

Trauma Prayer

by Jim Banks

If you want to lay down on the floor, be my guest. Some of you are going to wind up there anyway. Pat and I may wander around and lay hands on you. If somebody touches you don't freak out.

[Starts prayer]

Father, we take authority over anything left over hanging around in this room that wants to insert itself, inject itself, or otherwise mess with what's going on. Father, we just kick to the curb anything that will not bow its knee to the Lord Jesus Christ. You have no place here, we give you none. Holy Spirit, we invite you. Come and minister to those that you love. We submit to you. We give you the place. We thank you so much for what you have done for us. For what you've provided us. For what you've shown us.

Father, in Jesus' name, I take authority over this time, this space, this dimension in the name of the Lord Jesus Christ. Father, I ask you to disconnect every one of them from every second heaven entity that's gained access to them for the purpose of inflicting torment and trauma. I specifically ask you to disconnect them from fear, chaos, death, destruction; anything that has bound or blocked development. Disconnect them right now, Father, in Jesus' name.

Father, I ask you to disconnect them from all of the schemes and contracts and agreements that (higher order) demonic entities have made with each other to torment and torture. Disconnect them, Father.

Father, I take authority over every (person's) body in this place, in Jesus' name, for a few minutes. I command their bodies to release all of the effects of trauma. Everything that it has held onto, down to the cellular level, from accidents, injuries, medical procedures, surgeries, invasive medical procedures, broken bones, cuts. I also command their bodies to release all of the effects of trauma with respect to rejection, abandonment, death, divorce, loss of dreams, hopes, aspirations, every time they were robbed, stolen from. You'll come out without harm or injury. I just command you to release it all. Don't hang on to any of it. All of the pent-up stress and tension, anxiety, worry, results of fear.

I command your bodies to release all of the fear of the future. "How is this going to work out? What's going to happen?" All of the issues regarding health, business, children, spouses, I just command all of that out of your body, you can't hold on to it, in Jesus' name. Out of every bone, out of every piece of connective tissue, out of spines and muscle, hair, teeth, come out in Jesus' name.

I command your bodies to release all of the memories of aching loneliness; the feeling that you were all alone and helpless. Just be released right now, in Jesus' name. Let it go. Wherever you have hidden it, wherever you have allowed it to be stored up in your body, just let it go. Let it be released.

In this season of economic uncertainty, I just command your bodies to release all of

the stress and tension of how it's going to work out. The plans that had been so diligently made, that seemed to have been undermined, just release, release, release. Just let it all go. All of the effects of unforgiveness, bitterness, of being cut off or abandoned. Just let it go. Just release all of the effects of shame, disappointment, and disillusionment. Everywhere that people have not lived up to their word, in fact, have done exactly the opposite. Every time you have been called a name, lied against, lied about, dishonored. Just let it all go. Release it. All of the physical effects, whether it was emotional, spiritual or physical, just release it all now in the name of Jesus. Every bit of it. Just let it go.

I command out of your nostrils and taste buds everything connected with defiling touch. Any place in your body that felt it or was impacted by it, I just command it to be released now in Jesus' name.

I take authority right now, in Jesus' name, over all witchcraft prayers that have been prayed against you, against the body of Christ, against your relationships, against your place in the body, even those who have been jealous of you for how you looked, how you acted, the favor you had, I just cut that all off right now, in Jesus' name. I release you from every bit of it. Father we just call every one of those (words and prayers) null and void and we cast them to the ground. Have no effect. It's dust under their feet.

Father, we release them from all of the tension and anxiety and anything that its imparted, too, and Father we just break all of that off. Father, we even remove from them all of the heaviness of false responsibility. The stuff that others have told them that needs to be done, and they need to do it. I just release them from all of that, in Jesus' name. I release them from their expectations of what you ought to look like, how you ought to do it and how it ought to get (it) done.

Father, if there's any portion of them that's been removed, stuck in prison, held captive, in any other time, space, place or dimension, as a result of the trauma that they've experienced, I ask you, Father, in Jesus' name that you would release them. Cause them to be recovered from wherever that has been. I ask that you restore it to them. Cleanse it of any defilement of any place that it has been. Cancel the assignment of any familiar spirit that's been assigned to it to hold it there. Father if there's any portion of themselves that they have dismissed because they have believed it wasn't acceptable, was not worthy, caused them to be vulnerable, or felt like it allowed them to be taken advantage of, Father I, in Jesus' name, pronounce them forgiven for dismissing that part of them that they did not agree was good. I ask you, Father, to restore it. Reunify it so that it becomes part of them in this time, this space, this dimension.

