

# CARE RESOURCES

## REJECTION

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### 10 FRUITS OF A SPIRIT OF REJECTION AT WORK IN YOUR LIFE

1. You find yourself comparing your circumstances or situations with others, and you never seem to measure up.
2. You feel like you missed out on life's opportunities and now it's too late.
3. No amount of encouragement is enough to convince you of your worth.
4. You feel rejected if you are not greeted or acknowledged by leadership.
5. You constantly seek the approval of others and suffer from people pleasing.
6. You are easily offended or embarrassed from discipline or correction.
7. You are always trying to prove yourself in public.
8. You feel like you are on the outside looking in during interactions with people.
9. You think you could do a better job than the current leader or teacher if you are given the opportunity.
10. You believe no one understands you, or what you are going through.
11. If you recognize these signs, don't throw in the towel!
12. Conviction that leads to confession, repentance and deliverance from the spirit leads to freedom not defeat.

### WHY DOES REJECTION WOUND US SO DEEPLY?

Because it attacks the very person that we are.

- It destroys our self-esteem, and attacks who we are and our purpose in life.
- God never wanted us to feel rejected or abandon.
- He desires for you to know who you really are, and realize how deeply God loves, accepts, and appreciates you, so that you can live out the fullness of what all God has ordained you to be.
- God's Word tells us that without being rooted and grounded in the love (and acceptance) of God, we cannot experience the fullness of God in our lives. (Eph 3:19)

Rejection has a way of destroying a person's life in a way that few other things can. The sad fact is that the number of people who are affected by rejection is staggering. If we want to be all that God has created us to be, then overcoming rejection and it's affects is vital and absolutely essential.

### THE FRUIT OF REJECTION

Many people who have faced rejection and abuse as a child, grow up with unresolved emotional wounds.

- Rejection causes emotional wounds, which if not cleansed and released, will grow and fester into spiritual wounds (such as unforgiveness, envy, blaming God, jealousy, etc.).

- Those spiritual wounds open us unto evil spirits which love to take advantage of this opportunity to invade us. The goal of the enemy is to get us built up with emotional baggage inside and negative feelings in our hearts against one another, ourselves, and God.
- The wounds of rejection can open a person up to spirits such as abandonment, rejection, worthlessness, etc. Those who have ongoing struggles with rejection should go through the deliverance process to have those spirits removed.
- There are often other bondages that result from rejection, such as performance orientation, drivenness, rebellion, etc.
- Rejection is an open door to a wide variety of bondages. Lack of love as a child, for example, can cause that child to turn to pornography and lust to fulfill their need to be loved, and now we have unloving spirits, lust, pornography, etc. to deal with. As with abuse, it's not so much the rejection that opens us up to unclean spirits, but rather our reaction to the rejection. As a said, true rejection is just an emotional form of abuse.
- Forgiving that person who has rejected us is a vital step in this process. If we want God's help in this healing process, then forgiveness is not an option.
- Sometimes we even have to forgive God in cases of rejection, such as "Why did God give me this big nose? Or this short body?"

**Rejection has a lot of fruit which can widely vary from one person to another. Some of the common symptoms of rejection include:**

- Rebellion in both children and adults.
- Fabricated personalities (being somebody you aren't, in order to be accepted).
- The tendency to reject others, so that you aren't the first one to be rejected.
- A tendency to always wonder if a person rejects or accepts you.
- The need to fit in or be accepted by others and be a part of everything.
- Self-pity where a person feels bad for themselves being all alone.
- Inability to be corrected or receive constructive criticism.
- Rejection creates an environment where you are starved for love or just don't fit in.
- A tendency to blame God ("Why did He give me this big nose? Why did God make me so short?").
- A sense of pride that says, "How dare they reject me!".
- Opinionated personality and the need to be right about things.
- Feelings of worthlessness, insecurity, or hopelessness.
- Seeking a parent's approval is a sign that your basing your identity upon what they think of you.
- Envy, jealousy, and even hate can be rooted in rejection.
- Fear of confrontation (because your identity is based upon what they think of you).
- A person who has a hard time admitting they are wrong, or receiving constructive criticism has an underlying problem with rejection. How do we know that? Because they are basing their identity, who they are, upon their ability to be right about everything.
- Stubbornness can also be rooted in rejection as well for this same reason. They have to be right, or else they feel worthless... that's because "who they are" (their identity) is based upon them being right. This also ties in with opinionated personalities, who are always there to tell you all about something, even if they have little or no real understanding to speak from.

