
Bedtime prayer for healing life's pain
by Chaplain Joy Smith

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

Heavenly Father,

Through the power of your Holy Spirit, go back into my memory as I sleep. Please heal every hurt that has come to me through my relationships. I set my will to forgive each and every person who has brought pain to my life. I also ask, God, to please heal the hurt I have brought to others within relationships that are either personal, or within business interactions.

Help me to be more caring of myself and others as I journey through life. I ask to be forgiven for all the ways in which I have fallen short. Help me to release any resentment, or bitterness, that may reside in my heart, Lord, and fill me fully with your love. Thank you for the grace and mercy you have shown to me through my life. And thank you for helping me through difficult experiences. Bless my tomorrow with peace and power to handle whatever is to come.

Amen.