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# *Prayer for Healing Life's Pain*

*Author Unknown*

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Saying this prayer before going to sleep will assist God in gently and gradually removing tiny layers of emotional scars from our psyches while we sleep. This will make us happier, healthier people, permitting us much more emotional freedom.

## **Healing Prayer At Bedtime**

Lord Jesus, through the power of the Holy Spirit, go back into my memory as I sleep.

Every hurt that has ever been done to me, heal that hurt.

Every hurt that I have ever caused another person, heal that hurt.

All the relationships that have been damaged in my whole life that I am not aware of, heal those relationships.

But, Lord, if there is anything that I need to do;

If I need to go to a person because he or she is still suffering from my hand,

Bring to my awareness that person, I choose to forgive and I ask to be forgiven.

Remove whatever bitterness may be in my heart, Lord, and fill the empty spaces with your love.

Amen.

Author Unknown