

# Let's Pray

Theme: NO SHAME!

## Scripture:

"As for us, we have all of these great witnesses who encircle us like clouds. So we must let go of every wound that has pierced us and the sin we so easily fall into. Then we will be able to run life's marathon race with passion and determination, for the path has been already marked out before us." Hebrews 12:1

"So now the case is closed. There remains no accusing voice of condemnation against those who are joined in life-union with Jesus, the Anointed one." Romans 8:1

## Prayer:

Lord sometimes there is a darkness that weighs on me, it tugs at my heart and tries to drag me under. It says I'm not lovable. It says it's my fault that I have been wounded, or treated in an unloving way. It whispers that there is something wrong with me. Something shameful. It is the poison of shame - and it is not from you.

When someone else mistreats me, shame follows close behind and then, long after the act is over, the shame lingers.

But it is not from you.

When I am mistreated you don't put blame or shame on top of the wound. Instead You bring your healing balm. Lord I long for your healing, but for that I must first release the wound and all that came with it. And so I ask you Father to disintegrate the sickening feeling of shame, quiet the accusing voice of the enemy, silence the insidious lies that cause me to question my worth. Father, remind me of who I am in you and the divine purpose you have given me.

I am loved. I am worthy. I belong. I am wanted. I am beautiful. I am a mighty daughter of the King. I am not subject to shame or condemnation. I choose forgiveness where there have been wrongs done to me. I release the pain, the wounds that were caused, and I ask you to see and to bring about justice. But it is not for me to repay evil for evil. Instead I release the pain and I welcome your healing.

I refuse the shame. I refuse the heaviness, the confusion, the lies. I let go of every wound that has pierced me and the sin that so easily entraps me. I thank you for fighting on my behalf. I praise you that you have made me your own and that you deem me worthy of being with you - in your life giving presence. I have hope because you fight for me. You intercede for my good. You see, and you come near in order to be with me in the hurt, and then you promise to heal it. To turn the ashes into a crown of beauty. You promise to transform my mourning into songs of praise. You promise to set the prisoners free! Creator God please set me free from the shame that has imprisoned me and I will sing your praises! Thank you for the hope you provide!



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Thank you that you have the power to heal every wound - even nails piercing flesh and nailing it to a cross. You bring life out of death, and joy out of mourning. You will redeem this situation and for that I praise you and I thank you in advance for the wholeness and healing you are bringing about in me. Your love sets me free and enables me to run the race you have marked out for me with passion, strength and determination. I am a mighty daughter of the King of Kings! I will not be held back by anything the enemy can throw at me. I have a higher calling!

I trust you and I will cling to the promises you have made - your Word is Truth. Lead me in your footsteps, that I may learn to stand on the path you have ordained for me, mighty, as more than a conqueror because of your great love.

## Claim it! Truths about who we are:

There is now no condemnation for me because I am in Christ.

I am set free from shame.

I am made whole from any wound.

I am deeply loved.

I am encircled by loving power.

I have a purpose and a path ordained by God.

## Breathing Meditation/ Breath prayers:

We encourage you to sit and take deep belly breaths, in and out through the nose. You can also do walking meditation. Quiet your mind and focus on one sentence at a time. Use one sentence per breath, usually to the count of 4 if possible. You can speak the sentence out loud or say it in your head. Smile as you breathe out. The purpose of meditating on God's word is to allow the truths to go deeper into our mind and heart and to quiet our mind enough to truly grasp them, and then to hear more from God.

I am loved

I am not this experience

I am made whole

I am not this hurt

I am cherished

There is no shame here

I am forgiven

There is no rejection

I am accepted

There is nothing but joy

I am made strong

I am capable

I have a purpose

I have a race

I release the hurt

I banish the shame

I am set on a path

I am a daughter of the King

My King is victorious

I am triumphantly me

*"Behold, I have engraved your name upon the palms of my hands."*