

Heavenly Father,

I come before you today with a heavy heart, burdened by the trauma I've experienced in my own life. You know the depth of my pain and the scars that trauma has left upon my soul. I lift up to you every memory, every fear, and every emotion that weighs me down, trusting in your healing touch to bring comfort, peace, and restoration to my wounded heart.

Lord, in the aftermath of trauma, I often feel lost and overwhelmed. The memories haunt me, the pain feels unbearable, and I struggle to find hope amidst the darkness. But I know that you are the God of healing and restoration, and I trust in your promise to bring beauty from ashes and joy from mourning.

God, I pray for your comfort to surround me, Lord, like a warm embrace in the midst of the storm. Help me to feel your presence near me, guiding me through the darkest moments and lifting me up when I feel like I can't go on. Give me the strength to reach out for help and support, knowing that I am not alone in my struggles.

Father, I lift up to you the long-term effects of trauma that I continue to wrestle with, including anxiety, depression, and feelings of worthlessness. You are the God who sees me in my brokenness and offers the promise of healing and restoration. I pray for your healing touch to be upon my mind, body, and spirit, bringing peace to my troubled thoughts and healing to my wounded soul.

Lord, I also pray for those who love and support me as I journey through the process of healing. Give them patience, compassion, and understanding as they walk alongside me, Lord, offering their love and support without judgment. Help us to navigate the challenges together, leaning on each other and trusting in your grace to sustain us.

Thank you, Father, for your unconditional love and faithfulness. May your healing touch be upon me, bringing restoration and wholeness to every broken part of my life. Help me to find hope and healing in you, knowing that you are able to do immeasurably more than all we ask or imagine.

In Jesus' name