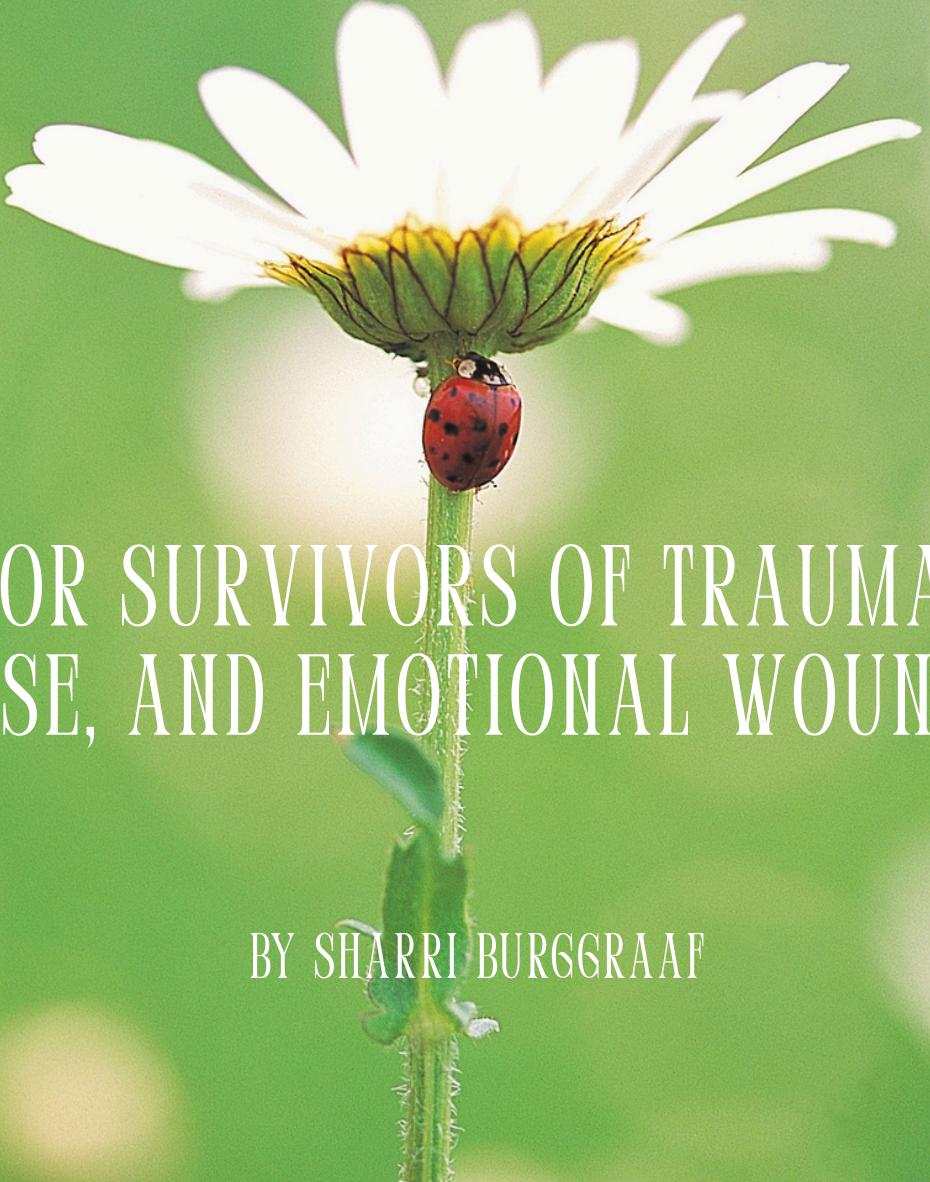


The HEALING PRAYER GUIDE



FOR SURVIVORS OF TRAUMA,
ABUSE, AND EMOTIONAL WOUNDING

BY SHARRI BURGGRAAF

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INTRODUCTION

This Healing Prayer Guide is written for those who have suffered trauma and abuse in various forms. Whether you are seeking healing from physical abuse, verbal abuse, sexual abuse, ritual abuse, mind control, domestic violence, emotional manipulation, forced perpetration, spiritual abuse, or are struggling with effects such as depression, guilt, shame, loss, self-harm, and suicidal ideation—this guide is for you.

Each section includes a Scripture-based prayer written in a gentle, compassionate tone, weaving in Biblical truths without quoting verses directly. At the end of this guide, you'll find a list of the Scripture references that inspired these prayers.

