will need someone to work with you who flows in the word of knowledge and who is able to hear the Holy Spirit speaking to them.

### **Releasing the False Protection:**

**(Person praying with you)** - “I speak to *(eg: little boy/little girl you)* and tell you that you are safe.”

**(Person needing prayer)** – “I speak to the wall of protection I have created and tell you I no longer need you to protect me, as this is false protection. I declare that My protection is my God given walls and they are called salvation (**Isaiah 60:18**).”  
*(Cast out any demonic counterparts that are identified).*

**\*May need to deal with alters:**

- **Cover the alter with the Blood of Jesus Christ.**
- **Address the alter by naming who it is (i.e. Little girl) and ask questions, and/or speak healing into the girl/boy following the leading of the Holy Spirit – (The alter will converse with you).**  
(Acceptance and healing between the adult and the alter may be needed. Rely on the Holy Spirit to show you what needs to be done).
- **Pray for the healing of the soul so that the alter and the adult may be integrated back together again as one in wholeness and in unison.** (Ask the Holy Spirit to confirm this is done. The fullness of this may not happen until the end of the session).

**Releasing Trauma** - Trauma is defined as a very difficult or unpleasant experience that causes someone to have mental, physical or emotional problems. If the spirit of trauma is embedded within sin it cannot be released until the other areas are dealt with. One such example of this is when the Holy Spirit showed me that the spirit of trauma couldn't be released from me because of the blood contracts my Great great grandfather (who was a Grandmaster Mason) made with satan. If there is a blood contract to satan he has ownership of your blood. Every time I shed any blood the contract he made became binding in my life until I repented for this generational sin. The spilled blood of man cries out for vengeance, and if satan has ownership the spilled blood cannot be healed which in turn brings lack of peace to your body. Blood is the lifeline of the body so if satan has a claim to any of your blood there will be lack of peace within your body. You will need to claim your blood back from satan and ask Jesus to cleanse it, then pray for the Blood of Jesus to bring fullness and life back into your entire body.

**(PRAYER)** - "Father God I repent and renounce all blood contracts to satan within my bloodline in Jesus name. I bring before you every wound and trauma I have suffered. I pray for a release from the spirit of trauma and pray for healing to take place in all those wounds. In the name of Jesus Christ I command the spirit of trauma, shock, fear, grief, pain, terror and shame to leave my entire spirit, soul and physical body. I break every ungodly soul tie that is attached to all people, things and places where there was a trauma in Jesus name. I pray for a cleansing of my conscious, subconscious and unconscious mind. I pray for a release from all memories that have embedded themselves into my whole cell structure including DNA and RNA in regard to every trauma suffered. I now claim back ownership of all blood offered to satan within my bloodline and give it to You Lord Jesus Christ. I ask an impartation of the Blood of Jesus Christ to cleanse my blood to remove all impurities and bring peace. I pray for longevity, blessings, fullness, life and abundance - Amen!"



**Healing the Broken Heart** - What denotes a broken heart? In man's terminology it is used in reference to a state of extreme grief or sorrow, typically caused by the death of a loved one, the ending of a relationship or when circumstances cause emotional pain.

The spiritual heart is also known as the soul. It comprises the mind, will, emotions and conscience. Our spirit is our God conscience - ***I tell the truth in Christ, I am not lying, my conscience also bearing me witness in the Holy Spirit (Romans 9:1, NKJV)***. Our soul (heart) has an evil conscience until it is purified. ***Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water (Hebrews 10:22, NKJV)***. Our hearts can be broken - wounds, cracks and fragmentation within your spiritual heart. Demons will live in these wounds and cracks to prevent healing. When our heart is broken it can be reflected within our physical bodies as infirmities. The Holy Spirit once told me that 'Healing begins within then the external manifestations follow'. Traumas and sin throughout your life cause a broken heart. A heart can be split completely in two or even totally dismembered - this means fragmented and split into multiple pieces. Only Jesus can repair those broken parts of you and put them back together again. He starts with each broken piece and cleanses it, then heals it, moving on to the next piece until all pieces are restored so He can fit them together again into one. As each piece is restored this in itself can bring freedom but the real changes happen when the broken pieces become one. Jesus cannot fully dwell in your heart when it is broken and incomplete. ***And if a kingdom be divided against itself, that kingdom cannot stand. And if a house be divided against itself, that house cannot stand (Mark 3:24-25, NKJV)***. There may be parts of your heart which are light whilst others parts are still dark. First Jesus places your heart back together again then He Himself will enter and permanently dwell there. This is known as the second infilling (or baptism of fire) of the Holy Spirit - putting off the old man and putting on the new!

One of the things that can tear the heart is soul ties. Soul ties are either Godly or ungodly. Godly soul ties feed the spiritual parts of us with holy things that are beneficial to our well-being. Ungodly soul ties feed our flesh with things that are detrimental to our well-being. Ungodly soul ties can serve as bridges between two people to pass demonic spirits through. They are inherited through ungodly connections with another through sin. A soul tie ties two souls together in the spiritual realm. This can be Godly or ungodly. We see an example of a Godly soul tie when Jonathon and David through their close relationship are knitted together in their souls. ***And it came to pass, when he had made an end of speaking unto Saul, that the soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own soul (1 Samuel 18:1, KJV)***. The word knit means to tie together - so we must assume soul ties are actual ropes or twining. God has shown me ungodly soul ties as ropes, barbed wire and even chains. God gave man free-will so when man freely binds himself with another either a Godly connection or unGodly connection develops. A Godly connection only forms I believe if God has ordained it and it is done for Holy purposes.

