

Prayer for Healing of Painful Memories

1. Pray: “Lord I trust you to care for my heart at this time. Please show me any places within my life where these emotions are rooted, perhaps a memory.”
What did God show you?

2. Write down the negative things you believe about yourself, about God, and about others in the emotions and memory.

3. If the Lord showed you a memory to you, pray.... “Lord I thank you for exposing this painful experience and memory to me. Please reveal to me anything that you would like me to know.”

In our painful memories, we often believe that God was not present to us in those difficult experiences. If we prayerfully invite the Lord into these memories, he will often reveal himself to us. As you do this, you might see an image in your mind, hear him speak to you, or just have a *sense* of him, which might be as simple as experiencing the truth come against the wrong belief in your heart, which is at the source of your pain. This simple/contemplative imaginative prayer can help us to know God in a more personal and intimate way. If you don't experience anything in this exercise, that is OK too. Often, wounds and sins buddy up, which makes them stubborn. If that is the case, don't be discouraged! Just allow the Lord to work in his time.

4. Pray “Lord, I thank you for healing grace. I trust that you speak to the deepest places of my heart, even if I don't sense it. I thank you for instilling in me the truth of your deep and extravagant love for me. I thank you, as I pray right now, for restoration of every area of my life that has been stolen or compromised by sin and wounds. I bless your name!”

(source: Ken Kniepmann, *Lenten Healing*, Notre Dame, IND: Ave Maria Press, 2017, pp. 113-114)