For those who have been spiritually abused—you can find a prayer on the next page designed to provide comfort without using specific religious terminology since many find these concepts spirituality triggering. Formulated to include faith that will hopefully bring up less fear and anxiety, the prayer on the next page is designed with you in mind.



A PRAYER FOR EXTREME ORGANIZED AND SPIRITUAL ABUSE

This prayer acknowledges the deep wounds caused by extreme abuse, including spiritual abuse, where faith and trust may have been distorted and used to harm. For those who struggle to approach spirituality due to the abuse they endured, this prayer was created with a focus on healing and restoration, offering comfort and peace without the fear of spiritual manipulation. **This prayer was designed to provide comfort without using specific religious terminology.** Healing is possible. This prayer offers space for restoration without the pressure of reconnecting to faith or spirituality in ways that may feel unsafe. Go at your own pace and use self care.

To the one who sees me, who knows the deep pain I've walked through, I bring all of my heart. I offer You the broken pieces of my soul, the fragments of myself that have been torn apart by others. I ask for healing and restoration in the deepest parts of me—the parts that have been hidden, the parts that have been lied to and manipulated. I need Your presence to be my safety and my peace. I need Your compassion to wrap around me like a gentle embrace, helping me to feel protected and whole without the fear of being harmed.

Release me from the confusion, the fear, and the distortions that have shaped my understanding of who I am. Help me rebuild trust—first in myself, and then in the world around me and then to build trust that you are different than what I was shown. I am not what was done to me. I am not the shame I carry. Guide me into a place of peace, where I can begin to feel safe, where I can breathe without fear. I ask for the strength to stand again, for the courage to take each step toward healing. Help me to trust that You can rebuild my life, free from the shadows of what has been done to me. Amen.



HEALING PRAYER FOR SURVIVORS OF PHYSICAL ABUSE

For those who have experienced physical abuse, this prayer invites healing and peace, acknowledging the deep pain caused by physical harm, and asking for emotional restoration.

Lord, I bring before You the wounds and scars that mark my body and soul. You see each bruise, each injury—whether seen or hidden. The pain I carry is both physical and emotional, and I need Your healing touch.

In this moment, I ask You to meet me in the deepest places of my suffering. Heal the parts of me that have been broken by violence and fear. Restore my sense of safety and my ability to trust.

Cover my body with Your healing hands, and bring peace to my spirit. Remove the fear, the pain, and the shame that have clung to me. You are my comfort, my refuge, and my strength. Help me to feel whole again, to reclaim my dignity, and to walk forward with courage.

Please guide me toward safe, supportive relationships, and help me build a life of peace and freedom. I trust You to mend what has been broken, piece by piece, until I stand strong in Your love. Amen.



PRAYER FOR HEALING FROM SEXUAL ABUSE

Jesus, I come to You with the weight of pain I never asked to carry. The wounds from what was done to me feel deep and defining, yet You remind me that I am not what happened to me. You see all of me—every part that feels broken, every piece that is trying to heal. I invite You into the spaces where shame has hidden. I ask You to cover me with compassion and not condemnation. You were there when no one else was. You wept when I wept. You felt the injustice, and You still hold me now. Lord, I need Your gentle healing. Cleanse my thoughts and emotions from the violation I endured. Teach me to trust again—not just people, but You. Restore the dignity and innocence I feel I've lost. Let Your love redefine me. Remind me that I am not ruined, not damaged goods. I am chosen, cherished, and made whole in You. Help me rebuild a foundation of safety. When flashbacks come, be my peace. When fear grips me, be my courage. Let Your truth speak louder than the lies. Protect me from despair and guide me through this journey of restoration. I give You every memory, every scar, every wound, and I ask You to redeem it for good. Wrap me in Your presence, Jesus. Hold me as I heal. Amen.



PRAYER FOR HEALING FROM RITUAL ABUSE AND MIND CONTROL

Lord Jesus, I come before You overwhelmed by the layers of pain and confusion from what I've been through. The torment was deep, and the manipulation reached into the very structure of my thoughts. Sometimes, I don't even know what's real. But You do. You are truth. You are clarity. You are light in every hidden place.

I bring You the fear, the silence, and the parts of me that were splintered to survive. I ask You to call every part of me back into Your safety. Break the programming. Dismantle every lie that was planted in my heart and mind. You made me in Your image, and You alone have the authority to speak identity over me. Cancel every command that wasn't from You. Bind up the trauma and replace it with Your peace.

