

Prayer for Inner Healing

Lord Jesus you come to heal
our wounded and troubled 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 harms
that struck me in my early years
and from the injuries that they caused
throughout my life.

Lord Jesus, you know my burdens.
I lay them all on 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 of my memories,
so that nothing that has happened to me
will cause me to remain in pain and anguish,
filled with anxiety.

Heal, O Lord,
all those wounds that have been
the cause of all the evil that is rooted 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 came to forgive the afflicted of heart,
Please, heal my own heart.

Heal, my Lord Jesus, those intimate wounds
that cause me physical illness.
I offer you my heart.
Accept it, Lord, purify it and give me
the sentiments 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 authentic witness
to your Resurrection,
Your victory over sin and death,
your living presence among us. AMEN