



Practical Biblical Tools for Your Healing Journey:

1. Divine Exchange Prayer

Ask Jesus to show you what you need to give up to Him in exchange for something better. Just as you accepted Jesus as your personal Savior when you gave Him your sins in exchanged for your salvation.

When it comes to dealing with hurts and trauma you can do a divine exchange by saying: *Jesus I give to you* (list what pain, illness, negative feeling, situation, etc.). Put it in your hands and then literally lift it up and give it to Jesus. Put your hands down when you feel you've given it to Him. Then say, *Jesus, what will you give me in exchange for this?* Write down what you hear, sense, feel, see, or know from this exchange.

I recommend journaling what you are giving Jesus and what He gave you in exchange for future reference.

2. Forgiveness and Letting Go of Records of Wrong Doing

“There is an enormous physical burden to being hurt and disappointed,” says Karen Swartz, M.D., director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital. Chronic anger puts you into a fight-or-flight mode, which results in numerous changes in heart rate, blood pressure and immune response. Those changes increase the risk of depression, heart disease and diabetes, among other conditions. Forgiveness calms stress levels, leading to improved health (2).

Forgiveness is not just about saying the words. It's an active process in which you make a conscious decision to release your negative feelings towards another and give the pain it caused you to Jesus. You choose by an act of your will to forgive another. It's a divine exchange. Just as you gave Jesus your sin in exchange for His forgiveness (i.e. salvation), in this divine exchange you will forgive the other person (or yourself) and give Jesus your pain. Then ask Jesus what He will give you in exchange for your pain – it's always something better.

Letting Go of Records/Accounts Activation:

There is a great danger when we keep a record or an account (like a ledger) of others' wrong doings in our life. It is one thing by an act of our will, to forgive another person. But when we keep the record or account of that wrong doing in our heart, we really haven't let the offense or wrong doer go. That offense can very quickly become a bitter root judgment. This can be a problem when we continue to bring up a person's past even though we said we forgave them.

*Love is not easily angered, it keeps **no record** of wrongs.* 1 Corinthians 13:5b

Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. Colossians 3:13

These Scriptures mean we not only need to forgive them, we need to erase the record of their wrong doing. This doesn't mean we become a doormat to be walked upon. It's important to have boundaries and hold each other to a standard in marriage. No matter how hard it is to forgive or how many times we have to do it, we must remember that forgiveness isn't optional for a believer.

In the forgiveness prayer you're going to ask Jesus: *Jesus, what records or accounts have I kept about this situation and person?* Write down what He shows you.

Then you give your records to Jesus: *Jesus, I give You my records/account of <name> . What will You do with these records?* Write down what you see, hear, feel, or sense. It's amazing to see how Jesus handles the records in different ways and for different people in your life.

Then you'll go through breaking the unforgiveness and offense you have taken on in this situation. Later Jesus will show you what He will give you in exchange for the pain you experienced as well as the wrong doing records you gave Him. This is incredibly powerful when we forgive others as He has forgiven us.

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” Isaiah 43:18-19

What wisdom God shares with us in those verses. Giving the records to Jesus can transform any relationship and will build a strong foundation in your marriage. It's time to let go and let God...

Sample prayer: *In the name of Jesus Christ I confess that I have not forgiven: <name> _____ for <act> _____. The pain this situation has caused me is _____. I release and give to You Jesus all my pain. I also give to you all records _____ I've held against <person> _____. I make the choice by an act of my will to forgive <name> _____ who hurt me. Jesus, what will you do with these records?*

I ask you Jesus, please forgive me for not forgiving them. I break the power of this unforgiveness and offense over my life in the name of Jesus Christ and I sever it with the Sword of the Spirit. I renounce any demonization that exists as a result of my unforgiveness. Jesus, what will You give me in exchange for my pain and records? (listen to what Jesus tells you because His sheep hear His voice, John 10:27). I receive <what you heard> _____. I release <name> _____ from my offense and I ask You to bless them and bless me as I choose to move on. I can walk this out in the name and power of Jesus Christ. Amen!