I declare that my mind is Yours. My soul belongs to You. I surrender the fear and welcome Your perfect love, which casts it out. Restore my ability to think, feel, choose, and live with freedom. Where there was control, bring freedom. Where there was pain, bring peace. Where there was darkness, shine Your light.

Wrap me in Your protection. Surround me with Your angels. Speak Your truth continually over me. Be my grounding, my covering, and my Redeemer. Lead me gently as I walk out of confusion into the wholeness only You can give. Amen.



PRAYER FOR HEALING FROM DOMESTIC VIOLENCE

Jesus, You see every bruise, every scar—visible and invisible. You know what it's like to be struck, to be mocked, to suffer unjustly. You do not turn away from my pain. You draw near to the brokenhearted. Lord, I ask You to wrap me in Your protection, for I have lived under the weight of fear and silence far too long. Speak safety into my soul.

Rebuild my life from the ruins, Lord. Restore what has been torn down in me. Restore my sense of worth, of identity, and of peace. Silence the voice of the abuser in my mind and amplify Your voice of truth and love. I am not what was spoken over me. I am not the lies. I am Yours.

Give me strength, courage, and wisdom as I walk this road to recovery. Help me navigate the emotional aftermath and find healthy connections and safe community. Let me feel safe in my own skin again. Speak calm into the chaos, peace into the turmoil. Help me unlearn the patterns of abuse and discover new patterns of love and freedom in You.

Jesus, heal the trauma that still echoes in my body, in my dreams, and in my soul. Bring light into every place that's still shadowed by pain. I trust You to fight for me, to defend me, and to restore me to wholeness. Amen.



PRAYER FOR HEALING FROM NARCISSISTIC ABUSE

Lord Jesus, I feel confused and exhausted by the manipulation, the gaslighting, the loss of my sense of self. Narcissistic abuse left me questioning everything—especially my own worth and sanity. But You, God, are not the author of confusion. You bring truth and peace. You remind me of who I really am.

I surrender to You the words that were used to control and belittle me. I release the distorted reflections of myself I came to believe. I ask You to hold up a mirror of truth—Your Word—that tells me I am made in Your image, loved without condition, and valuable just as I am. Help me to see myself as You see me.

Where I was emotionally starved, fill me with Your unshakable love. Where I was isolated, place me in relationships rooted in truth and honor. Teach me to set healthy boundaries and to trust the guidance of Your Spirit as I rebuild my voice and my autonomy.

Heal the wounds of betrayal, of manipulation, of deep emotional pain. Repair my self-worth. Cleanse me from the confusion, the fog, and the false guilt. Let clarity return. Let joy rise again. I choose to walk in the light of Your love and no longer in the shadows of another's control. Amen.



PRAYER FOR HEALING FROM SEX TRAFFICKING

Jesus, I come to You from a place of deep pain, confusion, and exhaustion. I have lived through what many can't even imagine. My body was not my own, my voice was silenced, my value distorted by those who treated me like a product instead of a person. But You, Lord, see me. You know my true worth. You never left me in that darkness, even when I couldn't feel You there. You are the Rescuer of the oppressed. You are the One who binds up wounds and gives beauty for ashes. I bring You the fear that still lingers, the shame that still clings, and the broken pieces of my identity. I ask You to restore what was stolen—my sense of self, my dignity, my freedom.

You called me by name before anyone misused it. You saw me when I was hidden, and You wept with me. Now I ask You to heal me, to gently help me reclaim what was taken. Let Your love be a shield around my heart. Let Your truth replace every lie that was spoken or implied about my worth.

Jesus, show me what safety feels like again. Teach me to trust—not only others, but myself, and most of all, You. I ask You to purify my memories, to soften the pain, and to give me a future that is no longer tied to my past. I am not what they did to me—I am Yours. Chosen. Beloved. Whole.

Give me strength to heal, hope to dream, and courage to live freely. Surround me with people who see me with Your eyes. Lead me into freedom, step by step, breath by breath. In Your name, I receive healing. Amen.



PRAYER FOR HEALING FROM RAPE AND SEXUAL ASSAULT

Jesus, my heart is aching with a pain that runs so deep it sometimes steals my breath. What was done to me was violent, violating, and dehumanizing. I didn't ask for it, I didn't deserve it—and yet the aftermath clings to me like a shadow I can't shake. But You, Lord, see me fully. You see the places others tried to strip me of my dignity, and You gently restore it with Your love.