- Then we have performance orientation and drivenness, certain variances of OCD, etc. where a person is basing their identity and who they are upon how well they perform at something in life. Whenever we base who we are upon our performance, or our being correct about something, then we fail, it is a blow to our identity.
- Those who struggle with rejection can also become what we call fixers; a fixer is a person who is eager to tell everybody else how they need to be doing things, but many times have little understanding or experience in such matters. Such a person attempts to be the Holy Spirit in other people's lives, where they have no authority or right to step in. They find their identity in fixing other people's problems, and they love it when people come to them for help or advise.

**The truth is that we were created to be loved, accepted, and appreciated.**

- Rejection is an anti-Christ spirit because it opposes the very nature that God created in us. **Rejection starves a person from love and acceptance that they were designed to receive.**
- The problem is that when we turn to others or even ourselves for that love and acceptance, we are setting ourselves up for failure and the damage of rejection. **Only God can be trusted as the source of our identity.**

### **SELF-REJECTION**

Self-rejection is another piece to this puzzle. Self-rejection is where a person rejects them self. They do not like who they are. This can often lead to self-hate, self-resentment, etc. It is often tied in with self-unforgiveness, if the person has made mistakes in their life which they deeply regret. Just as it hurts when others reject us, it can do just as much damage when we reject ourselves.

### **PERCEIVED REJECTION**

**Then there's perceived rejection**, where a person receives something as rejection when it really isn't. For example, "Why is that person not coming over here to talk to me?" When the person may not be trying to reject you, but just feel shy at the time in stepping out and meeting you (or anybody else for that matter).

- People who have spirits of rejection can have a tenancy to receive perceived rejection, because the purpose of a spirit of rejection is to make us feel rejected.
- A person who feels like God is always angry at them usually has issues of rejection.
- Perceived rejection can also make a person feel as if God has rejected them. This is a very common scene that we encounter in the deliverance ministry. A good example of rejection, which caused feelings of envy, jealousy, and even hate to surface in King Saul can be found in 1 Samuel: *And the women answered one another as they played, and said, Saul hath slain his thousands, and David his ten thousands. And Saul was very wroth, and the saying displeased him; and he said, They have ascribed unto David ten thousands, and to me they have ascribed but thousands: and what can he have more but the kingdom? And Saul eyed [literally meaning that he looked with jealousy upon] David from that day and forward. And it came to pass on the morrow [the next day], that the evil spirit from God came upon Saul, and he prophesied in the midst of the house: and David played with his hand, as at other times: and there was a javelin in Saul's hand. And Saul cast the javelin; for he said, I will smite David even to the wall with it. And David avoided out of his*

*presence twice. (1 Samuel 18:7-11)* First, we see the women praising David for slaying his ten thousands, but Saul for slaying his thousands. **This rejection made Saul angry with David, and jealous of him. The very next day, an evil spirit came upon Saul and caused him to become exceedingly angry, to the point of attempting to murder David!** Now there's some ugly fruit that all started with rejection. It wasn't rejection that opened Saul up to the evil spirit, but rather his reaction to his rejection **The same is true when a person becomes stubborn or rebellious, or any other ungodly reaction to rejection.** The rejection isn't the sin, but their reaction can be a serious sin. This can open the person up to unclean spirits, and lead them down the path of destruction. God's Word puts stubbornness and rebellion, for example, in the same category as witchcraft and idol worship. *For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king. (1 Samuel 15:23)*

## THE ROOT OF REJECTION

The root of rejection is actually incredibly simple: damage from rejection is the result of a misplaced identity.

