



Dr. Tony Mathias

INNER HEALING

KINGDOM SEEKERS INTERNATIONAL

Dr. Tony Mathias

2002

Private Circulation

For Students Only

CONTENTS

LESSON 1:	Healing of the Soul	3
LESSON 2:	Reversal of the Curse	6
LESSON 3:	Prayer for Breaking of Curses.	10
LESSON 4:	Prayer for Healing of Memories	14

Healing of the Soul

Lesson 1

The soul deals with the mental realm – Intellect, emotions, will. God desires that our soul be in good health. ¹ What harms people more than physical injury is the injury to the soul. How does this take place? – Harsh parental attitude,² immorality,³ works of the flesh,⁴ – adultery, fornication, uncleanness, idolatry, hatred, strife, envy, murder, drunkenness etc.

Many people blame demons for their own lack of self-control.⁵ Some people come for deliverance from addiction, but overlook the fact that God has given them the power of self-control, which they need to exercise.⁶ It is also important to observe some basic common sense principles of health to be free from sickness. Many are held captive for lack of knowledge. Others choose to remain bound even though they know there is a way out. In fact many afflictions [suffering] deal with the soul.⁷ The devil on the other hand has been successful in keeping many people inside a self-imposed prison by the ‘conditioning’ of his five senses.

The truth is that by the redemptive act of Jesus Christ, the ‘Prison Door’ of the ‘House of Bondage,’ has already been opened.⁸ You have been released positionally from bondage to Satan, sin, sickness, torment and all that is in this prison house. The bible clearly records the ‘fall of Satan’ and ‘redemption by Jesus.’⁹ The prison door is open and one can enjoy the benefits of redemption, yet many are sitting inside because of ‘conditioning’ in the mind Jesus paid our debt, we do not have to pay it. When we know this truth we are set free.¹⁰ You no longer have to needlessly suffer because Jesus suffered in your place. You will prosper and be in good health even as your soul prospers.

There is healing for the soul. Let us now see how it can be healed.

God *sends people* to heal the broken hearted. Jesus himself healed every sickness. The anointing breaks bondages.¹¹ You can like David *pray for yourself* too.¹² You can find healing by *rest and restoration*,¹³ by coming to Jesus taking His yoke and *accepting His Lordship* and leaning on Him. Healing comes through *forgiveness* and not holding grudges.¹⁴

Healing of the soul is achieved through the *renewing of the mind*.¹⁵ Christians should commit their bodies to the Lord. An excellent way is through *worship*. They should

¹ 1Tess5: 23; 3Jn 2; ² Eph6: 4; ³ Prov6: 32; ⁴ Ga5: 19-21; ⁵ Rom6: 4-6, 11-14, 22; ⁶ 2Tim1: 7; ⁷ James5: 13; Ps34: 19; ⁸ Isa61: 1-2; ⁹ Isa14; Ezek28; Ga3: 13-14; ¹⁰ Jn8: 32; Isa53: 5-6, 10; Mt8: 17; ¹¹ Isa58: 10-11; I0: 27; Mt4: 23-24; Lk4: 18; ¹² Ps41: 4; 6: 1-10; 23: 1-3; ¹³ Mt11: 28-29; ¹⁴ Mt18: 20-22; Eph4: 26-32; ¹⁵ Rom12: 1-2;

renew their minds by *meditating* on and *obeying God's Word*. They should learn by hearing *anointed teachers* who are *Spirit filled* and *operating in the Gifts* of the Holy Spirit.

The way to deal with the 'old sinful nature' is through *self-denial* and the *cross*. The *will must be exercised*. We should not let sin take over our bodies. We must walk in the *power of the Spirit* daily and defeat the power of sin in our lives. There should be true *repentance* and *confession* of sins as well as *forgiveness* and *breaking off ties with the occult*.