I bring You the fear, the rage, the shame, and the numbness. I lay it all before You, because I don't want to carry it alone anymore. I need Your presence to hold me where I feel most broken. I need Your power to help me breathe again, trust again, and live again. I invite You into the trauma that my mind and body still carry, asking You to heal me from the inside out.

Where my voice was taken, speak life into me. Where my choices were ripped away, remind me I still have agency and worth. Restore my sense of control, my sense of safety, my ability to be fully human. You, Jesus, were violated too—you understand in a way no one else can. And You rose from that place, victorious and whole. Help me rise with You.

Cover me in Your compassion. Let no lie or accusation remain—replace them with Your truth. Speak to my identity, my worth, my future. I am not ruined. I am not too far gone. I am Your beloved child, and You will see me through every wave of this healing journey. Walk with me, Lord, and restore what was broken. In Your name, Amen.



PRAYER FOR HEALING FROM ABORTION

Jesus, I come to You carrying a pain that often stays hidden—grief wrapped in silence, regret wrapped in shame. You know everything about my story. You were there in every moment, not to condemn, but to love me. You see my heart now. You see the layers of emotion I hold—sadness, guilt, fear, confusion—and You do not turn away.

Lord, I need Your mercy, not just in word, but deep in my soul. I need to know that Your forgiveness is bigger than my choices. I need to feel the peace of being fully seen and still fully loved. Heal the parts of me that ache with longing and loss. Speak into the places where I question my worth. Help me to grieve honestly, without being swallowed by shame.

I entrust this child to You. I believe You hold them with gentleness and love. I ask that You would help me release what I cannot carry anymore—the weight, the “what ifs,” the fear of judgment. Teach me to receive Your grace, not as a way to escape responsibility, but as a path to healing. Let Your forgiveness wash over me and Your compassion rebuild me.

You are a Redeemer, Jesus. Nothing is too broken for You. Use even this part of my story to bring light and hope. Help me live in truth, in freedom, and in Your love. Amen.



PRAYER FOR SUICIDAL IDEATION

Jesus, I'm struggling to see a reason to keep going. The weight of pain, confusion, and hopelessness is suffocating. But even in this, I cry out to You. You are the Giver of life. You created me on purpose, for a purpose, even if I can't feel it right now. Remind me that my life matters—to You, to others, and even to myself. Your word says that I am fearfully and wonderfully made by You and that your thoughts towards me are a countless as the sand on the seashore and that you collect my tears in a bottle and each one of them is written in Your book. That must mean that you care about each thing that causes my tears and even more important, that You care for me.

Speak louder than the lies that say I'm too far gone. Drown out the darkness with Your truth. Show me that there is still hope, still healing, still a future. Strengthen me moment by moment. Help me reach out when I feel like isolating. Wrap Your arms around me when I feel alone. God, keep me. Rescue me from despair. Breathe Your life into the places in me that feel dead and that whisper to me that I just want to die. Replace my death wish with a desire to live—a life full of Your purpose and peace. I put my life in Your hands. Carry me through this valley. Don't let go. In Jesus' name. Amen.



PRAYER AGAINST SELF HARM

Lord, You see the pain that I try to silence through hurting myself. Instead of harming bring healing. Instead of self hatred bring Your love. Instead of the shame I feel bring Your garment of praise so that I can worship You through all of this and give You glory. You promise to work all things for my good. There is no good in harming myself. That would only cause more pain, guilt and shame. You understand the turmoil that I feel beneath the surface—the numbness, the shame, the desperate need for relief. I bring it to You now. I ask You to step into this pain and begin to heal what feels impossible because with You all things are possible.

Show me healthier ways to cope. Teach me how to sit with my pain and still believe that it won't destroy me. Help me to feel again, but not alone—feel with You beside me. Let me see my body the way You do: as sacred, a temple of Your Holy Spirit, not disposable. As beloved, not broken. Break the cycle, Lord. Replace the urge I feel to harm myself with Your peace. Replace the shame with Your compassion. Help me find support and people that I can talk to. Help me to find truth, and believe that I am worthy of healing. I surrender this struggle to You, Jesus. Be my refuge and my strength and my ever present help in times of trouble. I am in trouble. Cover me with Your mighty hand of protection and give me the strength to resist the temptation to harm myself in any way. In Jesus' name. Amen.



