

Prayer for Healing of Inner Kids (anger)

This is a prayer I prayed over Skype with a believer struggling with out of control anger. I left it as originally prayed to show the personal and specific nature of such prayers.

T's brief explanation of her anger: When I feel he doesn't understand me or force me I get angry. Then I try to control myself and don't talk. But after a few minutes I become like a bomb and I start yelling. Sometimes I want to hit him and try so hard to control myself so I don't do that.

Lord, once again thank you for my friend and your love for her. Teach me how to pray for T. Father, thank you that you are the God of light and truth and power and peace and wisdom. We need all of these today. I pray that you would create a safe place for T right now – safe on the outside, in her home, her room. And safe on the inside, in her mind and heart and body.

Send forth your light and your truth. Surround and fill her and drive back the darkness. Create a safe place filled with your light in her, Lord, and keep pushing back the darkness and everything in it. Turn down their voices so that we hear only your voice, Jesus. We choose Jesus today!

Jesus, invite into the light all of the little ones you want to set free today; all the little kids. Help us both to be able to talk to these kids so they understand us. Help them to be able to listen without the sound and distraction and pain and lies of the evil ones. Open all of our hearts to you, Jesus. Help the one or ones that feel such anger and rage to enter your light. And separate them from all their enemies that try to keep them in bondage to darkness and lies. We choose Jesus – and we reject everything that is opposed to Jesus. Surround the edges of the light with your mighty angels, Lord, and lead us to freedom. Help me now, Jesus, to talk directly to all the little kids.

To all the little ones: Thank you! Thank you for being there for so many years to help T with all she has gone through – all the hurts, the rejection, the fights in the family, her parents separating, the loss of her grandpa, her father in prison and so much more. Thank you to all of you kids who have been here to help.

But you need to understand something. What you are doing, what you have always done, is no longer helping T. It is hurting her and hurting people she loves. It hurt her husband last night and has hurt others, too. I know that you believe that what you are doing is the only way to protect T, but it is no longer protecting her – it is hurting her. I believe that you want to help, not hurt.

You need to understand, too, that T now has 3 new advantages. Three things she didn't have as a child. First she has grown up. What was overwhelming and scary for a young girl is no longer scary and terrible for a mature woman. She has faced hard things again and again – and survived! More than that, she has grown and helped others, too,

Second, she has friends who care for her and want to help. She isn't alone anymore.

Third and best of all – T has Jesus! He has always been there for you; but only recently has T learned how to rely on His power and receive His love. And Jesus wants to help you now – and forever!

So, little ones, it's time now to let it go; to relax and let the adult T – with the help of Jesus and his followers – take over and face life together. You are so tired of fighting. You don't have to fight any longer. You can rest in Father's arms. They are open wide for you right now. He is inviting you to let go of your heavy burden and know His peace and love instead. The only way now to help T is to stop what you have always done and let Jesus take over. He knows what to do – and He loves T and everyone inside.

Jesus, speak to the little ones; care for them. Show them your new and powerful way and help them to relax into your arms forever.

Little ones, all you have to do is set your burdens down at Jesus feet and let Him take them for you. He will protect you now – and strengthen and love. It is ok – you can rest in Him.

And, Jesus, as they come to you to lay down their burdens, tell them what comes next for them. Give them a new name, a new job, a new purpose from You!

For the little one who has been so angry and hurts others with that anger – this is your time for peace. Jesus is offering it now. Receive this gift from Him. You don't have to keep fighting. The Lord is the most powerful of all and He says that He will be a mighty warrior going in front of you, fighting for you. Let Him take care of the battles from now on. He can and He will.

Now, look out at the darkness. It is far away now and all the enemies that have hurt you and lied to you and tormented you are now far away. Everyone here (all the kids) – tell the tormentors to leave now!

To the enemy we say: "We don't want you! We won't listen to you! We won't follow you or believe any of your lies anymore! Today we choose Jesus – and only Jesus! We reject everything from the enemy and we break every bond that has kept us in slavery and receive the freedom of the One who came to this earth to set us free."

So to the enemy we say, "Go now! And never come back!"

We choose Jesus! WE CHOOSE JESUS! He is our only Lord and Savior; our only Protector; our only Comforter. We will no longer take any comfort from anger and yelling and hitting. We choose Jesus and His way. Today we choose His freedom.

Thank you, Lord – for your healing and freeing touch. May every day be filled with your grace and power and love. Help us to receive it and live in it forever. WE CHOOSE JESUS! AMEN