We should daily *seek the fruit of the Holy Spirit* to operate in our lives, while the battle rages, as we yield to Jesus Christ.¹⁶ If we *walk in the Spirit* we will manifest the fruit of the Spirit. When this happens there will be little opportunity for demon activity. Often people seek deliverance where there is no demonic activity. All they need to do in such cases is have *self-control*.¹⁷ A daily *diet from God's Word* is essential.

You should *know that the prison door is open*.¹⁷ Faith must have a divine fact to stand on. Faith must know what the Word says before it can act. We ought to know that we are redeemed from poverty, sickness and spiritual death. *Faith must be in your heart as well as your mouth* before you get out of prison.¹⁸ With wrong thinking you remain in prison even though the prison door is open. You must *think right to believe right* and then to *act on what you believe* in order to get out of prison. Because of the *Blood of Jesus*, the prison door is open you are free! Accept the provision, act on it and go free!

You will never have real power unless you fast.¹⁹ We have examples of people in the Old Testament like Daniel, Esther, and Jonah who fasted and prayed receiving success. In the New Testament it is recorded that Jesus Christ fasted and prayed and then healed the sick, cast out demons and performed mighty miracles.²⁰ When we fast and pray we will see mighty deliverances.

Medical professionals agree that there is a link between physical health and spiritual and emotional well-being. The Bible has known it all the while. Divine health is a greater blessing than healing. Diligent observation and obedience to God's laws keeps one healthy. It is important to know that there is a direct relationship between the kind quantity and frequency of food we eat and the health we enjoy. God made the day and the night for work and rest. Yet people do not give their bodies

¹⁶ Ga5: 16-21; ¹⁷ 2Tim1: 7; ¹⁷ Lk13: 16, 4: 18; acts10: 38; ¹⁸ Rom10: 8; ¹⁹ Mt17: 21; Mt9; Exo34: 30; 1Kings19: 1-8; Dan10: 2-3; jonah3: 5-10; Lk4: 1-2; ²⁰ Lk4: 1-2;

adequate rest for renewal, refreshment and restoration. Because they neglect their bodies, they become prone to sickness and disorder.

QUESTIONNAIRE

True / False:

1. You will prosper only if your soul prospers.
2. Even if one is deeply bound he has the power of self-control.
3. To be in or out of self-imposed prison depends on the conditioning
4. Even if in a self-imposed prison you can enjoy you redemption rights
5. Even when you are free you will have to suffer

Q - Name the essentials needed for healing the soul. [At least twenty]

Reversal of the Curse

Lesson 2

The scripture says that every man shall answer for his own sins. But weakness in a certain area of his life – physical, mental, emotional is transmitted from generation to generation. ¹ For example there is a curse on idol worshippers down the generations. Anytime there is a curse on a person's life, there is a root of sin coming down the ancestry. Deut 28 lists curses and blessings.

'The Curse causeless shall not come.' ² Let us list some of the curses inherited: Defeat, Cruelty, Violence, Poverty, Sickness, Diabetes, Asthma, Alcoholism, Cancer, Mental Illness, Blindness, Fear and so on. This becomes worse and worse from generation to generation.

You can come under a curse for sins for which you are personally not responsible, but have inherited through ancestors or someone else. The things that harass and plague us are actually family and generation curses. God's Word states that a curse can be passed down from generation to generation ³ even though we may not be guilty of ancestral sins yet we suffer the consequences of their disobedience, unless they are dealt with scripturally. We see the evidence of it in the Old Testament ⁴ where iniquity [rebellion] is visited by evil consequences and judgments.

Idolatry brings down curses. ⁵ Chasing fame is a kind of idolatry, which brings the curse. Children who rebel against parents bring a curse on themselves, which can pass down the generations. ⁶ Anyone who enjoys being violent or watches or condones violence is under a curse. For example the habit of seeing violent movies can bring down curses. The curse causeless shall not come. Chronic sickness and poverty are curses that have come down.

