

**A Prayer
for the Healing of**

Memories

**Anglican
Fellowship of
Prayer (Canada)**

The Prayer for the Healing of Memories included in this pamphlet has been adapted from material prepared by Sister Paula Van Horn. It can be used:

- † As a personal prayer;
- † As a guided personal reflection during a Healing Service or other prayer circumstance;
- † As a prayer by a Healing Team with an individual who has indicated a need for such a prayer; or
- † As part of a Retreat in a time of teaching about the ministry of healing prayer.



When the prayer is read aloud, it is recommended that a period of silence be left at the end of each paragraph as a time to allow people to bring forward circumstances in their lives.

A Prayer for the Healing of Memories

We are grateful, Lord Jesus, grateful that time is not a factor in Your world, grateful that You can walk back through our lives.... all the way back to the very moment we were conceived, and you can heal us even then. You can free us from all those things that may have caused us difficulty at the moment of our conception, whatever the circumstances.

And as we were formed within our mother's womb, You were there, to heal and liberate us from any disturbing impressions that may have touched us from our mother or from the circumstances of our parents' lives. For whatever reason, there may not have been an atmosphere of love. Perhaps this environment was a result of poverty and discord; perhaps as we were being carried within our mother's womb, our mothers were overworked, maybe there was a lack of harmony and love, and our spirits picked this up long before we were ever delivered. And already then we wanted to withdraw; we preferred not to emerge, not to be exposed, not to be known.

We pray, Lord Jesus, that You would now supply all those things that have been lacking within us, and that You would remove from our spirits any residual anger, hurt or resentment.... Whatever has been in our spirits, Lord, that is not of You. We thank You, Lord Jesus, for doing this.

We thank You now that You were there during the early months of our infancy, during those times when we were most in need of You. There are those who needed more love during those first months, and there are those who never received this love, when we didn't have a mother's love surrounding us that would have helped us feel stability and strength.

We pray, Lord Jesus, that You would now supply within us what has been lacking since those times when we needed to have our mothers hold us very close, when we needed to have our mothers rock us, when we wanted our mothers there to tell us stories but they couldn't be there. We ask, Lord Jesus, that all those things that only a mother could do would be done now in the very depths of our beings. That any of us who may have felt neglect during those first months might experience now an overwhelming sense of maternal love.

There are those, too, who lacked a father's love, for whatever reason. Perhaps some among us never knew their father. There are many who have been separated from their fathers through divorce, estrangement or death.

Whatever the cause for the void, we pray, Lord Jesus, that You would now fill in that part of our lives with the strong, tender love that can come only from a father. When we needed to have those strong arms around us and a daddy to love us, when we needed a father's advice, when we needed to feel his strength and the security of his love and he

wasn't there.... oh Lord, if only we could have experienced all this. Please do that for us now. Let us know that we have not been abandoned, that there are strong arms to lean on, that we do have someone watching over us and caring for us, even when we aren't aware of it. Lord Jesus, as a father stoops to raise his child to his cheeks, we ask that You would now take us in Your embrace and that Your warmth, strength, and tenderness would heal us. Lord Jesus, we thank You for what You are now doing.

And Lord, we pray a healing for us as we were growing up. Some of us were born into very large families and so there wasn't much time for us as individuals. We can understand this and we can even accept this, and yet.... There is a part of us that never felt loved. And so we pray that today, Lord Jesus, You would let us know that each of us is a very special child, that each of us is a very important person in Your family, that each of us is a very important, unique and distinct person, and that You love each of us in a very tender and in a very special way. We pray, too, that You would heal any hurts that may have come to us because of relationships within the family: the brother or sister who didn't accept us, who didn't understand us, who didn't show us the love or the kindness that we needed to receive from him or her and from no other. A part of us never felt loved because of it.

Lord Jesus, we pray that You would allow us right now to reach out with forgiveness to that brother or sister who over the years we've never quite been able to accept because he or she hasn't accepted us. Lord Jesus, launch out into the depths of our hearts and forgive them through us. And give us that extra measure of love for them so that the next time we see them it will be with such an overwhelming feeling of love that all the things that have stood between us over the years will have passed away, and behold You will have made us new. Praise You, Jesus.

Lord Jesus, we ask that You heal those years that we spent in adolescence, when we began to experience sexual maturity and it frightened us, it embarrassed us or it caused us pain. Some of us have never forgotten the experiences that were ours in learning about ourselves and what it meant to be a person. And so we pray a healing on those years we spent as teenagers. We pray a healing on our doubts, our fears, and our insecurities. We pray, too, for those times when perhaps we were put down by others, when perhaps we were taken advantage of, or laughed at.... Lord Jesus, all of those incidents that have caused us suffering or embarrassment. Enter into our hearts and transform all those experiences so that we remember them no more with shame but with thanksgiving.

As we emerged from that period of our lives and we began to enter into the vocation to which You called us, we pray a healing on the difficulties

that came upon us.... When we failed to become successful in areas of employment and education where we wanted most to succeed; for the dreams and expectancies that were held before us but were never realized. Lord Jesus, we hold up to You all of those unachieved longings.



Some of us have been called to be wives and mothers, husbands and fathers; some of us have been called to be single persons. In whatever way You have asked us to follow You, Lord, there has been suffering and there has been pain.

Some of us have found ourselves in difficult circumstances in our career or vocation. Help us realize that all activities entail some difficulty, and that there are some adjustments, some problems, deep inside of us, that need to be healed.

Many of us have experienced loneliness, when friends have faded away or left us alone to face life's difficulties, just as Jesus experienced when he was alone after his arrest and trial. There have been times when we have had no one with which to share our troubles. There have also been times when we've discovered that those we considered friends put their own self-interest ahead of our friendship. Help us to forgive those who have wronged us.

And so we pray, Lord Jesus, that You would heal us in the state of life we find ourselves today. We pray that we would not be afraid to face our fears, pains and disappointments with hope and the power of the Holy Spirit. We pray that we would not fear to share weaknesses with others—a sharing of life built not on false ideal but on real hope, with faith in ourselves and with trust in each other. We pray, Lord Jesus, that the life we share might be Your life. We thank You, Lord, for the words spoken to us through the prophet Isaiah,....

“Remember not the events of the past,
the things of long ago consider not.
See, I am doing something new!
Now it springs forth, - do you not perceive it?”
(Isaiah 43:18,19)

Lord Jesus, as Your love flows over us in this place, as Your love flows over these pages, and as each of us finds within his or her heart those things that need to be healed, to be set free, we praise and thank You, Lord, because we know it is being done. There is no power in heaven or on earth that can stop it from being done because it has already been accomplished. Lord Jesus, You said on the cross, “It is finished”.

For further information or pamphlets please contact your AFP Diocesan Representative or AFP Canada: www.anglicanprayer.org.

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