PRAYER FOR DEPRESSION

Jesus, I feel so heavy and downhearted. I feel like David when he said, “Why are you so cast down, Oh my soul and why are you so disquieted within me?” Everything seems muted, slow, and exhausting. Joy feels so far away, and motivation is buried beneath a weight I can’t seem to shake. My motivation is gone and You feel so far away from me. But even in this darkness, I choose to reach out to You. You are near to the brokenhearted, and I know You have not abandoned me because Your word says that You will never leave me nor forsake me.

Lift this heaviness, Lord. Even if only for a moment, help me feel Your presence and peace. Renew my mind, stabilize my emotions, and help my body find rest. Jesus, You said Your yoke is easy and Your burden is light. Mine feel extremely heavy and are weighing me down. Remind me that depression is not who I am—it’s something I’m walking through, and You are walking with me.

I ask for Your light to pierce through this darkness and fog. Reignite my hope. Restore my energy. Fill me with the assurance that I am not alone and that this season will not last forever. Hold me, Lord, and walk me gently toward wholeness. In Jesus’ name. Amen.



PRAYER FOR ANXIETY

Jesus, my heart is anxious and worried. Your peace seems so elusive and far away. My heart races and my thoughts spin out of control. I feel trapped by fear, by what-ifs, by the unknowns and all that I have no control over. I feel the pressure to manage everything and anything. But You are the Prince of Peace. You offer rest to the restless, calm to the storm. You stilled the storm and said, "Peace, be still," and the storm obeyed Your command. I give You my fears, my triggers, my need to control and I ask You to calm the storm within me that battles in my thoughts, my mind, my body, and soul. Help me to breathe and calm down my emotions and the body responses that seem to have a mind of their own. Help me to let go of the stress and pressure that I have taken on that feels like it is too much for me to bear. Come along side of me and carry me up as I lean on You. Teach me to breathe with You. Help me release what I was never meant to carry. Wrap me in Your presence like a warm blanket. Remind me that You are in control and that I can trust You with every detail, every step of the way by faith, not by what I fear.

Let Your peace guard my heart and mind. Still my spirit. Help me take one step of faith at a time, trusting in You, knowing that You walk beside me and go before me. I choose to trust You, Jesus. Calm the chaos within me. Calm Your child, Your daughter who needs her Father in this time of restlessness of my soul. In Jesus' name. Amen.



PRAYER FOR GUILT AND SHAME

Lord, I've been carrying the heavy burden of guilt and shame, and I'm tired. Whether it's from what I've done, what I failed to do, or what was done to me—I bring it all to You. You paid the price for my sin and You faced the cross, despising its shame so my guilt and shame is no longer for me to carry. I am a new creation. The old has gone and I am a new creature.

You see everything, and still You offer mercy. I need Your grace that is all sufficient to cleanse me from any true guilt as I ask You to forgive me for anything that I have done wrong and to take away the shame that I carry that does not belong to me. Wash me clean with Your grace. Remove this heavy weight from my shoulders. Help me accept the forgiveness You freely offer and forgive myself, too and to let go of any shame. You rescued me from sin, satan, and death and You gave me spiritual blessings of forgiveness, redemption, justification, and I am saved from Your wrath.

I need Your truth to cut through the lies that say I'm worthless, unlovable, or too far gone. Jesus, cover my past with Your mercy and lead me into a future shaped by Your love. Let Your truth be louder than the enemy's accusations. Help me to walk in freedom, not condemnation. You say that there is therefore no condemnation for those who are in Christ Jesus. Any judgment that I feel is not from You and does not have a place here in my life. I am not what I've done or what's been done to me. I am Yours. Amen.



PRAYER FOR LOSS AND GRIEF

Jesus, the ache of loss is deep. My heart feels like it's been torn open. Whether through death, betrayal, or separation, something precious is gone—and I don't know how to keep going. You are the Man of Sorrows, well acquainted with grief. So I come to You with my sorrow and this loss that I carry.

Hold me in this valley of tears. Remind me that You collect my tears in a bottle and You record each of them in Your book. Let my tears fall safely in Your presence as You hold me. Comfort me in a way no one else can. You are the God of Comfort who comforts me in all my distress so that I can comfort those who are needing comfort. Help me honor what I've lost while still moving forward. Speak peace into the empty places that feel hollow and ache with deep pain. Help me breathe again, live again, and hope again.

You promised to turn mourning into dancing, and though I'm not there yet, I trust that You will walk me there in Your time. For now, just stay with me, Jesus. Be my comfort and my constant. You promised to never leave me and never forsake me. Stay close and remind my heart that I won't lose You. Help me to feel Your presence here with me. Thank You for Your promise to draw near to me when I draw near to You. In Jesus' name. Amen.