- Whenever we base our identity on somebody or something other than what God's Word has to say about us, we make ourselves vulnerable to the damage of rejection.
- Many of us will base our identity on what our parents, teachers, or friends think of us. This sets a lot of children up for Performance Orientation bondages later in life, because their parents give them conditional love based on their grades or performance.

**What or who defines who you are?** Is it your job? Is it what your parents thought or think of you? Is it what your friends think of you? Is it how well you perform in the workplace? How much money you have? Is it how good of grades you get? Is it what you think of yourself? Is it how physically strong, fit, or tall you are? When you die, will those things continue to define who you are?

**Rejection and rising above rejection is all about identity and what you base your identity upon. The key to overcoming rejection, is to solve the identity problems.**

- Let's say that you are basing your identity on what your mother and father think of you. Now the moment that any hint of disapproval comes from them concerning you, that is going to hurt because they are the source of your identity.
- Anytime we base our identity on what we think of ourselves, or what others think of us, we are virtually trusting that person with our identity. Not even ourselves are capable of truly determining who we are; only God is qualified for that job.
- That is why it is absolutely vital for us to understand the person that God has made in us, and who we are as new creations in Christ Jesus. We were never made to live apart from God or base our identity on things of this world.
- When we base our identity upon what the Word of God has to say about us, we will become virtually rejection-proof. We can become immune from the wounds of rejection as long as we are not basing our identity upon what that person thinks of us.

## GET YOUR IDENTITY FROM THE WORD OF GOD

It is vital that we base our identity, who we are, upon what God's Word says about us. When we do, we become virtually immune from the devastating and hurtful effects of rejection. **God promises never to leave or forsake us, so when our identity is based upon what He says of us, we can be assured that we're not going to face rejection coming from Him.**

*(Heb 3:5) Let your character or moral disposition be free from love of money [including greed, avarice, lust, and craving for earthly possessions] and be satisfied with your present [circumstances and with what you have]; for He God] Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!]*

### So what exactly does God's Word tell us about who we are in Christ?

- Because of God's great love for us, we are adopted into His family [1 John 3:1], and made joint heirs with Christ [Romans 8:17]
- We are made to sit in heavenly places (of authority over all demons, sickness, etc.) with Christ [Ephesians 2:6]
- We are blessed with all spiritual blessings in Christ [Ephesians 1:3]
- We are the righteousness of Christ through faith, thus being made right before God [Romans 3:22]
- We are entitled to a clean conscience before God because of the Blood and can have full assurance of faith when we go before Him [Hebrews 10:22]
- Our sins have been removed from us as far as the east is from the west [Psalms 103:12], and God Himself has chosen not to remember our failures [Hebrews 8:12]
- We are loved with the same love that the Father has for Jesus Himself! [John 17:23]

I could go on and on, because the Word of God is so rich and powerful in helping us define who we are in Christ. *(When my father and my mother forsake me, then the LORD will take me up. Ps 27:10)*

### Overcoming religious strongholds is necessary to overcome the effects of rejection.

You're not going to settle rejection issues fully until you get it down into your spirit that you are accepted, loved, and appreciated by God.

- Dealing with religious strongholds is vital to this process, as religion paints God as distant, cold, and impersonal. Bringing your relationship with God into proper perspective is a vital step in the process of overcoming the strongholds of rejection.
- Tearing down the strongholds of rejection is as simple as merely receiving, with childlike faith, what God's Word has to say about your identity, who you are as a new creature in Christ, who is called to life, purpose, and meaning in Christ.
- The one thing that you absolutely cannot overlook is correcting your identity. **You need to start seeing yourself for who you are in Christ, and the person that God has really formed within you.** Your identity must come from Him and what His Word says about you. Printing out lists of Bible verses which speak of who you are in Christ are incredible tools to help renew your mind and tear down these strongholds. In the healing process of rejection, many times strongholds need to be torn down.
- The Holy Spirit has shown me that whenever we feel the hurt and pain from rejection, it's because our identity depends upon what that person thinks of us. If our identity didn't depend on what others think of us, we would be virtually immune from the damage of rejection. That is why our identity must be based upon the Word of God, and what God has to say about us. That is the unshakable rock to which we need to build our house upon.