I believe man can also freely unbind himself when he chooses from a Godly soul tie and God will allow this to happen, but the problem with this is when separation of the

two happens fragmentation will happen to both spirit and soul when they are separated reaping destruction and devastation to both parties. Imagine the devastation to a child when that Godly bond is completely severed by his/her parents at birth by adoption, abandonment or death of one or both of those parents. That child although having other people in his/her life doesn't fully recover from that trauma until they find Jesus Christ and have that wound repaired through forgiveness and healing. Ungodly soul ties in themselves damage the soul as they are meant to cause harm. The Godly soul ties are gentle and do not damage, the damage only occurs when they are severed without God's consent. When a Godly soul tie is broken an ungodly soul tie is formed in its place hence causing even more damage. Ungodly soul ties can also form at any time during relationships alongside Godly ones. Ungodly soul ties however do not automatically break when we separate from those we have soul ties with as the demonic will want to keep the bridge active to pass demons through from one to the other. Only the power of Jesus Christ will break the ungodly soul ties.

Many times throughout our lives we give our hearts to others because of love and close bonds we have formed with them. Giving our heart to another figuratively speaking is simply laying our heart on the line and being vulnerable to another by giving them our love which is what we are supposed to do but the problem is, what we speak can bring 'life or death'. How many times have you spoken the words "I give you my heart", or "You have a piece of me forever", or "I will carry you in my heart forever"? These statements unbeknown to us is our free will giving to another a piece of our soul. When we love another it can be for Godly reasons or ungodly reasons. What can then form is a Godly or ungodly tie. In these scenarios the heart has not 'actually' been given away as it hasn't actually left our bodies (I believe that God has put a protection mechanism in place otherwise people would literally be walking around with bits of us), but we have developed a spiritual tie with these people which connects us together in the spiritual realm. As humans we open our hearts up to many which in turn can cause devastating damage if the relationship goes sour. When we do this we are knitting our spirits/souls together with them. If they wound us or the relationship ends imagine the devastation and destruction as the spiritual ropes binding the soul/spirit together is torn away and separated. Imagine two things knitted together with twining and what would happen if you pulled them apart. We need to ask God to heal all damage created from broken soul and spirit ties. The act of giving or opening your heart to another isn't the problem as this is how God made us. We are to love and have relationships with one another - the problems arise when the relationships turn damaging. If our spirit/soul is still entwined with a tie with one that we no longer have a relationship with because of a separation, or even have a volatile relationship with our wounds of grief and hurt may not be able to be healed until we have **a) Forgiven** and **b) Claimed** back those parts of our hearts that we have actually given away. The ungodly soul ties in this case may not be able to be broken until we do those two things because we willingly gave them our heart in the first place. We need to also claim back our hearts from those who have not treasured them and treated them well because we no longer want those people to have access to us as the abuse within our own soul could still be happening from them even though we no longer see them because of the ungodly

soul tie. The Bible tells us to diligently guard our hearts (**Proverbs 4:23**) so this means we have to be careful with who open up and share our hearts with.

We can even give our heart away to animals, objects and things such as land or properties we have lived in. When a soul tie connection is made you become one with that person in the sense you are sharing a bond with them which connects you spiritually. When a soul is fragmented I believe it is fragmented within you - no parts of you can be outside the core of you, the only exception to this is the captive spirit discussed under the section 'Going against Gods commands'. When we claim back the parts of our heart that we have willingly given away then the soul tie can be broken. The soul tie will act like an anchor clinging to another person or thing so the fragmented piece is being pulled away from the core of you preventing it from being whole again within you.

Another thing that can fragment the heart is if we have experienced any traumas where there was a fragmenting of our soul. We can actually have an ungodly soul tie attached from our soul to the places of the events.

**(PRAYER)** - "Father God I forgive every single person, animal and thing that broke my heart. My heart and love has been given away to many and in return some have taken my heart and trampled on it. I repent that I did not diligently guard my heart and gave it freely away to another without wisdom and also if I gave it away in an unholy manner or event. I forgive all those whom I gave my heart to that treated it with disrespect. I now claim every piece of my heart back from all those people, animals and things that I gave my heart to that was detrimental to my well-being. I pray also that You would close all doors on people and things whom You see as detrimental to my God-given purpose in You. Father I ask that before You reposition those broken pieces of heart within me back into wholeness that they would be washed clean and healed with the blood of Jesus Christ. The relationships I have with others in my life that You think are good I pray that You would strengthen the Godly union between me and each and every one of them. I pray also that You would open doors to anyone whom You have chosen to help me to fulfil my God given purpose in You. The word of God says to love others as you love yourself - if I have been careless and disrespectful with the hearts of anyone else I repent and ask You Father God to wash those fragmented pieces in the blood and heal them. I ask that You would help me to care for the hearts of others as You care for mine. I break every ungodly soul tie I have formed with all people, animals and things who I have given a piece of my heart too.

All demons that dwell within broken areas of my heart I command you to leave in the name and power of Jesus Christ as well as all demons that have access to me from ungodly soul ties. I pray Father God You would heal my broken heart and any damage that soul ties have caused. I break every ungodly soul tie that is attached to every place where there was a trauma in my life and I claim those pieces of myself back into wholeness again. I forgive all the people involved with the traumas and ask You Father God to bless them. I cast out all fear, shock and trauma that have become embedded within my wounds in Jesus name. Please bring my heart back into alignment and wholeness. I give You permission Lord Jesus Christ to enter and permanently dwell within my heart that has been restored for You".