3. Soul /Inner Healing of Lies You Believe that Causes Physical and Other Issues in Your Life

Now I'm going to pray Scriptures over you about Lies:

“As a man thinks in his heart so he is.” Proverbs 27:7

"The tongue has the power of life and death, and those who love it will eat its fruit."
Proverbs 18: 21

For although we live in the natural realm, we don't wage a military campaign employing human weapons, using manipulation to achieve our aims. Instead, our spiritual weapons are energized with divine power to effectively dismantle the defenses behind which people hide. We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One. 2 Corinthians 10: 4-5

Watch your words and be careful what you say, and you'll be surprised how few troubles you'll have. Proverbs 21: 23

Praying Scripture Prior to Soul/Inner Healing:

We are going to pray from Psalm 139:23-24 TPT. Say out loud after me: *"God, I invite/ your searching gaze/ into my heart./ Examine me/ through and through;/ find out everything/ that may be hidden/ within me./ Put me to the test /and sift through/ all my anxious cares./ See if there/ is any path of pain/ I'm walking on,/ and lead me back/ to your glorious, /everlasting ways—/ the path that brings me /back to You."*

Now, we're going to invite Holy Spirit to bring you back into the place where you first made your Lie. Repeat after me: *Holy Spirit, I want You/ to bring me back /to the place /where I first made my lie of < your lie > .* I want you to look around and see your surroundings. Now let's invite Jesus to that place. Say: *Jesus /please show me /where you were in this place.* Look around you. What do you see/hear/sense/feel? Now ask Him: *Jesus, please show me the pain that this inner vow has cost me in my life.* Pause and write down what you hear/see/sense.

Now say: *Holy Spirit, show me the records/account I've been holding on to as a result of this inner vow?* Pause and take all the time you need to write down what you hear/see/sense. *Holy Spirit show me what You are doing with these records I'm giving you?* Pause the video and watch what He does....

Finally, say: *Holy Spirit, show me if I am suffering from any physical, emotional, or mental health disease due to my inner vow? Pause and take all the time you need to write down what you hear/see/sense.*

Now we're ready to break your Lie. Open your hands in front of you as an act to GIVE Jesus your vow, pain, and records. Repeat after me:

In the name of Jesus Christ I confess that I have believed the lie that _____ (tell Him your lie) _____. Jesus, I give you my lie. I also give You the pain it has cost me _____ (tell Him your pain) _____. Jesus, I also give You the records I've kept because of my lie _____ (tell Him Your records) _____. Jesus, what will You give me in exchange for my lie, records, and pain? _____ Pause and write it down _____. I make the choice to forgive _____ (myself or names of people) _____ whose sin against me enabled me to believe this lie. I ask you, Jesus, to forgive me for believing that lie.

I break the power of this lie _____ in the name of Jesus Christ and I sever it with the Sword of the Spirit. I renounce any demonization that exists as a result of this lie. Now I turn my back on this lie and choose instead to believe _____ (the Truth He gave me) _____ and I can walk that truth out in the powerful name of Jesus Christ. Amen so let it be.

Finally, I want you to declare Philippians 4:8 TPT over your life. I've revised the verse to be in first person. Please repeat after me:

I commit to/ keeping my thoughts/ continually fixed on all /that is authentic and real,/ honorable and admirable,/ beautiful and respectful,/ pure and holy,/ merciful and kind./ And I fasten my thoughts /on every glorious work of God, /praising Him always. Amen

I want you to write down the Truth that Jesus gave you for your lie. I want you to read that when you encounter a similar situation that triggers old behavior.

There's NO shame or blame in this situation. Don't look in the rearview mirror and say I could've/should've/would've done this.

John 15: 1-2, 7-11 Jesus the Living Vine

"I am a true sprouting vine, and the farmer who tends the vine is My Father. He cares for the branches connected to Me by lifting and propping up the fruitless branches and pruning every fruitful branch to yield a greater harvest

But if you live in life-union with Me and if My words live powerfully within you— then you can ask whatever you desire and it will be done. When your lives bear abundant fruit, you demonstrate that you are My mature disciples who glorify My Father!

“I love each of you with the same love that the Father loves me. You must continually let My love nourish your hearts. If you keep my commands, you will live in My love, just as I have kept My Father’s commands, for I continually live nourished and empowered by His love. My purpose for telling you these things is so that the joy that I experience will fill your hearts with overflowing gladness!

Excerpted from:

[Healing Your Soul: Don’t Let Past Hurts Destroy Your Future.](#) Greg and Sandy Burkett, Ph.D, Patti Hathaway, M.Ed., CSP. Rev 2021.

[Contend for Your Healing: Journey from Deathbed to Destiny.](#) Patti Hathaway, M.Ed., CSP. 2022.

More Resources available on Patti’s ministry website: [Breakthrough Hope & Healing.](#)

