# HOW TO HEAL TRAUMATIC MEMORIES WITH JESUS

"Come to me, all you who are weary and burdened, and I will give you rest."
Matthew 11:28

*Pray this...*

Jesus, we ask that You draw one trauma memory out of my heart and mind; You know exactly what it is, and You know how to address the wound without hurting me more. Show me what You want to heal today. We thank you for the work you are going to do in my heart.

1. When the Lord brings a traumatic experience to mind, write down the emotions that you felt. Make sure you write them all down.

2. See yourself (in your mind) handing over all of these painful emotions to Jesus as you give them over, say "Jesus, I give these emotions to You now, and I ask that You would heal me." When you are done handing these emotions over to Jesus, just say, "Thank you for healing me."

3. Then say, "Jesus, fill me with the opposite emotion- for example, if you felt rejected, you could say, "Jesus, I receive from You love and acceptance; I know that you love me," or if you felt alone and vulnerable, say, "Jesus, thank you that Your Word says You are always with me." Also, tell Jesus that you receive your identity from Him, and not what the world says or what someone who hurt you said. Quote a Scripture such as Psalm 139:14, Thank you, Jesus, that "I am fearfully and wonderfully made." Whatever the Lord shows you during this time, receive it.

4. When you are all done, take a minute to go back into that memory. Most of the time, that memory will be healed (90% of the time). You may still remember it, but you won't have those feelings of trauma that accompanied it before. Then ask Jesus if there is anything else. He might bring up a few more emotions He wants you to give over to Him and claim the opposite, In Christ. If not, then you're done; it's that simple! Praise Jesus!

Keep repeating this process until you feel you have gone over all of your traumatic experiences. You may take your time in this process or get them all done at once, whatever you and the Lord decide.
We are praying for you!