## STARTING POINT TOWARDS HEALING

God is answering the cry of your heart by shedding light on the lies you believe that have sabotaged your destiny and your identity. If you recognize these symptoms, what can you do? Until you are ready to go through deliverance from this spiritual torment of rejection, here are a few steps you can take today.

1. **Pray for the revelation of God's love to show you who you are to Him.** There is nothing that you can "do" to earn his love. If you are a parent, you know that when you first held your child, you didn't give that child a laundry list of expectations in order to earn your love. The minute that baby was born you were in love. Allow that love from your heavenly Father to enter your heart.
2. **Pray to see others through the "Eyes of Christ",** not out of your own expectations.
3. **Pray that conviction would alert you to negative words that are coming out of your own mouth** and holding you in bondage. Repent for any word curses you have spoken over yourself or others in the past, and **break those word curses.**
4. **Forgive those** who have offended and rejected you.
5. **Release all judgment** that is causing you to be judged. (Matthew 7:2)

Right now you are in a battle, but you are important to God. Don't let past defeats and rejection cause you to quit. As you seek God first, He will direct your steps to further counsel and possibly deliverance.

## THE TRUTH ABOUT YOU

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1. **Accept the truth that God made you beautiful.** *"I praise you because I am fearfully and wonderfully made" (Psalms 139:4).*
  - Every human being was formed by the finger of God regardless of their race, color, creed, or culture.
  - Many people are born into a world where they are immediately rejected based on their appearance, intelligence, or family genetics.
  - However, in the eyes of God, we are all beautiful. The Lord knew each of us while we were still in the womb.
  - Rejection has no root in our hearts if we accept the truth that God calls us "wonderfully made". There is a beauty that confidently radiates from the child of God who is completely convinced through the Holy Spirit of their beauty through Christ.
2. **Accept the truth that God created you for a special purpose,** *"For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'" (Jeremiah 29:11).*
  - The culture is pushing every generation towards a feeling or belief of "nothingness". It's easy to fall prey to the world of randomness without a God connection through Jesus Christ.
  - God has a plan for each person in the kingdom of Christ. Through the presence and filling of the Holy Spirit, we can trust in His leading us towards the right plan for our lives. It takes effort on our part to diligently search the scriptures and pray for God's guidance. There's no task too difficult nor mountain too high for those who are compelled to live their lives in the purpose and plan of God.

3. **Accept the truth that God doesn't have favourites.** *"For God does not show favoritism" (Romans 2:11).*
  - As a loving and perfect Heavenly Father, He knows how to love each of us as if there were only one of us. His love is complete even when we fail Him. Unlike the parent, coach, or teacher—He doesn't keep choose the best of the bunch based on physical appearances, athletic abilities, or intellectual greatness.
  - Rather God looks at the heart of every man, woman, and child. He knows the thoughts and intents of our hearts even if we don't. Every person who comes to Him won't be rejected, but embraced into His arms of safety and acceptance.
  
4. **Accept the truth that God can heal your past hurts.** *"He heals the brokenhearted and binds up their wounds" (Psalm 147:3).*
  - How many adults walk around every day carrying the physical, emotional, and spiritual wounds of their childhood? It's not God's will for us to hold the burdens of the past while attempting to walk in the light.
  - Through spiritual surgery, the Holy Spirit moves into the cracks and crevices of our hearts to remove any lingering or useless words and/or acts of rejection. His love is enduring and powerful enough to bring complete healing for a renewed, vibrant life in Christ. The scars and memories may remain; however, their potency for pain is significantly reduced to ashes when God heals and we forgive those who've hurt us.
  