Father, where there had been blockages to development in any area, particularly relationally, Father, I ask you to remove those dams. Allow them to grow. Father, I place my hand on every head and I pray for their brains. Father, any place that has become chemically imbalanced because of the trauma they suffered, I ask you, Father, to restore whatever connections are necessary, whatever enzymes are necessary, bring full functionality. Father, any pathways that need to be reestablished between hemispheres of the brain, or areas of the brain, so the fullness of who you created them to be can be directed towards the issues of life.

Father, I ask you to restore it. If there's any deficiency in any gland in the brain, I ask you to restore it. Restore connectivity between areas of the brain. Father, specifically for those areas like the amygdale, Father I ask you, in Jesus' name, that you would give them a new normal.

While we're at it, Lord, I ask you to move all of the memories of all of the traumatic and tormenting events to the back of the bus. Make them difficult to get to. Lord, all of those memories that speak to them of being loved, appreciated and understood, connected, belonging, Father, I ask you to move them so that they would be in the first place that they can get to.

Father, I ask you, in Jesus' name, that you would restore whatever memories are necessary for healing and the completion of what you said you started.

For those who have been horribly abused, I want to speak to your spirits and to your soul. I declare to you that those times are over. You do not have to remain on guard 24/7. The other shoe is not going to drop. You're safe now. You're no longer a little child. You can let down your guard. You can enter into the rest of the world. He has become your rear-guard. He is with you 24/7. I invite you to stand down. To enter into that place of rest that was designed for you.

Father, I ask you, in Jesus' name, to reestablish for each one of those here, the sleep patterns that you designed for them so that when they put their head on the pillow at night, they can do so with full confidence that they'll not be awakened with tormenting dreams. That the disconnection from the enemy will allow them to sleep peacefully, not reminded of where they've been rejected, abandoned, where they're helpless, hopeless. Father, that they know when they wake in the morning, their bodies will be rejuvenated, restored, and they'll have all of the energy that they need for the coming day.

Father, while you're at it, I ask you, in Jesus' name, that you would download into their spirits everything that they will need for the coming day because you know who they're going to run into, you know the circumstances they're going to be facing. Father, I ask you, in Jesus' name, that during that night season, that you will cause them to be prepared for everything that's coming.

[Pat speaking]

Now, Father, we ask that you will pour your spirit into every place where trauma has left. Spirit of life and light and truth will fill every cell, every bone, every tissue, every organ, every place where memories are stored, that you will fill it with your truth. That you will restore broken places. That you will remove the bruises. Spirit of truth, spirit of life, spirit of God come and fill and renew the life that is within them. We invite you to come, Spirit, and to bring back to life the dead places. The places that have been given up on, set aside and ignored. The places where lies have been believed, Spirit come.

We call for a restoration and a redemptive work within each person, at a level they cannot cognitively get to. We thank you, Spirit, it's your job. We thank you for filling. We thank you for renewing. We thank you for refreshing. We thank you for loving. We thank you for defeating the enemy on our behalf. We thank you for taking all of

the effects of trauma on the cross. In the name of Jesus, we yield that to you right now. The effects of living in a fallen world, we yield that to you. The effects of stress of the busyness of life, we just release it to you. The burdens of ministering to broken people, we release it to you. The pressure, stress, or family members who are ill, and it leaves us brokenhearted, we release it to you.

Father, we release generational trauma. Trauma that has been passed down through the family line that caused the recurrence of trauma, we release it in Jesus' name, and we speak forgiveness over it. We stand as sons and daughters of the living God who declared dominion over the works of the enemy in ourselves first, in our family, in our body, in this town, in this nation and in this world we declare he is defeated. You, Father God, are the victor.

Father, we bless each individual here. We bless their identity. We bless their future. We bless their destiny. We bless their dreams. We bless them. They're coming and they're going. We bless them in the name of Jesus.

Amen.

