

1. Healing Prayers for _____

Holy Spirit, come down and reclaim _____'s body which was consecrated to You at his [her] Baptism, filling his [her] entire dimensive quantity, from the top of his [her] head to the bottom of his [her] feet. Fill his [her] faculties with Your presence, his [her] senses, memory, imagination, cogitative power, common sense power, intellect, will and appetites. Take up Your residence in all aspects of his [her] body and soul, leaving no place unfilled, closing off any doors, caves or portals to the demons, driving them to the foot of the Cross of Jesus Christ, never to return again. Heal _____ of the wounds of _____ (name the wounds). + In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

2. Prayer for Inner Healing

Heavenly Father, we ask that Your love flow upon your servant [handmaid], _____. May the Blood of Christ cover all his [her] wounds and restore him [her] to wholeness and life. May the fire from Our Lady's Heart now enter him [her] and anoint all parts of his [her] body and soul with the Holy Spirit, and blind Satan. May Saint Joseph wrap Your servant with blessings and peace, in the Name of the Father and of the Son, and of the Holy Spirit. Amen.

Precious Blood of Jesus, flow through _____.

Mary, Mother of Divine Love, take the Precious Blood of Jesus to the throne of God the Father and offer it in sweet and humble adoration; then send it back flowing by the Holy Spirit as a healing of body, mind, heart and soul for _____.

Eternal Father, we offer You the wounds of Our Lord Jesus Christ, the tears of the Immaculate Heart of Mary—as she gazed on the suffering of Christ—and the prayers of Saint Joseph, her beloved spouse, to ask You to grant the favor of the complete and total healing of _____.

Lord Jesus, You came to heal our wounded and troubled hearts. I beg You to heal the torments that cause anxiety in _____'s heart and mind. I

beg You, in a particular way, to heal all who were influential of sin in his [her] life. I beg You to come into _____'s life and heal him [her] of the psychological wounds that have stricken him [her] at anytime in his [her] life, especially in his [her] earlier years and from the injuries that they have caused throughout his [her] life.

Lord Jesus, You know _____'s burdens. I lay them all on Your Sacred Heart. I beseech You, by the merits of the great, open wound in Your Heart, to heal the wounds that are in his [hers]. Heal the pain associated with his [her] memories, so that nothing that has happened to him [her] will cause him [her] to remain in pain and anguish, and filled with anxiety. Heal, O Lord, all those wounds that have been the cause of all the evil that is rooted in _____'s life. He [she] wants to forgive all those who have offended him [her]. Look to those inner wounds that make him [her] unable to forgive. You who came to forgive the afflicted of heart, please, heal _____'s heart.

Make _____ an authentic witness to Your Resurrection, Your victory over sin and death, Your living presence among us. Amen.

3. Simple Renunciation Prayer

In the name of Jesus Christ, and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, (name some of your favorite saints) and my Guardian Angel, I renounce [emotions, lies, etc.], and I break their power and cancel their effects. Amen.
[Pray 3 times.]

4. Simple Breaking of an Unhealthy Soul Tie

[Soul tie = relationship. Sometimes we “pick up” negative/unhealthy traits from others.]

In the name of Jesus Christ and by the intercession of the Blessed Virgin Mary, I give back anything I took from _____, and I take back anything I gave to _____, and hereby break any and all unholy soul ties with _____. Amen. [Pray 3 times.]

5. Healing Prayers for Myself

Holy Spirit, come down and reclaim my body which was consecrated to You at my Baptism, filling my entire dimension quantity, from the top of my head to the bottom of my feet. Fill my faculties with Your presence, my senses, memory, imagination, cogitative power, common sense power, intellect, will and appetites. Take up Your residence in all aspects of my body and soul, leaving no place unfilled, closing off any doors, caves or portals to the demons, driving them to the foot of the Cross of Jesus Christ, never to return again. Heal me of the wounds of ____ (name the wounds; e.g., pride, fear, worry, doubt, control, etc.). + In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Psalm 1

- ¹ Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
- ² but his delight is in the law of the Lord,
and on his law he meditates day and night.
- ³ He is like a tree
planted by streams of water,
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.
- ⁴ The wicked are not so,
but are like chaff which the wind drives away.
- ⁵ Therefore the wicked will not stand in the
judgment,
nor sinners in the congregation of the righteous;
- ⁶ for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Psalm 23

- ¹ The Lord is my Shepherd, I shall not want;
- ² He makes me lie down in green pastures.
He leads me beside still waters;
- ³ He restores my soul.
He leads me in paths of righteousness
for His name's sake.
- ⁴ Even though I walk through the valley of the
shadow of death,

I fear no evil;
for Thou art with me;
Thy rod and Thy staff,
they comfort me.

- ⁵ Thou preparest a table before me
in the presence of my enemies;
Thou anointest my head with oil,
my cup overflows.
- ⁶ Surely goodness and mercy shall follow me
all the days of my life;
and I shall dwell in the house of the Lord
forever.

Psalm 91

- ¹ He who dwells in the shelter of the Most High,
who abides in the shadow of the Almighty,
- ² will say to the Lord, "My refuge and my fortress;
my God, in whom I trust."
- ³ For He will deliver you from the snare of the
fowler and from the deadly pestilence;
- ⁴ He will cover you with his pinions,
and under His wings you will find refuge;
His faithfulness is a shield and buckler.
- ⁵ You will not fear the terror of the night,
nor the arrow that flies by day,
- ⁶ nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
- ⁷ A thousand may fall at your side,
ten thousand at your right hand;
but it will not come near you.
- ⁸ You will only look with your eyes
and see the recompense of the wicked.
- ⁹ Because you have made the Lord your refuge,
the Most High your habitation,
- ¹⁰ no evil shall befall you,
no scourge come near your tent.
- ¹¹ For He will give His angels charge of you
to guard you in all your ways.
- ¹² On their hands they will bear you up,
lest you dash your foot against a stone.
- ¹³ You will tread on the lion and the adder,
the young lion and the serpent you will trample
under foot.
- ¹⁴ Because he cleaves to me in love, I will deliver
him;
I will protect him, because he knows my name.
- ¹⁵ When he calls to me, I will answer him;
I will be with him in trouble,
I will rescue him and honor him.
- ¹⁶ With long life I will satisfy him,
and show him my salvation.