PRAYER FOR RELEASING BODY, SOUL AND SPIRIT FROM SHOCK, FEAR, TRAUMA AND TERROR[1]

(If you pray this prayer for a man instead of a woman, please replace 'her' with 'his'.)

Opening prayer
Lord Jesus, I pray that You come as Jehovah Shalom and Jehovah Rapha. I ask that You bring peace and healing to ..... *(name)*. Let your healing oil and living water flow from heaven to restore her body, soul and spirit from all the trauma she has gone through.

Pre-birth
Lord Jesus, I ask that You remove any shock, trauma, fear, terror or shame experienced at conception, in the womb or during birth.
..... *(name)*, I bless the moment of your conception, I bless the time when you were knit together in your mother's womb. I bless the moment of your birth, and call you forth into newness of life. I say that you are welcome on this earth. There is a place for you here. Your Heavenly Father has a purpose for you and a plan to give you hope and a future, to prosper you in every way.

Generational bloodline
Lord, I ask that you heal .....'s *(name)* DNA and remove all shock, trauma, fear, terror and shame that has come through her generational bloodline. Together we plant the cross of Jesus Christ firmly between ..... (name) and her generations and ask that all iniquity be stopped at this cross. Forgive those in her generations who traumatized others, or manipulated, dominated or controlled through fear and torment. Release your precious blood and heal all unresolved grief and pain.

Demonic assignments and guards
I renounce and break every demonic assignment against ..... *(name)* and command every demon and demonic guard attached to the trauma's to leave her now and go to the place where Jesus sends you.

The body
Lord Jesus, I ask that You remove all shock, trauma, fear and terror from .....'s *(name)* eyes, ears, scent, taste and skin. With your blood, Lord, wash away any images, videos and audios stored in the soul. Remove all trauma and fear that has come from any harmful and harsh words spoken. I annul these words and ask You, Lord, to heal ..... 's *(name)* self-worth by speaking the words that You carry in your heart for her.

I ask You to remove all shock, trauma, fear, terror and shame from her muscles, joints, ligaments, tendons, cartilage, bones, bone marrow, cells, blood stream and all organs. Bring your healing power to every part of her body and restore it to your original design.
(Pray specifically as the Holy Spirit leads)

Lord, heal her immune system and remove all toxins that remain from any chemicals, hormones or substance that have poured through her body for so many years. Cancel any and all effects they have had on the spirit, soul or body, and restore all neurochemical balance.

[1] Parts from this prayer come from a prayer made by Restoring The Foundations (USA), and from a prayer made by Sandra Kersten (House of Nacham, New Zealand)

I ask that You remove all shock, trauma, fear and terror from her nervous system and all parts of her brain:

- The conscious, sub-conscious and un-conscious memory
- The cognitive and non-cognitive memory
- The verbal and pre-verbal memory
- The *amygdale* and *hypothalamus*, please return them to their natural functioning states, turning off the alarms that have been ringing for so long, and replace the fear, dread and hyper vigilance with godly discernment. Let her know when there truly is danger, and give wisdom to know how to respond. Bring peace and rest to the part of the heart that has always had to stand guard and be alert. Remove any pervasive low level anxiety.

  Lord, I ask You to help ..... *(name)* recognize and stop all the old ways of responding to shock, trauma, fear and terror. Empower her with wisdom and power to dismantle the old structures of defence, and rebuild new ones that come from You.

  Restore the three parts of her brain -her prefrontal cortex[2], her limbic system[3] and her brain stem[4]- to its natural *homeostasis*[5] and establish new neurological connections to the joy centre of her brain. Enable ..... *(name)* to have the full range of emotions that you have purposed for her.

Lord Jesus, I ask that you would receive all the silent screams from her body. That you would fill her cells with your peace, your love and your joy. I invite your presence to be in her. Please, bring her body to a place of rest and fill these areas that you have cleansed with your Holy Spirit.

The soul and the spirit

Lord Jesus, remove all shock, trauma, fear, terror and shame from her soul (her mind, emotions and will), her identity and her spirit. Sever all fear bonds, trauma bonds, and all unhealthy and unholy soul ties that have been created through reaction to trauma. Restore her will and identity and strengthen them in every way. Bring your healing power to every area where her spirit has been crushed or broken, and restore health, vitality and vigour.

Heavenly Father, fill up every unmet need with your love and peace. Sing Your song of love over ..... (*name)* and bring everything within her into agreement with your song and original design. In the name of Jesus, I declare peace, order and healing to her spirit, soul and body. Amen.

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[2] The prefrontal cortex is the front part of your brain, right behind your forehead. It helps manage thinking, emotions and behavior by using executive functions. These are skills you rely on to plan, make decisions, solve problems, stay focused and adjust to new situations. (https://my.clevelandclinic.org)

[3] The limbic system is a group of interconnected brain structures that help regulate your emotions and behavior. The structures of the limbic system work together with other brain regions by processing your memory, thoughts and motivations, then tell your body how to respond. (https://my.clevelandclinic.org)

[4] Your brainstem connects your brain to your spinal cord. It sits at the bottom of your brain and includes the midbrain, pons and medulla oblongata. Your brainstem sends messages to the rest of your body to regulate balance, breathing, heart rate and more. (https://my.clevelandclinic.org)

[5] Homeostasis is the state of steady internal physical and chemical conditions. (the condition of optimal functioning)