TRAUMA PRAYER for Combat Soldiers with PTSD

By Jim Banks of House of Healing Ministries

(This prayer is written from the perspective of one praying the prayer over a soldier, or former military man or woman who has been diagnosed with PTSD or is experiencing the symptoms thereof. It is most effectively prayed over them in their presence, although it does have some effect in absentia – ie., a place of direct intercession on behalf of the one you care about. Just plug in their name in the blank spaced indicated.)

Father.... I take authority over anything left over or hanging around in their room, or on their property that wants to insert itself, distract, disturb, interfere, or otherwise mess with the administration of this prayer. I kick to the curb anything that will not bow its knee to the name of the Lord Jesus Christ; anything that you, Father God, have not placed there, I give you no place either here or there in Jesus name.

Holy Spirit, I invite You to minister to _____, even as I am praying and declaring in their behalf. I submit to You only; I give You the superiority in this place and in their personal space as I pray. I thank you so much for what you have done for all of us, for what you have provided for all of us , and for what you have taught us and what you have shown us.

Father, in Jesus name, I take authority over this time, this space, this place, this dimension in the name of the Lord Jesus Christ.

Father, I ask you to disconnect _____ (name) from every 2nd heaven entity; principality, power, dominion, throne, ruler that gained access to _____ through the traumatic events they have suffered, including the purpose of inflicting further mental and physical torture and torment. I specifically ask you to disconnect them from fear, chaos, death, disorder and destruction, including assignments of demonic entities and curses made by ungodly, priest, shamans, witches, and other local authorities, etc., from the lands their feet have trod.

I also ask you to cancel, break, shatter, cutoff and destroy every contract and agreement that trauma has made with other entities, great and small, to make its attack more effective. I ask you to cancel the assignment of any demonic entities against _____ as a result of these higher order agreements and contracts.

In the name of Jesus, I remove any of the enemy's marks, markers, devices or signposts that have been install on, or around _____ as a result of what he/she experienced while in the military, as well as any previous or subsequent trauma they experienced. I forgive any conscious, or unconscious desire, or request to be made invisible to their enemies in combat that have resulted in them becoming invisible to those who can aid or help them in any way in their post military life.

Father, while I'm at it, would you disconnect them from the affects or assignments of generationally transferred trauma.

Father, if there is any portion of them that has been removed, is stuck, imprisoned, or held captive in any other time, space, place or dimension as a

result of the trauma experienced, I ask that you to immediately send your angels to rescue them, release them and cause those portions of them to be recovered from wherever it has been, and I ask that you restore it to them and cleanse it of any defilement of any place it has been. Cancel the assignment of any familiar spirit that has been assigned to it, to hold it there.

In the mighty name of Jesus I pull you out of that place of depression, isolation, loneliness, helplessness, the depths, the deep, the darkness and I plant your feet on solid ground that you may once again have proper perspective and clarity of thought. This condition is temporary! It will not always be like this.

If there is any portion of themselves that they have dismissed because they believed it was not an acceptable part of them, was not worthy, caused them to be vulnerable, caused them to be more of a target of their enemies, or felt like it allowed them to be taken advantage of, Father, in Jesus name, I pronounce them forgiven for dismissing, shutting down and rejecting that portion or part of themselves that they did not agree was good and worthy of acceptance and I ask you Father to restore it to them, reunify it to them so that it becomes a part of them in this time and this space and this dimension with peace and wholeness.

I take authority over _____'s physical body for a few minutes, in Jesus name, and I command his/her body to release all the long and short term effects of trauma, everything that it has held onto all the way down to the cellular level; from all the accidents, injuries, wounds, shock, medical procedures, surgeries, invasive medical procedures, broken bones, cuts, hearing and deafness issues, vision and eye impairments. I also command their bodies to release all the effects of trauma with respect to rejection, abandonment, death, deep depression, divorce, loss of dreams, hopes, and aspirations....every time that they were robbed and stolen from, yelled or screamed at, pushed, shoved, beaten, held captive, shot, stabbed, subjected to explosive blasts, tortured and tormented, the emotional, spiritual and physical effects of childhood accidents and injuries, operations, invasive medical procedures, childhood fears, loss of a key loved one by death, witnessing the death, destruction, wounding or dismemberment of a fellow soldier, divorce or abandonment, rape, abuse (physical, mental, emotional or sexual), frequent moves, car accidents, major illnesses, broken bones, attempted suicide, deep depressions, near death experiences, catastrophic events that occurred as part of war and military action, hurricanes and earthquakes, civilian casualties related to war and combat experiences, the effects of difficult childbirths, miscarriages or abortions.