5. **Accept the truth that God can use your hurts to help others.** *"Therefore encourage one another and build each other up" (1 Thessalonians 5:11).*
  - The Lord never heals us of rejection just for ourselves. It's our duty to reach out to the hurting people around us and share how we've been healed.
  - One of the greatest tragedies of our generation isn't that a great many people feel rejected and left out—but rather that so few of us share how we were once rejected. Our faith becomes alive and active when our gifts of the Spirit are used to build up the body of Christ. Those in the kingdom of Christ aren't locked down by people's perceptions, but rather they are free to reach out without fear and help someone else out of the pit of rejection.

#### **Accepted, not Rejected!**

- Whatever falls short of the truth of Scripture must be forsaken and no longer carried in our hearts.
- The very words and acts of rejection used against you is exactly what God uses for His glory to reveal the finished work at the cross.
- You shine the light of Christ in freedom despite the ugliness in attitude from those who reject you.
- The beauty, peace, and love of God has no limits in the lives of courageous believers who reject the lies of this world and embrace the truth of acceptance in Jesus Christ.

#### **PRAYER FOR HEALING OF REJECTION**

Dear Heavenly Father, I thank You that according to Your Word my life is not a mistake. You made me out of love. You called me into being; it was the right time and the right place. You prepared a way for me to be born. You gave me life. I am a privilege and a joy, not a burden nor a disappointment.

Father, I invite You to go back through the pages of my life and heal every instance where I had low self-esteem or felt unwanted, rejected, or feared of being rejected. I come against the spirit



and weapons of rejection that the enemy has used in my life. I come against rejection that keeps me from reaching my full potential in You. I come against rejection that undermines, breaks and prevents normal and harmonious relations between me and my family, my marital partner, fellow workers and friends. I come against the distortion of my image of God as a loving heavenly Father who loves me and who wants only the best for me. I identify the lie that I am lacking in value in my person or can be seen as someone that can be thrown away.

Lord please send the light of Your Son Jesus Christ into all the sinful and hurting places I have experienced due to acts and deeds done against me by others: low self-image; insecurities; withdrawn personality; self-condemning; self-hatred; trying to please others; worthlessness; believing I am a failure; agony within; inferiority; questioning my identity; displaying a façade; starved for love; promiscuous (immoral; uninhibited); unloving towards spouse; unworthy; fear of rejection; ignorance of self; approval-seeking; self-rejecting; feeling abandoned; can't give love; internal hurt and pain; no lasting relationships; earning acceptance by being good or by hard work. Thank You for sending the blood of Jesus into all these pain-filled and empty places in my heart and for healing me in the Name of Jesus.

I pray against the spirit of rejection that came into my life even in my mother's womb. I forgive my mother and father if they attempted to abort me; if my mother did not want to be pregnant with me; used drugs, alcohol or tobacco during pregnancy; planned to give me up for adoption; if my mother had hate and resentment for missed opportunities because of being pregnant with me.

If there are any other factors such as my mother falling ill during pregnancy, had an accident or injury during her pregnancy with me; loss of a loved one, difficulty or trauma during delivery, ambivalence (bad timing, no money etc) or my parents having a bad relationship during my mother's pregnancy with me, I ask that You remove the shock it had on my body and soul and that the spirit of rejection that found an opening there will be removed in Jesus' Name.

If my mother or father wanted a child of one sex and got me who is of another sex I pray that the identity confusion that goes with it will be removed in Jesus' Name, as You created me exactly according to who and what You wanted me to be.

I pray that You will deliver and heal me from all uncertainties and fears my mother and father had transferred over to me.

Where there was love deficit after birth, or where I was being compared to another child, never feeling good enough or where I was abused, suffered criticism, being made fun of at home, schoolmates, neighbour, suffered poverty, had education disabilities, being bullied or treated unfairly, being sexually harassed, being called by an insulting nickname, teachers picking on me or not being believed by someone when I told the truth, being compared by other children's academic record and it being used against me, broken relationships or a broken engagement, being sick, unexpected pressure beyond my ability to cope, self-condemnation after a moral failure, death of a loved one, having to earn love by performing, experienced unworthiness and even as my parents were divorced, I come now and forgive each and every person for the hurt and rejection they brought in my life and let go of what has happened in the past.