**Abuser/Victim** –These two spirits usually go hand in hand. The abuser is sometimes seen as bandages around the client and comes in on spiritual, emotional, verbal, sexual, and physical abuse. These spirits reach out to the demons of others around them, and encourage their host (person) to abuse you. There is also a flashing beacon that highlights to the spirit realm that you are a target for abuse. The victim spirit is sometimes seen as a sign, sticker or tattoo on one's forehead saying 'victim'. You just seem to attract rough treatment and become a victim everywhere you go. Bitter root judgments against a mother or father who is abusive, and/or judgments against the person receiving it usually results in the children following the same pattern until it is broken. This is called cyclical abuse. A person who is continually abused may be unable to help them self and can even accept this treatment as a belief that they deserve it.

People who are abused can lose control during these times of abuse - they become powerless. The power abusers have over their victims is control because they carry it all. The victim is powerless. The part of themselves that lost control makes people want to hold onto control. They want to control their lives and situations which makes it hard for God to be in control. The innermost part of them that lost control needs to be relinquished to Jesus.

**(PRAYER)** - "I ask the Holy Spirit to show me any cyclical generational patterns of abuse, and any bitter root judgments I have spoken that has continued this pattern of abuse". *(Write them down)*

"Heavenly Father in the name of Jesus Christ on behalf of my ancestors and myself I repent for the times we have spiritually, physically, emotionally, verbally and sexually abused ourselves or others. I forgive myself for all wounds and anguish I have caused others. I repent for allowing the enemy to keep us down, especially when feeling it was our penance or duty to keep accepting this abusive treatment. I repent for all self-belief of unworthiness, and not believing we deserved better. I repent for allowing this abuse to continue as a way to receive attention. I forgive all the people *(name them if able)* who have abused, victimised and traumatised me and my family. I repent for all of the judgments made against the perpetrators and victims of the abuse. I forgive myself for allowing this to happen and declare that I was not to blame, nor was it my fault. I was a victim and I was targeted by the devil. I forgive You God for allowing this to happen to me and I pray that You will use these experiences to help those who are also trapped within cycles of abuse and cannot help themselves. Thank You God for all experiences that I can use to Glorify You. What was a thorn in my flesh becomes Glory for Your Kingdom. I declare I am no longer a victim and a target for abuse. In the name of Jesus Christ I declare I can do all things through Christ who strengthens me. I now choose to lay down and hand over to You Lord Jesus Christ all parts of me that lost control when I was abused. I lay down control and relinquish all walls of protection I have built around control. 'Fear of loss of control' I speak to you and tell you I no longer need you anymore. I give all control over to Jesus Christ. You Jesus are my rock, my salvation and my peace. I break all areas of abuse and victimisation including sexual, emotional, verbal, physical & spiritual in the name of Jesus Christ. I break the generational curse of abuse that flows through my blood-line in Jesus name. I break

the repetitive cycle of abuse that formed as a result of bitter root judgments. I extinguish the flashing beacon that highlights to the demonic realm that I am a target for abuse. I break every ungodly soul tie attachment from myself to all abusers and command the abuser and victim spirits, as well as all demons that transferred via ungodly soul ties to leave in the name of Jesus Christ”.

***(Prophetic Act) – Unwrap the bandages and pray for the healing balm anointing of the Holy Spirit as healing over wounds.***

**Grief** – Grief can be from traumas we have suffered, sometimes even from childhood where we were too young to understand how to grieve, which then needs to be released. Grief can be repressed, suppressed or prolonged which is where we can stay trapped in grief in a continual state of mourning. The soul can house many painful repressed memories, we also need to give God permission to remove the pain and release these memories so we can forgive and heal. (It may be in the session or over time) Healing first begins within, then the external manifestations follow (physical infirmities can be the direct result of soul wounds).

**(PRAYER)** - “I repent and renounce to You Heavenly Father all anguish and grief, including repressed, suppressed and prolonged grief. I repent of the times I may have bottled up this grief and didn’t allow it to be released, and for the times I may have stayed entrenched in grief and allowed it to overtake me. I forgive all the people who have caused me grief. I give permission for You to release all grief and any memories I have repressed. I ask for You to erase all pain from these memories – Amen. I sever all entrance points and command torment, anguish, all forms of grief including repressed, suppressed and prolonged grief, as well as all demons with you to go to leave in the name of Jesus Christ. I release the oil of Joy in Jesus name”.

**Scars** - A scar indicates that a wound has been healed but it also represents remnant. God wants to heal us fully - without any remnants left behind. Scars can be areas within our souls and bodies that the devil can easily hook into again. We need the light of Christ to remove the scars, much like laser lights or white light in the natural to remove blemishes from us. **John 8:12** shows us that the light gives life. I had a vision of a wound. I saw the water of the word mixed with the Blood of Christ cleansing the wound (just like what came out of His side when He was pierced), and then the hands of God stitching the wound and the light removing all traces of the scar. The light brings truth and enlightenment. I believe that scar healing can be done whilst spending time in the presence of God. Ask God to remove the scars from all your healed wounds with the light of Christ when you are having your alone time with Him. The light brings revelation of the truth. It is the truth that sets us free (**John 8:32**).

**Releasing a Loved One** – Losing someone you love is probably one of the hardest things humans have to ever endure. There is a time of mourning that is good and right but sometimes when it is time to move on with our lives the grief



renders us unable to do so. God wants the best for us and wants us to live our lives to the fullest, so when you are ready to let go of the grief and the heaviness and don't know how, this prayer will aide in this.