I command your bodies to release the residual effects of excess medication, incorrect or inadequate medications resulting from misdiagnosis, long-term illnesses, and the results of unnatural compensation by other organs, muscles, tendons and ligaments as a result of injuries. I command out of you bodies the results of shock, terror, torment and torture, whether it was personally experienced or witnessed.

And I declare that it will come out without harm or injury where ever it has been stored. I just command you to release it all.....don't hang on to any of it..... all of the pent up stress, tension, anxiety, worry...the results of fear ... the fear of what tomorrow holds, fear of a filing economy, retirement, current and future health problems, fear for your parents and children.

I command your body to release all of the effects of fear of the past, or fear of the future; How is all this going to work out? What is going to happen next? Release all the issues regarding personal health, business, children, and spouses. I command all of that out of your body. You can't hang on to any of it, in Jesus Name; out of every bone, out of every piece of connective tissue, out of spines, muscle, nerves, hair, teeth, brain tissue; out in Jesus Name.

In the mighty name of Jesus I remove any defilement for your body from the land you walked on, worked and warred on.

I command your body to release effect of aching loneliness, a feeling that you were all alone, helplessness, hopeless, defenseless and trapped; just be released in Jesus Name right now. Just let it go.....wherever you have hidden it, or allowed it to be stored up in your body; just let it go. Let it be released.

In this season of uncertainty, I command your body to release all of the effects of accumulated stress, fear, worry, anxiety and the tension connected to not being in control of how it is going to work out, unmet expectations, disappointments.... just release, release, release. Just let it all go; all the effects of un-forgiveness, bitterness, of being cut off and abandoned, just let it go.

_____ (name), I command in the name of Jesus that your body release all of the effects of shame, disappointment, disillusionment, the failures; the times when people have not lived up to their word; every time you have been intentionally been misled, lied to, or lied about, dishonored; just let it all go. Release all the related physical effects, whether it was mental, physical, emotional, spiritual...., just release it all now in Jesus Name, just release all now, every bit of it; just let it go.

I command out of your ears, nostrils and taste buds everything connected with war, killing, discharging a weapon, explosions, IED detonations, the smell of dust, blood, smoke from an source connected with weapons large and small, destructive and defiling touch; any place in your body that felt it, or was impacted by it; let it go. I command it to be released right now in the Name of Jesus. Including the memories of fear and anxiety caused by enemy snipers, incoming rounds, the possibility of ambushes, trying to sleep in places that were marginally secure, feeling naked without body armor and additional ammo.

I take authority, in Jesus Name, over all witchcraft prayers that have been prayed against you personally, against you as part of the military, against you as an American, against the body of Christ, against your relationships, against your place in the body and even those who have been jealous of how you looked, how you acted, the favor you had, or rejoiced in your wounds. I just cut all that off in Jesus Name and I release you from every bit of it. Father, we call every one of those prayers, curses and declarations null and void in the name of Jesus, and cast them to the ground to be of no effect, as dust under your feet.

Father, I release _____ from all tension, anxiety and anything else imparted to him/her by circumstances and break off all of that Father, I release from him/her, all of the heaviness of false responsibility; stuff that people have told

them that needs to be done and that they need to do. I release _____ from the pain of unfulfilled personal expectations. I release you from all that and from your expectations of what it ought to look like, how you ought to do it and how it ought to get done.

Father, where there have been blockages to development in any area, physically and particularly relationally, I ask you to remove those dams, allow them to grow. Father I place my hand on _____'s head and I pray for his/her brain and Father any place that has become chemically imbalanced because of the trauma that they have suffered, I ask you to restore whatever connections are necessary, repair whatever damaged has been caused, restore whatever enzymes are necessary to bring full functionality, any pathways (electrical or magnetic) that need to be reestablished between hemispheres of the brain or areas of the brain so that the fullness of who you were created to be can be directed toward the restoration and settling of the issues of life. If there is any damage or deficiency of any gland of the brain, or any imbalance between the function of the various gland, I ask you to restore them to full function and restore proper balance between and among them. Father would you restore the connectivity between areas of the brain; specifically for those areas like the hypothalamus, the adrenal system, pituitary gland, thyroid gland, amygdala, etc.