I bind the spirits of rejection, self-rejection, perceived rejection and fear of rejection in the Name of Jesus. I break the power of the adversary over me and I command him to leave in Jesus' Name. I renounce any territory that was previously given to him and I joyfully give it back to You God. I proclaim my release from any and all dark and evil spirits that have taken advantage of the past woundedness in my life. I release my spirit to rejoice in the Lord. In Jesus' Name.



Thank You for removing all the hurt, anxieties, and rejection caused in my social, academic and life of career. I choose a new identity, and as Your child I know that I am loved by You, I am chosen and I am precious. I don't have to earn anything, I am Your gift. You prepare the way of my life for me, You preserve my life and You want me to restfully walk in this new life.

I put the full work Jesus has done on the cross between myself and these experiences of rejection. I put to death the power of any experience of trapped emotions and I command in Jesus' Name that every curse be stopped and broken. I ask You God to surround me with Your love and proclaim that nothing can harm me. I ask that any hardness of heart be melted and the eyes of my heart be enlightened.

I break every agreement I have made with the enemy due to rejection, such as that I want to die, or that I want to kill somebody or thinking that I will never be successful in anything. Forgive me Father for this sin I have committed and I renounce it in Jesus' Name. I declare today that I want to live and want to give life and I do not want to die. I declare that I will be successful because You live in me.

Lord Jesus Christ, I believe that You are the Son of God and the only way to God the Father. You died on the cross for my sins and rose again from the dead. That Your forgiveness can be fully effective in me, I now forgive and repent of all my sins and I forgive myself for doing all the things I have brought before You. I release myself from previous feelings of guilt and constantly going back into the past when I have already asked for Your forgiveness. I break any bondage condemning myself and judging myself unacceptably to You and to others. Release me from these self-destructive thoughts and behaviours. Take all of the hurts and pain away that I have experienced from critical words spoken to me and actions towards me which have caused me to feel unloved and unwanted. I ask You to forgive me for in anyway which I may have given in to the tendency to sin in the same way toward others. Forgive me and restore me to life and health as only You are able to do.

I forgive every other person who have sinned against me and hurt me by participating in behaviours, activities and acts that have caused rejection and all of the related feelings previously mentioned and associated with this unholy condition, as God has forgiven me. I forgive all those who have rejected me, hurt me, and failed to show me love, Lord, and I trust You also to forgive me and them. I send Your love and forgiveness back to those who hurt me. I ask You to forgive them and to bring them into wholeness and newness of life in You.

Right now, because of what You did for me on the cross, I acknowledge that I am accepted. I am highly favoured. I am the object of Your special care. You really love me. You want me. Jesus, Your Father is my Father and Heaven is my eternal home. I am a member of the family of God, the best family in the universe.

I accept myself the way You made me. I am Your workmanship and I thank You for how You have created me. I believe that You have begun a good work in me and that You will carry it on to completion until my life ends (Philippians 1:6; 1 Thessalonians 5:24). In Jesus' Name. Amen.

## **PRAYER FOR HEALING OF MEMORIES**

Father, I thank You for Your Son, Jesus Christ who died on the cross, not only for my sin, but also for my sadness, for all the hurts, pain and fear I have experienced in my life. I thank You that Jesus

is the same, yesterday, today and forever, and that He wants me to be whole in spirit, soul and body.

Dear Jesus, I ask that You will walk with me back in time, every second of my life and that You will heal me and make me whole. I ask that You will go back in the third and fourth generation and break all harmful genetic connections.

Jesus, You knew me before my birth. Thank You that You were there when my life began. Free me from fear or any negative power which was carried over to me in my mother's womb. Thank You Jesus that You were there when I was born and that You love me. Lord Jesus, fill me, from the first moment with Your precious love.

