Prayer for Inner Healing

Lord Jesus, You came to heal our wounded and troubled hearts. I beg You to heal the torments that cause anxiety in my heart; I beg You, in a particular way, to heal all who are the cause of sin. I beg You to come into my life and heal me of the psychological harms that struck me in my early years and from the injuries that they caused through my life.

Lord Jesus, You know my burdens. I lay them all on Your Good Shepherd's Heart. I beseech You – by the merits of the great, open wound in Your heart-to heal the small wounds that are in mine. Heal the pain of my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, filled with anxiety.

Heal, O Lord, all those wounds that have been the cause of all the evil that is rooted in my life. I want to forgive all those who have offended me. Look to those inner sores that make me unable to forgive. You Who came to forgive the afflicted of heart, please, heal my own heart.

Heal, my Lord Jesus, those intimate wounds that cause me physical illness. I offer You my heart. Accept it, Lord, purify it and give me the sentiments of Your Divine Heart. Help me to be meek and humble.

Heal me, O Lord, from the pain caused by the death of my loved ones, which is oppressing me. Grant me to regain peace and joy in the knowledge that You are the Resurrection and the Life. Make me an authentic witness to Your Resurrection, Your victory over sin and death, Your living presence among us. Amen.