

### *Prayer for Healing*

*When we pray this prayer, Our Lord gently and gradually removes layers of emotional scar tissue while we sleep, allowing us to be happier people.*

### *Healing prayer at bedtime*

Jesus, through the Power of the Holy Spirit, go back into my memory as I sleep. Every hurt that has ever been done to me, heal that hurt. Every hurt that I have ever caused to another person, heal that hurt. All the relationships that have been damaged in my whole life that I am not aware of, heal those relationships. But, Lord, if there is anything that I need to do, if I need to go to a person because he is still suffering from my hand, bring to my awareness that person. I choose to forgive and I ask to be forgiven. Remove whatever bitterness may be in my heart, Lord, and fill the empty spaces with Your Love. Thank You, Jesus. Amen.