

Prayer for Healing Generational Wounds

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ABBA YAHUWAH, in the mighty Name of Your Son, Yahushua the Messiah, I come before Your Throne and humbly beseech You to **deliver and heal** me and my children and/or grandchildren, to the eleventh generation, from the ALL wounds encoded in my DNA from the abuse, tragedies, woundings and traumas suffered by my ancestors, specifically [TRAUMA if known] suffered by [NAME and/or relationship of ancestor if known].

I also Pray Father, that You **deliver and heal me** and my children and/or grandchildren, to the eleventh generation, from ALL inheritance from abuse, tragedies, woundings and traumas suffered by my ancestors that are unknown to me at this time.

I understand that every cell in my body, every aspect of my being, is touched by those wounding events and I pray, ABBA, that You would **flood** every aspect of my body, soul, mind, will and my emotions with the healing power of Yahushua the Messiah!

I submit myself – body, soul and spirit – to the Ministry of Your Set-Apart RUACH (Spirit), and invite You to wash and heal every cell – every strand of DNA – in my body with Your healing and anointing power; especially my heart and my brain. By the power of the Stripes, the Cross and the Blood of Yahushua I give You permission to erase the strong emotional charge contained within these cells and their fluids and mechanisms. Please, Yahushua, remove the capacity of those encoded emotions to hurt or traumatize me in any way! DESTROY any oaths, bands, bonds, bindings or inner vows associated with these tragedies. I know and believe You can do this, because the Might of the Blood of Yahushua is ALL POWERFUL and fully able to do this for me, my children and grandchildren!

Yahushua, I further pray that You would untie and unbind these knots of generational memories and experience entwined and embedded in my nervous system - especially my sympathetic nervous system and “fight or flight” responses. By the power of Your Cross, DESTROY the LINKS between these distant, generational memories and my own nervous system. **Utterly destroy their**

power to cause me emotional, mental, spiritual and physical torment. I further pray, Mighty ABBA, that you would dismantle any autonomic nervous system responses or emotional triggers related to these events, in Yahushua's name. Omain!

In accord with Your Word (**Philippians 3:13-14**), I ask You to help me forget those things that are behind and **to press forward and fulfill the high calling You have for me in Yahushua Messiah!** Please fill my heart and soul with YOUR Healing, YOUR Shalom and YOUR Strength! Fill me with Your RUACH, clothe me in Your supernatural power and YOUR Battle Armour – Especially the Armour of Light. Please, supply all my **emotional needs** according to Your best and perfect Will for my life.

By faith, I fully surrender myself to You and the powerful, gentle ministry of Your RUACH. Please equip, anoint and empower me to walk in the ministry You have called me to accomplish, in Yahushua's mighty Name, Omain.

(If you know of more than one major trauma or incident in your ancestry, you may repeat the prayer naming them separately, as often as appropriate – Including your children and grandchildren to the 11th Generation.)

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