**(PRAYER)** - "Father God in Jesus name I release *(name of person)* to you – I am ready to let them go. I break every ungodly soul tie between *(name of person)* and me. I forgive you God that you did not prevent this death and I forgive *(name of person)* for dying and leaving me. I release and let go of any guilt and burden I am carrying in the belief that I should feel guilt anytime I feel happy. I command grief, loss, mourning, hurt, pain, sadness, brokenness, despair and everything that prevents healing to go immediately in the name and power of Jesus Christ. I ask Father that you would remove all painful memories and reinforce the happy ones. I release healing of a broken heart. I give to You Lord Jesus every burden I carry. I release healing for all wounds and I impart peace, joy, happiness, wholeness and love into my whole being through the authority given to me by the Lord Jesus Christ. Thank You Lord Jesus I praise Your wonderful name, Amen."

**Forgotten Pieces** – One afternoon I was spending time with the Lord Jesus in my worship and soaking sessions when He spoke this to me: - ***"You are betrothed to Me – I am your husband and you are My wife. Like any loving husband I want to shower you with gifts. How many husbands can heal their wives? A doctor maybe or even a psychiatrist. I can heal you in a way that no one else can. You cannot trust the Father without Me. Before you can trust the Father you must first trust Me. The trump card is Jesus. I am the trump card. I am Grace - My empowering love. My love in you changing you from the inside out. When the Father said He couldn't heal you until you trusted Him what was he referring to? He was referring to your broken heart. There is within you a piece of your heart missing. This piece is a piece that you have hidden from sight. It is too do with trust. You are afraid of being hurt. You are afraid to trust, you are afraid to let go. This extends greater than the security you lost when your natural father left. The violation of mankind. Man has hurt you. Society has let you down. Fear has entered because of the way the world has turned. You are afraid of the world. The world has turned upon itself. You are afraid to 'live' in the world – to actually let go and enjoy life. To many 'what if's'. You are afraid of what the world may do to you. I want to show you that you have nothing to fear. If God is for me then who can be against me. So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?" (Hebrews 13:6). If you trust Me with your whole heart then there is nothing outside of Me that can harm you. Until you give that part of yourself to Me I cannot heal you. How do you give to Me something that is lost in which you do not know how to find? You have put it in a place long forgotten but Jesus has the key. Ask Jesus to retrieve that missing piece so you can give it to God the Father. You need to trust all three members of the Godhead for we are one. If you cannot trust one member then you are not trusting us all. There are many areas within man's heart that he/she can bury. They are the forgotten pieces – buried so long ago you are unable to find them or even remember where you put them. In other words these areas of your soul are***



*lost – not only to you but also to Me. You need to give Jesus permission to return them to you so you can then give them to Me. Whichever member of the Godhead you cannot trust is the one in which to give the missing piece to. If Jesus is the one you cannot trust then you need to ask the one whom you do trust to retrieve it. If you trust none of us then ask Me to send someone whom you do trust to retrieve it. It could be a friend, or even yourself whom will go in the spirit. What will happen when Jesus retrieves the missing piece for you? There will be an event, a moment, an opportunity to relinquish this part back to the Father. You can choose to trust. It is that choice that will determine the rest of your life.”*

**(PRAYER)** – Lord Jesus (or whichever member of the Godhead you trust) I now give You permission to find and retrieve any pieces of my heart that I have buried, lost or forgotten that are unyielded to the Godhead. I pray for an event, an opportunity or a moment in which I can relinquish this part of myself over to the members of the Godhead that I am holding back from. Thank You, Amen.”

**Expectations** – I got extremely bullied as a child and teenager. It even carried into my first few jobs when I left college. My dad also made me feel as though everything I did was never quite right or good enough. He was a perfectionist so everything I did had to meet his high standards and I never measured up. I always vowed I wouldn’t make my children feel this way but unfortunately I see I have become a perfectionist and can sometimes see myself criticising my children in much the same way. This of course is a result of the bitter root judgment I made as a child in which I had to repent.

As an adult I became extremely sensitive as a result of the wounds I received from the bullying – to the point where it seemed to me that everyone was offending me. People would offer me advice and instead of seeing it as helpful I saw it as an attack or criticism against me as it appeared to me that their advice was showing me where I was going wrong. I would wonder why Mark would hardly ever notice these attacks from people instead telling me that I was oversensitive and misunderstanding what they were meaning. That of course just made me mad at him for being insensitive. He would ‘see’ that these people had critiqued me but couldn’t understand why I felt so hurt and offended by it. Too be honest neither did I but I just knew it hurt deep when it happened. These events would take me days to get over sometimes. Recently a friend rang and told me that she had a minister friend that she wanted to bring by to help me as I had been very unwell for a long time. The Minister arrived and she started discerning things immediately – one of which was that she saw a wall the enemy had put between Mark and myself to divide us.

During the session there was a time where I felt attacked and condemned by the Minister in regard to how she portrayed what the Holy Spirit was revealing to her. Mark had come to sit in on the session and there was a moment where I felt Mark was side by side with the Minister condemning and attacking me too. It is hard to hear criticism from others when they are pointing out your faults and things you may be doing wrong. My immediate response is to want to retaliate and point out their faults too!

This time I felt so hurt I wanted to get up and walk out and tell them to go away, but I heard the whisper of the Lord to me saying “God chastises those whom He loves.” I bit my lip and accepted what was being said. The session in itself was fantastic, it confirmed everything the Lord had spoken to me in regard to the sickness I was suffering and the future of the Ministry. At the end of the session the Lord revealed to us all that He had forgiven me of my sins and that satan the accuser had no legal rights over me and that I would receive my healing. Feeling very positive and reassured I spent the rest of that day excited.

