



FREE RESOURCE · INNER HEALING & DELIVERANCE

Verses and a prayer for healing and freedom

If you carry old wounds, or a struggle that keeps coming back, you are not alone. Jesus came to heal the brokenhearted and set the captives free, and His victory on the cross is for you. Read these verses slowly, let the Holy Spirit speak to your heart, and make the prayer your own.

WHY JESUS CAME

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord.

Luke 4:18–19

FOR A WOUNDED HEART

He healeth the broken in heart, and bindeth up their wounds.

Psalms 147:3

WHERE REAL FREEDOM COMES FROM

If the Son therefore shall make you free, ye shall be free indeed.

John 8:36

WHAT GOD HAS ALREADY DONE

Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son: in whom we have redemption through his blood, even the forgiveness of sins.

Colossians 1:13–14

FORGIVING THOSE WHO HURT YOU

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Ephesians 4:32

WALKING IN LASTING FREEDOM

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

Galatians 5:1

A PRAYER

Lord Jesus, thank You for coming to heal the brokenhearted and set the captives free. I bring You my spirit, soul, and body, with every wound and every burden I have carried. Thank You for the cross, and for Your blood that cleanses me from all sin. As You have forgiven me, I choose to forgive those who have hurt me, and I release them into Your hands. I renounce anything that has opened a door to the enemy in my life, and I close that door in Your name. Holy Spirit, fill every place where pain has lived, and help me stand firm in the freedom Christ has won for me. I trust You with my heart. In the name of Jesus, amen.

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