PRAYER FOR HEALING FOR TRUST AND SAFETY

Lord, I come before You with a heart that longs to feel safe again, to trust again. The trust that was once broken by those who hurt me feels like shattered glass—scattered and painful to touch. I don't know how to rebuild it, but I know You see my heart. You see my fear, my hesitation, and my brokenness. You created me for connection, for community, for love. But the pain of betrayal and harm has made me wary, closed off, and fearful. Help me, Lord, to slowly piece together what has been torn apart.

Teach me to trust again—first in myself and my ability to discern what is safe, and then in others. Help me see the difference between love that protects and love that manipulates. Let Your wisdom be my guide as I navigate relationships, showing me who is trustworthy and who is not. I ask You to surround me with people who will honor and protect my heart. May I find those who genuinely care, whose love will not hurt me but will encourage me to be the best version of myself.

Most of all, Lord, I ask You to be my safety. Wrap me in Your protection so I can learn to trust once more, knowing that You are my refuge. Help me to find peace in the knowledge that You are always with me, watching over me, and guarding my heart. Teach me to live without fear, to walk freely with the confidence that I am not alone. I place my heart and my trust in Your hands. Amen.



PRAYER FOR EMOTIONAL RESTORATION

Father, I come to You with a heart that is heavy, filled with emotions I don't always understand—anger, sadness, fear, and confusion. The weight of everything I've been through feels like a storm inside of me, swirling and out of control. Sometimes, it feels like I'll never be able to calm the emotional chaos. But You, Lord, are the one who calms storms.

I ask You to step into the emotional wreckage I feel within. Heal the anger that still burns in my chest, the sadness that floods my heart, and the fear that holds me back from living fully. Help me feel what I need to feel without being consumed by it. Restore my emotions to a place of balance and peace. Take away the heaviness that sits on my shoulders, and give me a sense of lightness and freedom. Show me how to process my pain and sorrow in healthy ways. Teach me to release bitterness and anger, and to forgive those who have hurt me, not for their sake, but for my own healing.

Where I feel numb, awaken me to the beauty of life and the love that is still present around me. Where I feel disconnected, help me to reconnect with my own heart and with others. Help me to rediscover joy in the simple things, to find hope in moments of darkness.

Above all, Lord, let Your peace be the anchor for my emotions. In moments of turmoil, help me to return to Your presence, where I can find rest for my soul. Heal me, Father, and help me to restore the emotional health I've lost. In Jesus' name. Amen.



PRAYER FOR STRENGTH TO MOVE FORWARD

Lord God, I come to You today, feeling weary and weak. The journey I've been on has been long, and the road ahead still seems uncertain. The pain I've endured, the scars I carry, sometimes make me feel like I'm too broken to move forward. But I know that You are my strength when I am weak, and that Your power is made perfect in my vulnerability. I need Your strength, Lord, to face each new day. Help me to rise, even when it feels impossible. Renew my energy, restore my will to live, and give me the courage to move forward one step at a time. When the past tries to pull me back into its grip, remind me that I am not bound by what has been done to me. I am free in You, and I choose to live in that freedom. When fear overwhelms me, be my courage. When doubt fills my heart, be my assurance. Lord, I ask You to help me rebuild my life. Give me the wisdom to make good decisions, the strength to follow through on them, and the endurance to keep moving forward, even when the journey is difficult. Help me to walk through the pain and confusion, knowing that You are with me every step of the way. Let Your hope rise in me, replacing the despair I've carried for so long. Help me to remember that healing is a process, and that every small step forward is a victory. I trust You to walk beside me, to lift me up when I fall, and to help me build a future that is full of hope, love, and peace. Strengthen me, Lord, and guide me to the life You have for me, a life of wholeness and freedom. In Jesus' name. Amen.



SCRIPTURE REFERENCES AND BIBLE VERSES

Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Romans 8:1 – “Therefore, there is now no condemnation for those who are in Christ Jesus.”

Isaiah 61:1 – “He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”

2 Corinthians 12:9 – “My grace is sufficient for you, for my power is made perfect in weakness.”

John 10:10 – “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Philippians 4:6–7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

1 John 1:9 – “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Lamentations 3:22–23 – “Because of the Lord’s great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness.”

Psalm 147:3 – “He heals the brokenhearted and binds up their wounds.”

Jeremiah 29:11 – “‘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.’”