The next morning when I awoke I was as unwell as ever. I confided in Mark that I felt so disappointed – I had really believed that yesterday was a major turning point and in the natural it felt like nothing had changed. This appeared to be happening over and over to me. I would get my hopes up and then nothing, I could see no change. Feeling dejected I said “What now, I just can’t take this anymore” and burst into tears. Mark (bless him) tried to help with some advice but again I felt more judgment, condemnation and attack. All I seemed to hear from people was ‘Do this, do that’, you are doing this wrong, but nothing was helping. During this time I brought up the session and how I felt attacked. He of course told me that I had taken him wrong. He said he didn’t mean to attack me and believed the Minister hadn’t meant to either. This produced a full on argument. I went to my room and cried and cried. I felt hurt, I felt angry, and I felt that no one had my back, not even God. I then did a 180 and started to hate on myself – thoughts were going around and around in my head ‘If people keep telling me my faults then I must be a terrible person, a big failure and I must be useless’. I shouted to God “I am done, it is too hard, I try my best and it’s never good enough for anyone. I believe I am a nice person and I don’t mean to do anything wrong. Why am I always attacked for everything I do?” The devil started to flash graphic images into my mind of my wrists being slit alongside an overwhelming feeling of temptation to do it. Recognising it as a spirit of suicide trying to tempt me I yelled out “No”, my love for my children and my family will never make me do this.” I felt so hurt and pained in my soul that all I could do was sob from the innermost depths of my soul for what seemed like ages.

Then in that place the Lord spoke ***“You are hurting because you want everyone to accept you and be kind to you and not judge you. EXPECTATIONS! Expectations are things that other people put on you. You can put expectations on yourself and other people including God. Expectations are something that you can also put on yourself through trying to please others. One of the many reasons people try and please others is because they want approval or acceptance from them. ‘Never being good enough’. People try and try to please God, their parents, their husbands, their wives, their bosses, their friends but the truth is nothing they do will ever be good enough. Humans will never live up to another person’s expectations no matter how hard they try. It is time My daughter to let go of ‘Trying to please everyone’ because you will never in this lifetime achieve it. You still have the wound which is ‘Never being good enough’. This wound amplifies each time someone points out a fault in you. After you ‘receive’ the criticism you first become offended, then angry and try and justify yourself because you feel hurt. After pondering it you may recognise truth to the aforementioned fault, condemn yourself and then the accuser tells you that you are a failure and reiterates over and over again that***

*you are not good enough. In that place of being condemned you then see yourself as useless. Your desire to please Me and others comes from a place of needing acceptance and approval. This does not work for Me. Pleasing and blessing others should come from a place of 'no expectations'. You shouldn't expect to receive anything back even if it is just approval. You don't bless to receive, you bless to give. You crave approval and acceptance. You need approval and acceptance. You are not even aware you are doing it. I am going to heal that wound so that when you give to others and want to please them, it is from a pure heart to bless, and not to receive. The wound is deep and it has hindered you for too long My daughter.*

*So what is one to do? Let it go! Let go of the expectations and realise you cannot please everyone. Letting go is one of the best things you can do. Let go of expectations and the need to please everyone and be perfect. You believe you have to be perfect to be loved, this is a lie. I do not expect perfection from you because I know you cannot achieve it. Only I can achieve it in you. The last thing you need to let go of is trying to please everyone. In your own strength you cannot please everyone. Perfection – Expectations – Approval. Everyone is looking for approval and acceptance at some point in their lives. The truth is I already accept you, I already approve you. No matter how much you mess up I still love you. Real love is love that keeps on loving no matter what. Did I stop loving man when man sinned in the Garden? Absolutely not! I sent My Son to die for mankind so sin could not separate man from Me anymore. I am a just God. I cannot look at sin. Sin separates Me from you. Jesus removes the wall of separation when you accept Him as your Lord and Saviour. The wall between you and Mark is expectations – what he expects from you and what you expect from him. The sooner you accept that you will never meet each other's expectations the sooner it will be removed and freedom will take its place. How do you remove this wall? Lay it down and repent.”*

**(PRAYER)** – Father God I repent for every expectation I have put upon others (Name the people if able). I forgive all those who put expectations on Me (Name them if possible). I forgive myself for not meeting others expectations of me, including the expectations I put upon myself. I now wish to relinquish my wall of expectations – what I have put on others, what they have put on me, and what I have put upon myself. Replace this wall with love Lord Jesus. A love to want to please another simply because of a desire to bless one another. Expectation creates friction and restriction between myself and others. I bind and cast out friction and restriction in Jesus name. I release and impart freedom, peace, hope, love and 'no boundaries' in God. No more tying myself in knots trying to please others so I can find approval and acceptance. Release me Lord Jesus from these chains – Thank You for accepting me into Your Kingdom Father God and into Your arms. Cover me with Your love Lord God so I need no longer to search for love and acceptance from others. Thank You, Amen.”

**Not Believing in Yourself** – After I received the revelation about 'Expectations' I happily accepted that the fault was mine in the sense that Mark had always

believed people weren't attacking me and that I had only perceived it that way because of the wound of 'never being good enough'. It had appeared that God had confirmed this when He talked about this wound. Four days after the revelation God revealed that there was more to this than I originally believed. There had recently been a person whom I felt really troubled in my spirit about but Mark had no such reservations. Mark and I had a few arguments in regard to this so I accepted that it was just that I was oversensitive and 'seeing' things that weren't actually there. That was until I received a phone call one afternoon in regard to the person I was troubled about in which I was told to be on guard around them. Then other concerns from other people started to surface. Perplexed at that moment that I was right momentarily stunned me. In that instant the Lord spoke and this is what I heard – ***“Not believing in yourself. Not believing in yourself means you are not trusting in the gifts God gives you. Discernment is one of the greatest gifts I have given you. This has been confirmed by other Ministers. When your spirit is troubled trust this as it is the Holy Spirit. Pray in tongues and ask Him to reveal why He is troubled within you. Before I can launch you into the call of God you need to trust in yourself. From the beginning you have questioned whether you have heard from Me or the enemy. Discernment is God given. When God gives you discernment it comes immediately with a peace and a knowing. If you do not get this ask for more.*”**

