

Sample Prayer: GRIEF 2023

I *“Elohim, I am grieving and in pain. I ask You to release my daily bread of the Light of Jesus that reveals all wounds that have taken place. I take the Blood of Jesus and wash over my soul that has been traumatized. It is purified and redeemed. I am restored and made **whole** again.*

R *By the Blood of Jesus, the covenants I made to protect myself by avoiding or killing pain are dissolved. Any pre-determined choices I have programed into my soul to prevent pain, or stimulate numbness are dismantled. I open my soul and release any rogue emotions I jailed that have felt like a threat to me. I set free any painful memories I stuffed deep inside myself as a soul vault, and give them to You. I lay down my soul armor to stop protecting myself, and surrender to the sorrow, so our compassionate God can come with comfort and healing. I ask You to lead me to joy in daily portions of the Light of Jesus.”*

F *Elohim, I **forgive** my forefathers of every covenant they made to protect themselves by avoiding or killing pain. I forgive them for all of their selfishness that is affecting me or my family, now. I wash us all with the Blood of Jesus, and we are all purified, redeemed, and restored back to You. The accuser is hurled down with the Blood of the Lamb and the word of our testimony.”*