

Four Steps in Healing a Wounded Spirit

- 1. Describe to the Lord exactly what happened to cause the wound. Explain in detail what was said and done. You may begin to experience the same feelings that you felt while the situation was taking place. While those feelings are on the surface, begin to say these words. “Jesus I’m hurting. I can feel it, but as of this moment, what that person said and what that person did, for the wounds that they made and the accusations that they made, I, from my heart forgive them and I release them and give them into your hands. I also release this pain and this hurt into your hands.**
- 2. To the Lord say. “I have forgiven this person for what they did, and as of this moment, I’m asking you, the Lord of glory, to do the same. Wipe it off their record. Don’t make them ever pay for what they did to me, and don’t make them answer for it in judgment. Furthermore, if you ever need a witness against this person in judgment, do not come to me, for I refuse to testify against them, for I have forgiven them, and I ask you to forgive them.**
- 3. To the Lord say, “Lord, as of this moment, I release anything that I have done in my past that I am holding against myself, and I forgive myself. I release it all to you. You have already forgiven me, and now I forgive myself.**
- 4. To the Lord say, God, I forgive you. And I release any resentment that I have held against you. Jesus, sometimes things happen in our lives which bring a lot of pain and the devil will tell you, you have given your tithes, you obey your pastor, you love the church, you taught Bible studies, you won souls and this is what God gives you? Then we become angry with God. To free our spirit from anything that stands between us and God, we must say, “God from this day, I release it, and I forgive you, and from this day I will trust you, and will not question that you are right.**