When people get drunk they do things they would not normally do because their will is broken down. Noah got drunk and 'uncovered' in his tent. 'Uncovered' in Hebrew indicates a homosexual act. ⁷ Canaan his son was cursed because he went into his Father's tent committing the homosexual act. When a father commits sin, the son picks it up and a weakness to that sin as well. We find next, the inhabitants of Sodom and Gomorrah were the descendants of Canaan who were steeped in sexual sins that included homosexual-ism. This went down to Joshua's day with a gross perversion of sexual sins. Noah got drunk and opened the way to sin. Apart from the past, curses could easily begin with the present through sin and perpetuate into the future.

¹ Exo20: 5; Ezek18:4, 20; ² Prov26: 2; ³ Exo20: 3-6; ⁴ Lev18: 25; ⁵ Deut27: 14-15; ⁶ Deut27: 16; ⁷ Hab2: 15-16; ⁸ Mt12: 43-45;

When we defeat the demon the first time, in breaking the curse, as you will be shown later, you can be sure he will attempt again and again bringing worse spirits.⁸ He thinks your house, seed, generation, children belong to him. He will try to attack your children with the old weaknesses and sins, trying to make them worse than the previous generation. The 'strong man' has brought the sinful evil habits and physical weaknesses as curses from generation to generation. Satan is the strong man with his cohorts. The Bible talks about the 'strong man' and the seven wicked spirits.⁹ 'House' here is translated as generation or family lines. When you get born again and are filled with the Holy Spirit, you have a new life and a new nature in you. But your children can inherit your weakness. Your generation has been cleansed, but your children have to walk in cleansing too! The curse has to be broken from you that came from your ancestors. The devil watches for the new generation so that he can attack them too. These are familiar spirits or fallen evil spirits familiar with the ancestry. They follow that family with its weakness – physical, mental, emotional, attacking and tempting them in their basic weakness. For example if your Father was an alcoholic the evil spirits know that you probably inherited a weakness for alcohol. He will watch to attack the next generation with the same curse.¹⁰

There are also everyday curses brought forth like putting trust in man,¹¹ trusting in our work,¹² stealing from God,¹³ and so on.

How can we break or reverse these curses?

The Blood reverses the curse. After *repentance* offer the Blood. We overcome the enemy by the Blood of the Lamb and by the *Word of our testimony*.¹⁴ The Blood is available to us. We use the weapon of God's Word against the enemy. When we give our children the Word and they quote the Word, the enemy can't stand it, he flees. The devil will be unable to get a hold of us when we saturate our minds and our children's minds with the Word.

Pray for something good to happen to others not bad, for if you say something bad it will happen. It works both ways. But you can be sure it will return back to you. You could bring a curse on you by wishing someone bad. *So be careful how you speak*.¹⁵ The *goodness of God* will lead them to repentance, that's the way you reverse the curse.

The curse of depression often comes through un-confessed sin. Depression is earthly sorrow. It is giving in to sin and that is a curse. The depressed ones are often in a 'pity me' or 'woe is me' party. Bitter fathers can cause bitter children. Depression can lead to mental or emotional breakdown, insanity etc, from generation to generation. Therefore repent, *confess* and break the generation curse. Put on the helmet of optimism.

⁹ Mt12: 29, 43-45; ¹⁰ 1Sam28; ¹¹ Jer17: 5; ¹² Col3: 23; ¹³ Mal3: 9; ¹⁴ Rev12: 11; ¹⁵ Job31: 30; ¹⁶ Job3: 25;

Fear can contribute to a curse coming down in your life like the case of Job.¹⁶ It looks like Job's weakness was already known to the devil because he exploited it thoroughly. When you know the truth you are set free!

We *bind the 'strong man'* and break the generational curses in the *name of Jesus!* You as a child of God have authority to break these curses and set yourself free! When something evil rises up in your house rebuke the curse! The Blood of Jesus breaks the curse for you.

You can use the Word of God to reverse the curse. A few examples are given below.

