

## Prayer For Pain, Sorrow, Cleansing & Forgiving

Repeat This prayer For Each Pain Event

### God knows Your Secret Pain & Sorrow

“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book. My enemies will retreat when I call to you for help. This I know: God is on my side!” Psalms 56:8-9 NLT

#### PRAY THIS WITH SINCERITY

- Jesus, do you have time for me?
- May I bring my pain and sorrows to you?
- Lord, do you see the confusion and fear in my heart?
- Do you know all the sources of the pain, confusion and fear?
- Do you see what it is doing to my heart?
- Please show me in a mental or word picture how my heart is damaged.
- Thank you for knowing the damage that happened.
- Lord, do you care about my heart and the pain in it?
- Is there any of the pain that you have not seen? Thank you for seeing all of it.
- What do you want me to do with all this pain?
- Should I expect the one who caused it to make it right for me? What if they can't or won't?
- Should I fear tomorrow?
  - ❖ “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. “So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.” **Matthew 6:33-34 NLT**
- Lord, I know fear is not faith, please forgive me for lacking faith.
  - ❖ “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” **2 Timothy 1:7 KJV**
- Can you replace all the pain with your presence as Prince of Peace, bringing peace to my heart right now?
- Lord, I am not big enough, wise enough, or strong enough to control anyone or anything in my life.
- I now give this heavy burden and hard yoke back to you. You are big enough to carry it, I am not.
- I find myself spending time thinking on things I should not, please remind me to meditate on your Word to stop overwhelming thoughts.
- Lord, would you bring peace back to my heart wherever there is fear?
- Lord, how have you now cared for the damage in my heart that you showed me earlier?
- Thank you for having time for me and for listening to my prayer.
- Have I fully forgiven everyone the way you have forgiven me?
- Lord Jesus, do you see any other fear in my heart? Do see any other shame in my heart? Do you see any other guilt in my heart? Do you see any other regret in my heart? Is there anything I haven't fully forgiven myself for? Are there any other events of pain that are unfinished in my heart?

### Confess Your Sin and Find Cleansing and Peace

“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” **1 John 1:9 KJV**