

Jesus, as I remember (2 or 3 words of an event or situation)

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I am feeling the following negative emotion – list word

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1. Jesus, I ask You to TAKE this negative emotion from me.
2. Jesus, I ask You to HEAL the wounds in my soul related to this event or person or situation.
3. By faith, I RECEIVE Your healing.
4. WAIT 30 seconds.
5. REVISIT this again and test to see if a different negative emotion surfaces and write it down.
6. Do steps 1-5 until there are no more negative emotions.

Isaiah 53:4
Griefs & Sorrows
Carried by Jesus

DEEPER HEALING STEPS

7. Jesus, I REPENT of any action I might have done that was contrary to Your Word. Please FORGIVE ME for any part large or small I might have had in this.
8. Jesus, I FORGIVE anyone else involved in this event. I ask You to FORGIVE and BLESS (list names)

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9. Jesus, the accuser has been tormenting me about this. This day by destroying this paper, I, JUST LIKE YOU will repeat and remember sins no more (mine or others).

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9. Jesus, the accuser has been tormenting me about this. This day by destroying this paper, I, JUST LIKE YOU will repeat and remember sins no more (mine or others).