Curse	Abdominal pain	Asthma & Colds	Alcoholism
Blessing	Prov3: 7-8	Ps42: 11; Acts17: 25;	Ps34: 8; 107: 6; Jn7: 37; 4: 13-14;
Curse	Burns	Back-sliding	Blood Diseases
Blessing	Isa43: 2; Ps121: 5-6	1Jn5: 13; 2Tim1: 12; Rom8: 16.	Ezek16: 6; Jer33: 6; James5: 16;
Curse	Fatigue- Weakness, Infirmity	Fearfulness, Shyness	Feet Trouble
Blessing	Isa40:29, 31; Ps138:7.	Phil4:13; 1Jn4:4; Acts1:8; Prov28:1; Dan11:32.	Ps116:8-9; Prov3:23
Curse	Heart Disease	Hatred	Headache, Migraine
Blessing	Ps27: 14, 28:7,	Jn13: 34	Rom8:11; Ps119:50
Curse	Inferiority Complex	Infertility	Insomnia
Blessing	Ga2:20; 2Tim1:12	Deut7:14; Ps113:9	Ps4:8; 127:2;
Curse	Mental Disorder	Mouth, Lip, Tongue Problem	Nervous Condition
Blessing	Ps94:19, 9:9, 16;3 2Cor2:16;	Prov21:23; 10:11; 13:3 Mk7:35-37;	Ps46:1, 55:22, 2Cor3:17

Curse	Occult Practice	Oppression	Poverty
Blessing	Phil2:9-11; Jas4:7; 2Cor2:11; Lk10:19	Ga5:1; Isa10:27; Ps27:1	Phil4:19; Deut8:18

Break the Pattern of the Curse Once and For All

1. *Acknowledge and Confess the Iniquities of your Forefathers*¹⁷
2. *Forgive your Forefathers of Family Iniquities.*¹⁸
3. *Ask god to forgive the specific sins of Forefathers*¹⁹
4. *Confess your participation in the iniquities of your Forefathees*²⁰
5. *Ask God to forgive and cleanse you*²¹
6. *Use the authority of the name of Jesus*²¹
7. *Declare the power of the blood of Jesus*²²
8. *Declare that your curses are broken*²³
9. *Speak blessings over your life and lives of your children*²⁴

QUESTIONNAIRE

True / False

1. The scripture says, every man answers for his own sins, therefore there are no generational curses.
2. Curses are the law of cause and effect
3. It is right to suffer for someone else's sin
4. As Curses come down the generations the become weaker and weaker.
5. The homosexual sin started with Canaan and ended with the destruction of Sodom and Gomorrah.
6. Curses follow a person's strength.
7. Idolatry brings many blessings, because all gods are one.

Q - Write out at least 15 ways to break the curse.

¹⁷ Lev26:40, 42; Neh9:7; dan9:5, 16, 21-24; ¹⁸ Mt6:12, 14; Rom2:1; ¹⁹ Lk23:24; Acts7:60; ²⁰ Prov28; 13; Rom5:20; ²¹ 1Jn1:7-9; ²¹ Mk16:23-24; ²² Jn8:34-36; Heb9:22; ²³ Rev12:11; Mk11:23-24; ²⁴ Ga3:13-14; Eph1:3.

Prayer for Breaking of Curses

Lesson 3

The curse causeless shall not come (Prov. 26:2).

List of Biblical Curses: [Not Exhaustive]

