

## **Prayer For Inner Healing**

**Lord Jesus, You came to heal our wounded and troubled hearts. We beg you to heal the torments that cause anxiety in our hearts; we beg You, in a particular way, to heal all who are the cause of sin. We beg You to come into our lives and heal us of the psychological harm that struck us in our early years and from the injuries that they have causes throughout our Lives.**

**Lord Jesus, You know our burdens. We lay them all on Your Good Shepherd's Heart. We beseech You-by the merits of the great, open wound in Your heart-to heal the small wounds that are in ours. Heal the pain of our memories, so that nothing that has happened to us will cause us to remain in pain and anguish, filled with anxiety.**

**Heal, O Lord, all those wounds that have been the cause of all the evil that is rooted in our lives. We want to forgive all those who have offended us. Look to those inner sores that make us unable to forgive. You who came to forgive the afflicted of heart, please, heal our own hearts.**

**Heal, my Lord Jesus, those intimate wounds that cause us physical illness. We offer you our hearts. Accept them, Lord, purify them and give us the sentiments of Your Divine Heart. Help us to be meek and humble.**

**Heal us, O Lord, from the pain caused by the death of our loved ones, which is oppressing us. Grant that we regain peace and joy in the knowledge that You are the resurrection and the Life.**

**Make us an authentic witness to Your Resurrection, Your victory over sin and death, and Your living presence among us.  
AMEN.**