***Mark has wisdom and you need to listen to this but you have been given a powerful gift of discernment and he also needs to listen to this. Many times Mark has seen everything through his own eyes when you saw through your spiritual eyes. What you 'see' is not always what Mark or others 'see'. When you discern that you have been attacked more often than not you were being attacked. Do you have a wound that takes offence when people pinpoint faults in you, even when they are only trying to help? Absolutely – but the enemy also uses this wound to hide your discernment. This wound is visible to the enemy so the enemy will use people to attack that wound. They are unaware that they are being used by the enemy. You 'see' the enemy attacking that wound which others may not see. This appears to you as the person attacking you. The hurt comes out of your wound but your discernment is God-given. When your wound is healed your discernment will be sharper because emotions will no longer hide what you are truly seeing. I am going to grow your discernment to a whole new level. I need you to trust your instincts, trust your discernment and most of all trust My voice – let it lead and guide you. Trusting in yourself – I can't launch you into the new thing until you trust in your ability which is My gift. Is it any wonder the enemy bombards you with counterfeit voices when the call of God over your life is to 'Hear the voice of God' and speak what He says into others' lives. Deceiving spirits 'posing as the Holy Spirit' are constantly harassing you so you will doubt your discernment which is a gift from God. When you need to know My voice you always know My voice – believe this because you know it is true. Your entire Ministry is based on hearing My voice. Until you know My voice and trust your gift I have given you I cannot release you any further. Repent for not trusting in the discernment I have gifted you. You have tried many times to discern in your own strength through fear of getting things wrong. You overthink and***

***analyse everything. Relax and let the Holy Spirit of God teach you discernment. Take a step of faith and trust Me to show you. If you get it wrong trust that I can use it for good. Anything you do that may turn out to be wrong you can then use for teaching purposes. Trust Me in all things"***

As I was typing this I received an even more amazing revelation. God had originally told me that I couldn't be healed until I trusted Him. He also told me that the root of my sickness was self-destruction and self-hatred. I was waiting for an infilling of more of His love. When you believe you are not good enough it is a blockage to receiving the Father's love. All I had to do now was believe in the gift He gave me and trust it. This not only breaks 'not trusting God', it also breaks believing I am not good enough. God was telling me to believe in myself to be able to use His gift. Trust Him and trust myself. God is wonderful – I could see it so clearly. When people cannot see what I see I am to no longer consider myself wrong or worthless because I am undermining not only myself but also the wonderful gift that God had bestowed upon me. I had looked to other people all my life for confirmation because of the need to be accepted. I had carried this into the calling God had over my life – doubting myself and everything God showed me unless someone else had the same thing and could confirm it. I needed confirmation from others before I felt confident enough to step out in what God was showing me. This in itself isn't wrong as it is a biblical precept to 'Let every word be established by the witness of 2-3' but I was practically clinging to this in everything. There is a balance - a time to respond by stepping out and trusting in God and acting and a time to wait and ask for more. It was now time for me to step out and put my trust entirely into God and into the gift He had given me!

**(PRAYER)** – “In Jesus name I repent for not believing in myself. I repent especially for not believing or trusting in Your gifts. I repent for not trusting in you enough to cover me if I stepped out and got it wrong. I repent for looking to others to confirm what I received from you when I should have immediately trusted the discerning gift you have given me. I forgive those who caused me to doubt in my abilities, especially when using Your gifts. All spirits of 'lack of self-belief' go immediately in the name and power of Jesus Christ.”

**Never Been Heard** – How many times have you felt misunderstood, misheard and felt like no one was listening? I have felt like this so many times I have lost count. Recently someone close to me was going through a tough time and was ringing me daily for support. Each time I tried to be there for them but kept getting my head bitten off for saying the wrong thing. It felt as though nothing I said was helping. I understood that the person was sensitive and extremely stressed which was causing the volatile reaction. I tried very hard to be sensitive and not upset them any further. During one of the conversations they yelled at me and said “Stop saying the wrong things, it isn't what I want to hear. I want you to tell me what I want to hear.” I replied with “I am sorry I do not know what you want to hear, I am trying”. After getting off the phone I was distraught because I had been yelled at.



I tried not to hold any unforgiveness because I knew that the stress of their circumstances was the driving force of why I was yelled at. Upon telling my husband he laughed and said “Now you know what I go through with you. When you are upset you come to me and I say all the wrong things because I do not understand what you want me to say and I end up making you worse.” I pondered this and realised that humans are not very good at reading each other and giving each other what they need when they are having a tough time. Around the same time I was going through a real tough time with my health. There were a couple of people close to me that I felt weren’t very understanding. I almost felt that I wasn’t believed which only lead me to always try and convince them of it each time I spoke to them. It was horrible. It is bad enough when you feel miserable but even worse when you feel there are people who just don’t understand. In those moments of thinking about this the Lord spoke to me and this is what I heard: ***“Never been heard. Wanting others to understand. If they have never been in your shoes they will never completely understand. True compassion, true empathy comes from walking in another’s shoes. Misunderstood! All your life you have been misunderstood. You have been mocked, teased and belittled. Today I turn the tides – this will be used as your weapon to heal others. You will ‘see’ their wound because they will be carrying what you once did. Your empathy and understanding will release My power from you. You carry My power and the ability to heal through your compassion – just as Jesus did. Now to healing that wound. Forgive and release to Me those who misunderstood and didn’t give you what you needed which was love, support, comfort and understanding. Why release them to Me? When you release them to Me I can vindicate you. I will give them an understanding of your suffering – a softening in their attitude, an ability to empathise even though they themselves have not suffered the same things. The enemy within them blinds their eyes to your needs. The enemy does this to everyone. He blinds the needs of others making it impossible for people to help each other with what they need. He wants people to feel alienated, isolated and alone. One of the major things that causes suicide is isolation – when one feels lack of support and abandonment. Is it any wonder he blinds people to others needs? How to heal the wound of never been heard is to release the people to Me and ask Me to open their eyes to your needs. Ask Me also to open your eyes to the needs of others. Only I know what each person needs because each need is different.***