Adultery [[Num5:27; Job 24:15-18; Deut. 22:22-27]
 Abortion (Exodus 21:22-23).
 Cheating people of their property (Deut. 27:17).
 Children who strike their parents (Exodus 21:15).
 Deception [Jer27:26; Num24; 9];
 Depriving the poor (Prov. 28:27).
 Dishonouring and cursing parents (Exodus 21:17; Deut. 27:16).
 False prophets (Deut. 18:19--22).
 Homosexual and lesbian relationships (Lev. 20:13).
 Horoscope practitioners (Deut. 17:2-5).
 Idolatry [Exo20:5; Deut5:8-9]
 Illegitimate children (Deut. 23:2).
 Incest and Children born of incest (Gen. 19:36-38). (Deut. 27:21, 22;
 Involvement in witchcraft (Exodus 22:18).
 Keeping cursed objects (Deut. 7:25; Jos. 6:18).
 Murderers (Exodus 21:12).
 Makers and keepers of graven images (Deut. 5:8; 27:15; Ex. 20:4).
 Necromancers and fortune tellers (Lev. 20:27).
 Oppressing strangers, widows, fatherless (Deut. 27:19; Ex. 22:22-24).
 Participants in séances and fortune telling (Lev. 20:6).
 Robbing God of tithes and offerings (Mal. 3:9; Haggai 1:6-9).
 Rebellious children (Deut. 21:18-21).
 Rebelling against pastors (Deut. 17:12).
 Sodomy (oral and anal sex) (Gen. 19:13, 24-25).
 Sacrificing to false gods (Exodus 22:20).

[There are many other curses – freemasonry, accident proneness, rejection, bitterness, humiliation, insanity, insane violence, foolishness, barrenness, drunkenness, etc]

“Lord Jesus Christ I believe that you are the Son of God – that you died on the cross for my sins and rose again that I might be forgiven and receive eternal life. I confess any known sin committed by my ancestors and me. I forgive those who have wronged me. I repent for having sinned and offended you and others too.

“I renounce and sever any contact with Satan, occult power, cult, secret society and false religion. I commit myself to get rid of all objects associated with the occult or false

religion. Lord Jesus I thank you that on the Cross-, you were made a curse so that I would be blessed.

"I take my stand with you Lord Jesus against all Satan's demons. I submit to you Lord and resist the devil.

"In the name of JESUS, I cover myself with the Blood of JESUS. I ask for giant warrior angels to protect me.

"I break down all walls of protection around all witches, warlocks, wizards, Satanists, sorcerers, and the like. I break the power of all curses, hexes, spells, charms, fetishes, psychic power, psychic warfare, psychic prayers, psychic thoughts, witchcraft, sorcery, magic, mind control, death, destruction, sickness, pain, torment, prayer chains, incense and candle burning, incantations, chanting, and everything else being sent my way, or my family's way. I return it, and the demons as well to the sender, by the Blood of Jesus, and in the name of Jesus!

"I break every curse of the wanderer and the vagabond, rebellion, disobedience to God's Word. I command selfishness and greed to leave me in JESUS' Name. I break the curse of the city, fields, lands and inheritance. I break the curse off the fruit of my body, my children, and my generation. I break the curse off of the increase of my wealth, the things I have done, and the blessings of my land.

'I break the curse off my going out and my coming in, my sitting down and my rising up. I break the curse off my basket and storehouse in the Name of JESUS. I break every curse that Satan has set up to bring defeat into my generation man.

'I command all lawlessness and rebellion to cease in the Name of JESUS. I break the curse of confusion, the spirit of Babylon, the harlot system that goes after other gods, in the Name of JESUS. I go back ten generations and break that hold on my life. I come against the Babylonian curse and every curse that has been spoken upon my bloodline for ten generations. Everything that took away my self worth, I command it broken.

"I come against the spirit of destruction. I command this curse of destruction to leave my generation in the Mighty Name of JESUS. I command the curse of evil, backbiting, slander, contention, anger, and hatred, to come out in JESUS' Name

"I come against every pestilence. I break the curse of poverty and command that spirit to leave me. I break the curse of the thief and the liar, incest, illegitimacy, and sodomy. I come against the spirit of pride and self-righteousness. Religious spirits, I command you to leave me.

"I break the curse of consumption and fever, inflammation, fiery heat and sword and drought, blasting and mildew. I come against all diseases and infirmities, in the Name of JESUS.

"I command the curse of lack of hearing, sight, vision to be broken. I break the curse of blindness and godlessness in my generation in the Name of JESUS.