I ask you in Jesus name, to give _____ a new "normal," and while you are at it Lord, I ask you to move all the memories of traumatic and tormenting events to the back of the bus, make them difficult to get to; and all those memories that speak to them of being loved and appreciated, connected, understood, belonging, embraced, I ask that they be moved to a place so that they are the first ones that they get to. Father, I ask you in Jesus Name that you would restore whatever memories are necessary for healing and the completion of what you have started. Lord also I ask that you remove, dismantle or disconnect any trigger mechanisms that the enemy has been able to establish to the violent and tormenting memories.

I invite you to consider that there is a significant difference between murder, and the killing you engaged in during the course of military action. Murder is not justifiable under any circumstances and is generally the response of someone operating out of irrational anger, or lack the of a conscience. That is not you. Killing the enemies of peace (and our country) was your job and is justified. The collateral damage that is always a part of war, although unfortunate, is not your fault and therefore not your responsibility.

I want to speak to your spirit and to your soul for a moment; I declare to you that the times of great danger are over. You do not have to remain on guard 24/7 anymore. The other shoe is not going to drop. You are safe now. You are no longer on the battle ground. No one is trying to kill or maim you anymore. The days of scanning every person, doorway, rooftop, vehicle and roadside pile of trash are over. You can make the choice to let down your guard. You are safe now, The season of danger is past. You have friends and loved ones around you still. You can enter into the rest of the Lord. He has become your rear guard. He's got your back. He is with you 24/7. So I invite you to stand down... to enter that place of rest that was designed for you.

I also want to speak to the numbness you feel emotionally. Being in combat requires that all your senses be online and operating at their peak 24/7. The experiences that the life I combat provided consequently made you feel fully alive and fully engaged all the time. In contrast, civilian life and non-combat assignments do not seemingly require such attentiveness and readiness for duty at a moment's notice. This tends to make your current life seem dull, boring and meaningless. Nothing could be further from the truth. You were created for a purpose and that purpose has never changed regardless of what you have been through. There is an old adage, "Once a soldier, always a soldier" and there is truth to it. It is time to redirect the character and perseverance that made you a great soldier to making you a great human being. I declare to you that your life as a soldier, although meaningful, was not the fulfillment of that purpose. Your purpose is still ahead of you and waiting for you to engage it. So I challenge you to embrace it with all of your being, look forward to it, and expect it to be achieved.

Father, I ask you in Jesus Name to reestablish for this soldier, the appropriate sleep pattern that you designed for him/her, so that when he/she puts his/her head on the pillow at night they can do so with full faith and confidence that when they awake in the morning they will be thoroughly refreshed and rejuvenated, with all the energy they need for whatever they need for the day. Father, while you are at it, I ask you in Jesus name to download into their spirit everything they will need for that coming day, because you know who they will run into and the circumstances that they will be facing.

Now Father, I ask that you will pour your spirit into every place where the results and effects of trauma have departed, and that Your Holy Spirit of Comfort, Life, Light, and Truth will fill every cell, every bone, every tissue, every organ, every place where memories were stored will be filled with your life and light.

I ask you Holy Spirit to restore to life the broken, dead and dormant places, the places that have been wounded and given up on, that have been set aside, ignored, rejected, shut down and abandoned. I call for a restoration and a redemptive work within him/her at the deepest levels. And Father would you give them a tangible sense that they are not alone, a concrete knowing that you are with them all the way through this.

Father, I bless _____; I bless their identity, I bless their significance, I bless their future, I bless their destiny, I bless their dreams..... I bless them. I bless their coming in with joy and their going out with peace, in the Name of Jesus, and I thank you for sealing by your Holy Spirit the work that you have done in _____ today. In the name of the Father, Son and Holy Spirit, I bless you.

Prayer - Resigning From The System of The World

by Jim Banks

Father, in the name of Your son Jesus Christ, I ask Your forgiveness for coming into agreement with the system of this world, the teachings of the enemy himself, and for adopting his values and his system of weights and measures. I repent for making myself the god of my own world and believing that I could control my circumstances and dictate my own outcomes. Forgive me!