**(PRAYER)** – “Father God I have been ‘misunderstood’ and ‘never heard’ in the eyes of others. I forgive them (*name them*) and all others whom have failed to support and nurture me. I release them to You. I repent in Jesus name for ‘misunderstanding’ and ‘not hearing’ the needs of others also. Open our eyes Lord so we can comfort, support and give each other what is needed in times of trouble. The word of God says that You supply our every need – help us to help you fulfil this in ourselves and each other’s lives so that You can be glorified. In Jesus name, Amen.”

**Let Down Those Walls** – Walls are things that we can build around ourselves as protection against hurt. They are formed as a result of trauma and hurt. The problem with these walls is that although they can block out hurt they can also prevent us



receiving things from God. They are known as false protection. One such example of this was when I once was ministering to a man and I discerned he was not baptised in the Holy Spirit. He confirmed that He had become a Christian by doing a prayer and devoted his life to Jesus many years ago but was not aware of any infilling of the Holy Spirit of God. I prayed and asked God why He had not received the Holy Spirit. This is what I believe the Holy Spirit spoke to me for this man: - ***“It’s all to do with his natural father. He sees Me through the same eyes as he sees his father. He believes I will let him down in the same way his father let him down. His father was not there for him in his time of need. He keeps Me at arm’s length. Every time he believes I have messed him around he rejects Me time and time again. He thinks if he lets Me in I will abandon him in his time of need. Fear of abandonment means he hasn’t truly accepted Me. When you accept Jesus as your Lord and Saviour you are also accepting the Father because He and I are one.”***

I then asked ‘how can this man let you in’? He then gave me this prayer for him to pray.

**PRAYER** – “I repent Father God for rejecting You by holding You at arm’s length and never truly letting You in. I repent for believing You would abandon me and that You would let me down. I repent Father God for believing You would reject me. I repent for not trusting Your love for me and for viewing You through the same eyes as I view my father. I repent for all judgments I have made about my natural Father and against You as my Heavenly Father. I am sorry that fear of abandonment has stopped me from truly accepting You Jesus Christ as my Lord and Saviour, because you and God the Father are one. My rejection of the Father means I have rejected You. I am willing to let go of ‘fear of abandonment’ and I tell ‘fear of abandonment I no longer need you and I no longer want you to protect me. I am willing to let down all walls of protection that prevent me receiving from You Lord Jesus. I invite the Father, Son and the Holy Spirit into my heart. Please Jesus Christ fill me with Your Holy Spirit and with Your unfailing love. These things I pray in Jesus name, Amen.”

As soon as this man had prayed this prayer he emailed me to tell me that he had indeed been filled with the Holy Spirit. He described the security and the love that he felt in that moment and the wonderful feeling that he witnessed as the Holy Spirit infilled his spirit. I knew that from this point on this man would never be the same.

*It is a good idea to ask God to show you if there are any walls of self-protection that you have that prevent you from receiving from God the things that Jesus attained for you. It is also a good idea to lay down those walls and give them to Jesus Christ and ask Him to be Your protection.*

**Taking Offence** – I recently came across a prayer written by someone else for releasing offence. As I prayed it I realised in that moment how easy it was for me to become offended by people. I am very sensitive and I tend to take on board every negative thing (even when it is constructive criticism) as an offence. I pray out loud

that I forgive them and bless them but I still feel the effects for days and become quite critical and judgmental against those who have offended me.

I decided to do a bible study on offence to see what the Bible says about it. I often wondered if taking offence was a sin or not, as previously I had assumed that being offended was simply just being hurt or grieved by someone or something, and to just keep forgiving them for that wound. After my study what I found was quite interesting. It seems that what the Bible defines as being offended is quite different to what I had previously thought.

***And they were offended in him. But Jesus said unto them, A prophet is not without honour, save in his own country, and in his own house (Matthew 13:57, KJV).*** The word offended here in Greek is **Skandalizo** and means 1) to put a stumbling block or impediment in the way, upon which another may trip and fall 1a) to entice to sin 1b) to cause a person to begin to distrust and desert one whom he ought to trust and obey 1b1) to cause to fall away 1b2) to be offended in one, i.e. to see in another what I disapprove of and what hinders me from acknowledging his authority 1b3) to cause one to judge unfavourably or unjustly of another 1c) since one who stumbles or whose foot gets entangled feels annoyed 1c1) to cause one displeasure at a thing 1c2) to make indignant 1c3) to be displeased, indignant.

***For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body (James 3:2, KJV).*** The word for offend here in Greek is **Ptaio** and means 1) to cause one to stumble or fall 2) to stumble 2a) to err, make a mistake, to sin 2b) to fall into misery, become wretched. When we take on offence and allow ourselves to become offended that offence can become a stumbling block or impediment in our way. When we offend another then we can also cause a stumbling block to be put in their way.

***The words of a talebearer are as wounds, and they go down into the innermost parts of the belly (Proverbs 18:8, KJV).*** The word for talebearer in Hebrew is **Nirgan** and means 1) to murmur, whisper 1a) murmurers 1b) backbite, slander, talebearer, backbiter. This means that when we are offended, any backbiting or slanderous words we may utter against those who have offended us can cause some deep wounding within them, and vice versa.

