**Women’s Conference Workshop, Diocese of Harrisburg, PA, October 12, 2019**

**Workshop Addendum – Healing Prayers**

**Cecelia Ritchey, Presenter**

**HEALING OUR WOUNDS AND THE WOUNDS OF OTHERS**

**According to: 2 Corinthians 1:3–7(NABRE):**

**“Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God.**

**For as Christ’s sufferings overflow to us, so through Christ does our encouragement also overflow. If we are afflicted, it is for your encouragement and salvation; if we are encouraged, it is for your encouragement, which enables you to endure the same sufferings that we suffer. Our hope for you is firm, for we know that as you share in the sufferings, you also share in the encouragement.”**

**+ Prayer to the Holy Spirit**

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

**Dear Holy Spirit,**

**I ask you to come to me today in a special way. I pray that my mind, my heart and my spirit may be totally open to you.**

**In the name of Jesus, I renounce any confusion or doubts that I may have and I also renounce any illusions or lies that have caused me to make wrong decisions or form wrong opinions.**

**I surrender ALL to You and I ask to be transformed according to Your will.**

**In the name of the Father and the Son and the Holy Spirit. Amen.**

**+ Salvation Prayer**

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

**In my sin I cry out to you, O Lord. I repent of any way I have offended you. I renounce all forms of evil, especially… (say whatever comes to mind)**

**I forgive all those who have injured me and ask pardon from all whom I have injured.**

**I was created for Your glory; I was created for Your purpose; I was created for Your pleasure. So I say, have Your way with me, Lord! Here I am, arms outstretched. Use me to further your kingdom. I am as an empty cup. Fill me to overflowing with the Holy Spirit and all the gifts He offers. Hear and answer my prayer according to your will… In Jesus’ name, Amen!**

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

**+ Prayer for Transformation**

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

**Dear Holy Spirit,**

**I ask you to come to me today in a special way. I pray that my mind, my heart and my spirit may be totally open to you.**

**In the name of Jesus, I renounce any confusion or doubts that I may have and I also renounce any illusions or lies that have caused me to make wrong decisions or form wrong opinions.**

**I surrender ALL to You and I ask to be transformed according to Your will.**

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

**+ Prayer for Help in Making Restitution**

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

**Dear Holy Spirit,**

**Help me to make amends in whatever way I should to all those whom I have sinned against. Help me to seek reconciliation whenever possible. Help me to see things clearly and act with charity and justice.**

**In the name of the Father and of the Son and of the Holy Spirit. Amen.  (1)**

+ **Prayer for Inner Healing**

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

 **Lord Jesus, you came to heal our wounded and trouble hearts.**

**I beg you to heal the torments that cause anxiety in my heart. I beg you in a particular way to heal all who are the cause of sin. I beg you to come into my life and heal me of the psychological harm that struck me in my early years, and from the injuries that it has caused throughout my life.**

 **Lord Jesus, you know my burdens. I lay them all in your good Shepherd’s heart. I beseech you by the merits of the great open wound in your heart, to heal the small wounds that are in mine. Heal the pain in my memories so that nothing that has happened to me will cause me to remain in pain & anguish filled with anxiety.**

**Heal, O Lord, all those wounds that have been the cause of all the evil that has done no good in my life. I want to forgive all those who have offended me.**

**Look to those inner sores that make me unable to forgive.**

**You who came to forgive the afflicted of heart, please heal my own heart. Heal, My Lord Jesus, those intimate wounds that caused me physical illness. I offer you my heart, accept it Lord, purify it, and give me the sentiment of Your Divine Heart. Help me to be meek and humble.**

**Heal me, O Lord, from the pain caused by the death of my loved ones which is oppressing me. Grant me to regain peace and joy in the knowledge that you are the resurrection and the life. Make me an authentic witness to your resurrection, your victory over sin and death, you’re living presence among us.  Amen.**

**In the name of the Father and of the Son and of the Holy Spirit. Amen.**

**“Deliverance Prayers of the Laity“. As compiled by Father Chad A. Ripperger, Ph.D.**

**“THE SWORD OF THE SPIRIT” Meditation & Spiritual Exercise**

**- Picture a situation or person that wounded you.**

**- Visualize yourself tied to this with a loop, a rope, or even a chain. This may be different for**

 **each person depending on your relationship with the event or person.**

 **Whether it is a part of your life now, or something you will probably never have to face**

 **again, our purpose is to see it differently.**

**- Ask Jesus to come be with you and tell Him any reservations you may have.**

**- Jesus is asking you to hand everything over to Him, that your wounds can be joined with**

 **His wounds.**

**- You notice that Jesus is carrying a gleaming sword. He says, “this represents the power of**

 **my Spirit. Take it and cut yourself free from everything that represents that wound”.**

**- You remember these words , “If the Spirit set you free, you are free indeed.”**

**- Using the “Sword of the Spirit”, break or sever anything that has you bound to that image**

 **and repeat:**

**+ “In the name of Jesus,**

 **I cut myself free from all pain,**

 **negative influence, lies, illusion**

 **and wrongful connection to this memory.”**

**- Now say to Jesus:**

**+ “Lord, heal my wounds and**

 **hide them in your wounds.**

 **I asked that this memory be transformed**

 **and I can only see the good that You have**

 **been able to bring from this experience.”**

 **ASK THEM TO...Look again at the picture as Jesus stands with them and verify that it has been transformed. If not, they can repeat this exercise until it is, asking the Lord to reveal anything that might be blocking our transformation such as anger, bitterness or unforgiveness and renounce these things “in the Name of Jesus”. (2)**