

## Prayer for freedom from Sadness (an actual prayer over Skype w/ a young Iranian woman)

The text in bold is where I encourage the person I'm praying with to join me in prayer. I ask them to repeat aloud each phrase (I pause throughout the prayer) so they can make it their own.

Jesus, teach me to pray for your precious daughter. Thank you for your power and love. We ask that you push back the enemies that are holding and hurting this sad part of A, the sad kids. *(pray with me)* **Jesus, I belong only to you. I am your temple of the Holy Spirit. I don't belong to myself or anything else, only to Jesus. You bought me with a great price, your blood on the cross. So today I choose by faith to honor you with my body and everything in it. Every sad and depressed kid inside of me I pray right now to come into Jesus' light. Leave the darkness; you don't have to live there anymore. Today we can choose Jesus.**

Jesus, drive away the darkness farther and farther from me. I don't want to live in that darkness anymore. Whatever lies the enemy has told me, I no longer choose to believe. I choose only Jesus and His truth and His light. And I command anything holding me back from my true Lord and Savior to let go of me now. Jesus, turn down their voices. I won't listen to their lies or threats anymore. I choose Jesus!!!

To the sad and anxious and depressed kids inside me, I say: "Thank you for helping me for so long to survive all this pain but I know you are tired now and what you have done for all these years isn't working anymore. Staying sad for half a day and quiet – maybe it helped a long time ago, but not now. It hurts me and others and my God. I don't know what happened to you to make you feel this way but Jesus knows and He is here to help and heal.

To the little ones inside: I have grown up. I am older now and can find ways to survive without all the sadness and shutting down inside. I have friends to help me; I am not alone anymore. And best of all – I have Jesus!! He is powerful and loving and wants to help us right now. Little ones, it is time we let go of our sadness. Whatever happened a long time ago does not have to keep making me sad now. We can be free with Jesus. So let's give all of our sadness and pain and memories to Jesus right now. He knows what to do with them. He can carry them and take all of our sadness away.

Today we choose Jesus! So let's give to Jesus all of this: **"Jesus, we have carried this sadness and depression and anxiety for so long. It is so heavy and we are tired. So today we give to you all of it, we place it all before you, Jesus, right now. Please take all of it from us and set us free!"** *(if anything comes to your mind, give it to Jesus now)*

Jesus, thank you for taking all of this heavy burden. What do you want to do now for all of these parts of A? What new jobs or purpose do you have for them? *(I think Jesus is saying it is good just to rest with Him now, just be at peace and rest in His arms)* And now, for all the little ones being set free and for A, the adult, let's tell the enemies that have been hurting you through these kids to go away: **"In the powerful name of Jesus, I command away anything from the enemy to leave right now! I won't listen to you! I won't follow you! I won't believe your lies anymore! I don't belong to you; I belong to Jesus! Only to Jesus! Any invitation I made to any enemy, any promise or vow or commitment I made to them, I break it right now! By the power and blood of Jesus Christ! I choose Jesus! I CHOOSE JESUS! And I command all of the enemy to leave me now. Jesus is my only Savior and Lord, my only Protector, my only Comforter. I choose Jesus! Jesus, may the peace and freedom I have now continue to fill me. Help me to understand how to relax in your arms and allow your peace and love to heal all my sadness. Thank you Jesus!"**

Amen!