***And blessed is he, whosoever shall not be offended in me (Matthew 11:6, KJV).*** This Scripture is spoken by Jesus. If we take offence against God or in His ways of doing things then this Scripture is saying that we cannot receive blessing. There are so many times I have become offended at God because He hasn't done what I have wanted Him to do. In our misunderstanding of how God does things we can really get offended because of our lack of understanding. ***And herein do I exercise myself, to have always a conscience void of offence toward God, and toward me (Acts 24:16, KJV).*** The word 'void of offence' here in Greek is **Aproskopos** and means 1) having nothing to strike against, not causing to stumble 1a) of a smooth road 1b) metaph. of not leading others to sin by one's mode of life 2) not striking against or stumbling 2a) metaph. not led into sin, blameless 3) without offense, not troubled by a consciousness of sin.

***Woe unto the world because of offences! For it must needs be that offences come; but woe to that man by whom the offence cometh! (Matthew 18:7, KJV).***

The word offences here in Greek is **skandalon** and means offence, stumbling block, occasion of stumbling, occasion to fall, thing that offends; 1) the movable stick or trigger of a trap, a trap stick. 1a) a trap, snare 1b) any impediment placed in the way and causing one to stumble or fall, (a stumbling block, occasion of stumbling) i.e. a rock which is a cause of stumbling 1c) fig. applied to Jesus Christ, whose person and career were so contrary to the expectations of the Jews concerning the Messiah, that they rejected him and by their obstinacy made shipwreck of their salvation 2) any person or thing by which one is (entrapped) drawn into error or sin. This Scripture can be taken two ways. Woe be to the person who causes an offence, and woe be to the one who takes offence.

There was also an instance in the Bible in **Matthew 16:23** where Jesus says to Peter 'Get ye behind me satan for you are an offence to me. Jesus was not saying He was offended, He was saying that satan himself working through Peter was the offence, the stumbling block, the thing in the way to His plans. Sin itself is also sometimes referred to as an offence. If you break the law you are known to commit an offense.

***For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ (Romans 5:17, KJV).*** This is also not the same as being offended, or taking offence.

Through this I learned that taking offence is indeed a sin. Taking offence or being offended is more than simply being grieved or hurt by something. Being offended is when one judges unfavourably or unjustly of another. It is when we hold on to the grievance against another and it can become a stumbling block in our own lives. ***A brother offended is harder to be won than a strong city: and their contentions are like the bars of a castle (Proverbs 18:19, KJV).*** Being wounded, grieved or hurt by another does not mean we have committed a sin (although it can still cause wounding) – it is the reaction from our heart and how we respond that determines whether it becomes sin or not. Being hurt and being offended are not the same thing. Being offended is a step further from being hurt. There are many times God talks about being grieved in His heart by something that is not pleasing in His sight. We are also called to judge righteously and turn away from those things that are not pleasing in His sight. We are also called to exercise righteous judgement against another in love, but this is much different to reacting and retaliating out of an offence.

How do we handle offence? The Lord told me that as soon as one grieves or hurts you give that hurt or wounding to Jesus before it has a chance to fester into something bigger. Cast your cares upon Him. Forgive that person and bless them. Bridle your tongue and watch what you speak. I believe it is also a good idea to bring to light to the person anything they have done or said to hurt you and sort it out in case you have misconstrued what the true intent was. By sorting out grievances straight away any misunderstanding can be sorted and it doesn't give the enemy a chance to distort and twist or cloud your judgment later on as you are pondering over and over what was said. ***Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there***

***before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift (Matthew 5:23-24, NKJV).***

**(PRAYER)** - "Lord Jesus, I repent for taking offence and for criticizing and judging others. I repent for my unbridled tongue and for every word I spoke in offence. Please cleanse my mouth of every word I spoke in offense. I plead the blood over every word. Please help me tame my tongue. I forgive all those who have wounded, grieved and offended me. I repent for all those I have wounded, grieved and offended also. I am sorry for all the wounds I have inflicted on people with my words. I forgive those who have inflicted me with wounds from their words. Lord Jesus I pray that You would heal these wounds. I am sorry also Lord God for choosing to be offended at You when things didn't go according to My will. I cast my cares upon You and give You every wound, grievance and offence I carry. In Jesus name, these things I pray, Amen."

**Post Deliverance Infilling Prayer** - "I break every curse over my life from preconception to the present day in the name of Jesus Christ. I ask Father God that every curse would be replaced with a blessing. In the name of Jesus and by the stripes He bore on His body I pray for healing within every area of my spirit/soul and body. *(Pray specifically for all ailments)*. I command all misalignments to come into divine order in Jesus name. I cast out the spirit of infirmity in Jesus name. I cast out fear, shock and trauma in Jesus name. I command every fibre, every cell and every part of this body to come into divine order. I command all pain to leave in Jesus name. I pray for a creative miracle in all areas where body matter needs to be regenerated. I command all cells, cell structure, DNA, RNA, and all parts of the spirit/soul and body not to remember all traumas in Jesus name. I pray for the fire of God to burn off all remaining remnants and dross in Jesus name. I command every demon who has access to me to leave immediately in Jesus name. With the blood of the lamb I seal all doorways closed to the demonic and declare that demons can only exit and not re-enter. I bind the demonic doorkeepers and terminate their assignment against me in Jesus name. I ask for the Holy Spirit to infill with light all areas that were once dark in Jesus name. I pray for a hedge of protection to be placed around me and for any holes to be repaired in Jesus name. Thank You Father God in Jesus name for delivering me".