"I command condemnation, to leave me in the Mighty Name of JESUS. I break the curse of the spirit of destruction. I break the curse that causes me to be struck down before my enemies, the spirit of failure. I command it to loose me. I break the curse of death and premature death. I break the curse of boils, blood diseases, tumours, in the Name of JESUS. I command the curse of cancer to be loosed from my body. I command bitterness, bitter roots, resentments, un-forgiveness to loosed from me. I break the curse of molestation and frigidity in the Name of JESUS.

"I break everything that would make me the tail, and not the head. I come against depression, insanity, and retardation and I command it to leave me.

"I break the curse of scurvy, itch, all skin diseases, and things that don't heal, herpes, and psoriasis. I come against the spirit of torment in itches, nervousness. I break the curse of shingles, madness, and insanity. I break the curse of blindness, lack of spiritual insight - physical and mental. I come against the spirit of dismay, dismay of mind and heart, the spirit of despair, mental anguish, mental depression, and I command you to loose me in JESUS' Name.

"Everything that has been allowed to bruise my life, I now cancel it. I call Heaven and earth to witness that I will not be bound with the curse of poverty any longer. I come against the enemy coming in and robbing from me, taking the things that are precious and robbing me of good.

"I break the curse of lust, adultery, fornication, and perversion. Devil your assignment over me and my family is cancelled in JESUS' Name.

"I break the curse of sore boils and in the knees and legs – inability to walk upright. I command the curse on the knees, the lack of balance, to be broken off of my life. Boils that can't be healed from the soles of my feet to the top of my head will be healed in JESUS' Name. I break every curse of disease, all the diseases of Egypt, all 39 diseases that could be visited to my bloodline. I command the curse of the cat-of-nine-tails, the 39 lashes to loose me: - arthritis, diabetes, hypertension, heart trouble, nervousness, and all the things that are visited in the bloodline, the weaknesses of the knees, rheumatism, all the things that settle in the neck, in the column, the back. I break the curse of a weak back, hips and legs, in the Name of JESUS. I break the curse of oedema, swelling. I break the curse of heart attack and stroke, and I command it broken off my bloodline.

"I break the curse that would allow the enemy to pursue me and allow him to come in and present himself. I break the curse of all witchcraft and all mind control. I command every demon to loose me in the name of JESUS. I break the curse of the false prophet, false teaching, things that I have listened to and taken into my being. I command all false teachings and errors, to be broken and taken out of my life in JESUS' Name. I repent before You, Lord, and I ask You to show me what is right in Your sight, in Your Word.

"I break the curse of unbelievers, unbelievers in my household, that mixture in the house from the mother, the father, the children, the wife or husband. I break the curse of laziness and I command the spirit of passivity to leave me in JESUS' Name.

"I break the curse of Jezebel in JESUS' Name.

"I break the curse of verbal and physical abuse. (Many times as children we were whipped, beaten, cursed at and it left a mark on our personality.) I come against that spirit of abuse and I break the curses of damnation in JESUS' Name.

'I now release myself from every evil curse and even those not mentioned and every evil influence and every dark shadow over me and my family from any source whatsoever. I release myself now in Jesus' name! I speak to any demon that has control over me to go from me now in Jesus' name! [Breathe out forcefully] Praise the Lord!

'Come on in Lord Jesus and take every area I've emptied out. I give it to you. Amen.'

Prayer for Healing of Memories

Lesson 4

Father, I thank You that Your Son, Jesus, died on the cross not only for my sins, but for my fears as well. I thank You that Jesus is the same yesterday, today and forever, and that He wants me to be completely whole - spirit, soul and body. Lord Jesus, I ask You to walk back through every second of my life. Heal me and make me whole. Go back into the third and fourth generations and break harmful genetic ties.

(Some came into this world unloved, unwanted, and felt rejected.)

Jesus, You knew all about me even before I was born. Thank You for being there as life began. If fear or any other negative force was transmitted to me as I was in my mother's womb, set me free from those things. Thank You, Lord Jesus, for being there when I was born, and loving me.

