

Trauma Prayer

Your Name:

Date:

Read Psalm 34:17-19. What does this tell you about God's love for you?

Trauma is when we experience pain – suddenly or repeatedly – and no one is there to help us work through the pain. We get “stuck.” Trauma makes us feel like we can't cope with any more pain or even with everyday challenges.

Trauma can happen from a physical accident or a natural disaster. Trauma can also happen when things get mentally or emotionally overwhelming. Children can experience trauma from abuse and also from neglect. Trauma happens in many ways.

Often, we carry old traumas with us – in our hearts, minds, and even in our bodies. Every time we deal with a new trauma, we are still reacting to the old traumas as well. This can make us exhausted physically and emotionally. The enemy tries to keep us locked in trauma, stealing our joy and our peace.

Here is the good news: Jesus came to set us free. Read Isaiah 61:1-3. How do you feel when you read those words?

When we ask Him, Jesus can lift the trauma from our hearts, minds, and bodies. In exchange, He gives us His peace. Read John 14:27. Have you experienced peace like Jesus describes? How does it feel?

God is here to help you find peace instead of trauma.

Take some time to talk with God about a trauma that you experienced. What happened during that trauma? How did it affect you? Do you still experience that trauma in any way, physically or emotionally? Does it still affect your life? How? If you're not sure, spend some quiet time with God and let Him show you. Write about it here.

After you have talked with God about your experience of trauma, it's time to pray and ask God for His peace.

Prayer: God, thank You for showing me this trauma that has affected my life. I want to have Your peace in place of this trauma. God, please lift the trauma from me. [Sit quietly and allow God to lift the trauma.] God, in place of the trauma, please fill me with Your peace. [Sit quietly and allow God to give you His peace.]

Take as much time as you need with this prayer. Stay quiet with God until you begin to feel peace.

If you are having trouble finding peace, please ask a friend to pray with you. Trust that Jesus is there with you, bringing you His peace. Read John 14:27 again. That is Jesus' promise to you, and He always keeps His promises. Sometimes you might not feel emotionally peaceful right away. We don't always "feel" these things. Peace is spiritual and more powerful than emotions. But know that God's peace is with you.

How do you feel?

Now that you have experienced trauma prayer, you can pray this again for other traumas in your life. Allow the Holy Spirit to lead you, always.

You can also pray for other people. When you talk with people who are suffering from trauma, you can pray for God to give them His peace in place of trauma. This is a wonderful way to pray for other people. You can pray with them directly, if they want. Or you can pray "from a distance" even for people you don't know. Pray for God to send His peace where they have experienced trauma.

Do you have any other thoughts you want to share about praying for traumas you have experienced? Feel free to write them here. Share them with God in prayer, and ask someone you trust to pray through these traumas with you. Remember to ask God to lift the trauma from you, and to give you His peace instead.