Lord, please walk with me back in time, every second during my first couple of years in my life. Jesus, go back and fill every gap which I have with love that I had never received. Remove every hurt and feeling of rejection. Remove all fears: fear for the dark, fear for falling, fear for animals and fear of getting lost and fear of being rejected. I thank You Jesus that You freed me and healed me.

Thank You that I can close doors that was opened due to television and videos.

Lord, I pray that You will take my hand, and go back in time with me to when I went to school. Sometimes I was shy and afraid to leave the house and to take on new situations. Jesus, there were times I feared failure in school. Please set me free of those memories. Where a teacher yelled at me, or class mates hurt me, please heal me of that hurt. Some fears had its origin during those first few years in school: fear to speak in public, fears for failure. Thank You that all those hurts and pains are being healed and I am being set free of these fears. I thank and praise You.

Lord Jesus, I thank You for my mother. I ask that You will stand between me and my mother and that Your Godly love will flow between us. I ask forgiveness for in any way I could have hurt or failed my mother. I also forgive her for any way that she had hurt or failed me.

Lord Jesus, thank You for my father. I ask that You stand in the gap between my dad and myself and that Your love can flow between us. I pray that Your Godly love will heal our broken relationship. I ask forgiveness for in any way in which I have hurt or failed my dad. I also forgive my dad for ways in which he has hurt or failed me.

I bring my brothers and sisters to You. Where there were any competition, jealousy or bitterness, I ask that Your healing power and love will heal every broken relationship and make it whole. I forgive my brothers and sisters who had hurt and failed me. I also ask for forgiveness where I have hurt and failed any of my siblings.

Thank You Lord, that You also were there during my teenage years and when I went to High School. There were new emotions and fears. As I recall every painful memory, I ask that You take away the pain and heal me. I thank You for Your protecting hand, when I did dangerous things. Remove from me any feeling of humiliation, disgrace, guilt and fear of failure. Show me that You loved me and that You were there for me in every situation.

As each of us started to leave our parents' house new fears, frustrations and sadness started. Jesus, heal every disappointment and all the hurt and sadness I had experienced during those times in my life.

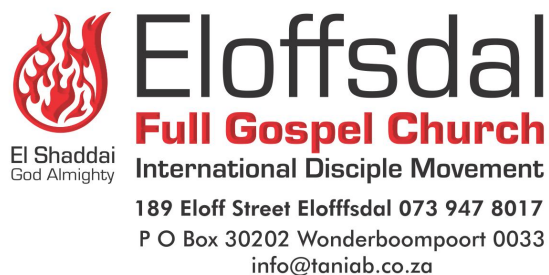
Lord, I thank You that You were there during the moments of sickness and operations. I ask that You now remove the shock it had on my body and the memories of fear, pain and gruesomeness. Set me free of any trauma I had experienced.

Thank You that You were there during times of grief, that You took my hand and that You walked with me through the valley. Thank You for taking away the heaviness, sadness, pain and mourning. Thank You that You have given me Your joy and peace.

Lord Jesus, thank You that You walk with me now back every second of my life up till this moment. Thank You that You healed me of all my pain, sadness, heartbreaks, fears, painful memories, my guilt feelings and that You set me free of it. Thank You that You fill me with Your love. Help me to love myself, to love others and above all to love You as I should.

I thank You for Your joy and peace which You give. I thank You Jesus that You go into the darkest corner of my mind and cleanse me of all memories and thoughts that are dark and not from You. Thank You that my mind, emotions and memories are healed and that You restore them to think on things that are lovely and beautiful.

Lord Jesus, I receive Your forgiveness, healing and restoration in every area of my body, soul, feelings, emotions and imaginations. Thank You Jesus that I am whole again. I give You all glory and honour and praise! In Jesus' Name. Amen.



If you would like to speak to someone about your situation, we would love to help you and pray with you. Please contact the El Shaddai FGC Offices or you can email us at [info@taniab.co.za](mailto:info@taniab.co.za)