In the mighty name of Jesus, on behalf of myself and my entire blood line, I break, shatter, cut off, and destroy all agreement with perfectionism and the system of this world. On behalf of myself and my family line, I renounce its teachings, its principles, its rules and regulations, and any of its authority in my life and those of my family members. I ask You, Father, to break any and all curses from me and from my generational line that were established because of our agreement and participation with this iniquitous system.

I ask You, Father, to disconnect me and my family line from any demonic entities that have been assigned to us as a result of our repeated agreement with the system of the enemy. Will You also cancel any demonic strategies that have been planned against us to hold us in this place?

As an act of my will, I renounce and lay down all the rules and regulations that I have amassed over the years that have determined how to achieve success, avoid failure, and manage the risk of potential failure. I choose to no longer live by slavery to the law and its curses, even if it is ones I created. In Jesus' name, by the power of the Holy Spirit, I choose to now live by the law of life in Christ Jesus. I ask that You show me every habit pattern that I have created that is built upon the perfectionist system I just resigned from and grant me the grace to establish new habit patterns that are Kingdom-oriented.

I ask you to show me every belief system, every paradigm of thought, every portion of my world view that agrees with the system of the enemy. I choose to open my eyes to what you show me and I ask that you grant me insight into every principle that I have adopted. I ask that you grant me the grace to make different decisions, all of which agree with the precepts of your Word.

I ask your forgiveness where I have been so bold as to establish my own values, and my own understanding of "right and wrong" that accommodated my flesh and my self-will. I willfully declare that you are right and I am wrong. Teach me your ways. Henceforth, I choose to grant myself the grace to fail, to not get it right, to make mistakes. I loose myself from fear of failure and renounce any allegiance I had to that spirit and its rule over me. I take that ground back and I give to the Lord Jesus Christ for Him to rule and reign over.

I break, shatter, cut off, and destroy all allegiance to a critical spirit. I command you to go from me now. I ask, Father, that You restore to me the Spirit of Joy that I gave up when I embraced this ungodly system. I ask that You restore my sense of humor, and the ability to laugh at my own mistakes, and to not take myself so seriously.

Teach me how to play again. I choose to live free of self-condemnation and self-imposed guilt and shame. I will no longer accuse and abuse myself by continually rehearsing where I blew it, where I could have done better, or where I made a mistake. As your Word declares to me, "Life and death are in the power of the tongue" (Proverbs 18:21). I will henceforth guard my mouth so that I continually speak only life (see Deuteronomy 30:19 over myself and my affairs.

I break, shatter, cut off, and destroy all allegiance to a spirit of self-hate. I command you to go from me now. I repent for agreeing with the enemy that I was not worthy, not valuable, not loveable. I choose to agree with You, Father, that what You made was good. Forgive me for thinking otherwise. I also choose to believe what You say about me, above what I have been taught or learned while under that system. I choose to forgive my father and mother, and any other authority figure in my life, for disappointing me, for not treating me as I thought they should, even for abusing and mistreating me. I forgive them for not accepting me as the gift I was to them; for not accepting me as was, for using me as though I was property to do with as they pleased. I ask You, Father, to forgive them as well. I repent for any judgments that I made against them and cancel any vows that I made that said I would not be like them in any way, nor model their behavior. I ask Your forgiveness for dishonoring them.

I ask Your forgiveness for shutting down my heart and believing that I could defend myself from experiencing more heart ache on my own terms. Forgive me for taking matters into my own hands rather than depending upon the power of Your Spirit to heal and nurture me as needed. I choose to once again open my heart to live.

Father, where I have shut down my ear to You and damaged my ability to walk in all You created me for by dependence upon myself, I repent and ask You to restore me to full functionality once again. I ask You to restore any damage done to any portion of my body while I was under the spell cast by this system. I ask You to once again draw the line between my natural mind and its instincts of self preservation and my spirit, so that I may quickly discern the difference between what is Your way and those of my own devices.

I ask You, Father, to restore to me the blessings of my family line that I and my family have forgone as a result of participating with this system. If there are any purposes that You had in Your heart for me and my family line to achieve that were thwarted by our allegiance to the system of the world, I ask that You renew them, call them forward, and I ask that you grant us the grace and impart whatever gifting, skill, quality or anointing that is necessary to complete them, that nothing you desired would remain unaccomplished by me or my family line. Father, I thank You for hearing my prayer."