

Prayer for Our Spirits

Heavenly Father,

We come before You with hearts open to Your healing touch, acknowledging our need for restoration and wholeness in our spirits. We recognise that only in You can true healing be found, and we surrender ourselves to Your care.

Lord, we lift up our spirits to You, knowing that You are the source of all life and the giver of every good gift. We confess any areas of brokenness, sin, or woundedness in our spirits, and we ask for Your forgiveness and cleansing. Wash us clean, Lord, and make us whole in Your sight.

We pray for healing in every area of our spiritual lives, whether it be in our relationship with You, with others, or with ourselves. Heal any wounds from past hurts, release us from bondage to sin and shame, and fill us afresh with Your Holy Spirit. Psalm 23:3 declares, *'He restores my soul; He leads me in the paths of righteousness For His name's sake.'*

Lord, we ask that You would strengthen our faith and deepen our trust in You. Help us to surrender our fears, doubts, and anxieties into Your hands, knowing that You are faithful to bring beauty from ashes and joy from mourning. Isaiah 61:3 promises, *'To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness.'*

Father, we commit our spirits into Your loving care, trusting in Your power to heal and restore us. Help us to walk in the freedom and victory that You have provided for us through the death and resurrection of Your Son, Jesus Christ. May our spirits be strengthened and renewed day by day as we abide in You.

We declare today, *'As for our spirits, we will trust in the Lord for healing and wholeness.'* May this declaration guide our thoughts, our words, and our actions as we walk in faith and obedience.

In Jesus' name, Amen.