(Some were separated from parents because of sickness or death;

Some born into large families did not receive love that was needed).

Lord, walk back through every second of my life during my early years. Lord Jesus, go back and fill every void, give the love that was not received. Remove every hurt. Take away all fears - fear of darkness, fear of falling, fear of animals, fear of being lost. I thank You, Jesus, for setting me free and healing me.

(Some fears that entered during first school years

Fear of speaking in public; Fear of failures).

Lord, take my hand and walk to school with me in my early years. At times I felt shy, afraid to leave home and go into new situations. Jesus, there were times I felt embarrassed at school, would You please heal those memories? When I was treated harshly by a teacher, and hurt by classmates, please heal those hurts. Thank You for healing those hurts and setting me free from those fears.

(For those who did not have the love of a mother, when needed)

Lord Jesus, I thank You for my mother. I ask forgiveness for hurting or failing her, and I forgive her for any way she hurt or failed me. Stand between us at that point of time. Let Your divine love flow.

(For those who did not feel the love of an earthly father)

Lord Jesus, I thank You for my dad. Stand between us. Let Your divine love mend any broken relationship. I ask forgiveness for hurting or failing him, and I forgive him for any way he hurt or failed me.

I lift up my brothers and sisters to You. Where there were feelings of competition, jealousy or resentment, let Your healing power and love mend every broken relationship. I forgive each brother and sister for hurting or failing me, and I ask forgiveness for hurting or failing him or her.

(Some have been deeply wounded because of racial discrimination
Some have been teased because of their looks, size or poverty)

Thank You, Lord for being there in my teens at School. There were new problems and fears. Heal each painful memory from my mind. Take away feelings of humiliation, embarrassment, guilt, fear or failure. Thank You for loving me as a special, unique individual and that You were there in every situation.

(Some were disappointed due to inability to enter college or profession dreamed of). As each of us started to leave home there were new fears, frustrations or hurts. Jesus, please heal every disappointment and every hurt.

(For some it was a beautiful, new beginning, for others - a nightmare)

Thank You for being there as we entered marriage [if married]. Jesus, please take away every hurt. Please stand between me and my mate (and if there has been more than one mate, please stand in between each one) and heal every hurt. I am saying to my mate, "I forgive you for hurting me. I ask your forgiveness for hurting you." Lord Jesus, through Your divine love, I thank You for mending every broken relationship, and wiping away every painful memory.

Thank You for our children [if any]. Take away any feeling of failure or guilt I have as a parent. When I punished unwisely or was too possessive with my love, when words were spoken in criticism or anger, I pray You will heal any hurt that was caused. I ask forgiveness and forgive them for hurting me.

Lord, during those terrifying times of accidents, those times of sickness or surgery, I thank You for being there. I ask You now to take away the horror, the fear and the trauma I felt. Thank You for being there during times of sorrow. I thank You for taking my hand and walking through the valley with me. I thank You for lifting the burden; I thank You for taking away my sorrow, grief and mourning. I thank You for giving me Your joy and Your peace.

Now, Lord Jesus, thank You for walking back through my life up to this exact moment. Thank You for healing me of all my hurts, painful memories, and fears. Thank You for setting me free. Thank You for filling me with Your love. Help me to love myself. Help me to love others. But most of all, Jesus, help me to love You. I thank You for giving joy. I thank You for giving me peace. Thank You, Jesus for going way down deep into the darkest recesses of my mind and cleansing me. I thank You for healing my emotions, my mind and my memories.

I thank You, Jesus, for making me whole; and I give You all the praise and all the glory. In Your Name I pray. Amen.



Dr. Tony Mathias Executive Director and Senior Pastor of Kingdom Seekers International is based in India. He is involved in Teaching, training and mobilizing Christians to live effective and Victorious Christian lives. He conducts Seminars and Workshops On a variety of topics including leadership. He has served as Spiritual Advisor ministering to the Body of Christ Inland as well as Overseas with a vision to spread the Word of God Internationally