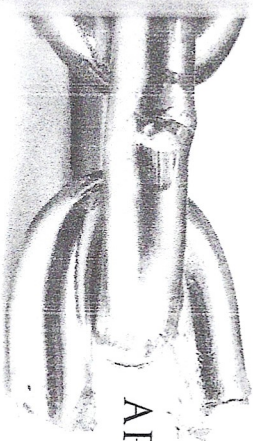
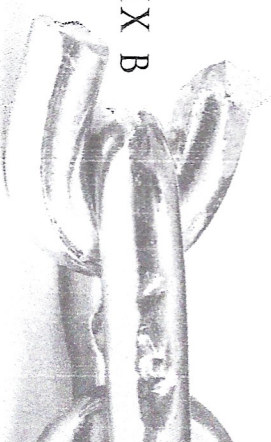


*healing by lying to you about your healing. If you continue to stay in the church and stay in the Word of God as found in the Bible, you will become stronger and be victorious. I encourage you to go to a counselor or a healing room for additional prayer. I also encourage you to command any evil spirits or lies to leave you whenever you are feeling oppressed. If the feelings start to come back, you have authority in Jesus to tell them "no."*

***SPEAK:** I speak peace, love, and abundant grace over you. I encourage you to obtain a Healing PTSD prayer card so that you may speak identity declarations over yourself every day.*



## APPENDIX B



### VIETNAM VETERANS

There have been numerous reports over the years of Vietnamese Buddhist priests declaring curses over American soldiers during the Vietnam War. The curses went something like this:

- They would be angry men and women all their lives.
- They would never find rest.
- They would have a wandering spirit.

When these soldiers returned to the United States, they were rejected and began to believe that they

*I am loved and I am forgiven; I am washed by His blood (make sure they know what this means).*

*I am accepted by a loving Father who loves me no matter what.*

*In Jesus' name, I am seated with Christ in heavenly places.*

*I am His workmanship created to do good works for His glory.*

*I am more than a conqueror through Him who loves me.*

*I am no longer a victim (of any of the spir- its mentioned or any traumatic events).*

*I am a victor; I am an overcomer in Jesus' name.*

*Everything in my life comes from the Father who is good; therefore, all things work together for my good because I love God and I'm called according to His purposes.*

*Because I believe in Jesus, I have an assignment.*

*I'm going to heaven, and in the mean- time I have an assignment here.*

*I'm bringing heaven to earth.*

*I carry the power of God by Jesus in Holy Spirit.*

*The very same Spirit who raised Jesus from the dead lives in me.*

*Therefore, I have no fear.*

*God has not given me a spirit of fear but of power, and love, and a sound mind.*

*I carry perfect love.*

*Perfect love casts out all fear.*

*I am loved because my Father loves me.*

*I claim this new identity for myself in the name of Jesus Christ of Nazareth.*

### *Final Words of Encouragement*

**EXPLAIN:** *These prayers are not a magic wand that will suddenly make everything wonderful. This prayer model brings breakthrough so that now you can deal with life at a normal level of functioning rather than at a traumatized level. I encourage you to get plugged into a church community if you are not in one already. I encourage you to read scripture and memorize key verses that will help you keep your healing. The enemy will try to come back and steal your*

*I disconnect each of these five senses from any images, ideas, or memories of the traumatic events in \_\_\_\_\_'s life.*

**PRAY:** *Holy Spirit, I ask You to reiterate all connections between the left and right brain and that You restore all healthy connections in the brain. I declare healthy connections between your spirit, soul, and body in Jesus' name. Your past experiences and actions no longer have a hold over you, and your five senses are no longer triggers to traumatic events you've experienced.*

### **Step 9: Release and Declare Freedom**

Pray that the Lord release the person from imprisonment or captivity associated with the experiences/actions. Then pray for them to be released from any vows or oaths they spoke as a result of the trauma.

**PRAY:** *According to Isaiah 61:1-3, in Jesus' name I speak liberty to you. You are no longer captive. You are set free in Jesus' name from anything that was done to you. In the name of Jesus, whatever you have done that was in any way, shape, or form harmful to anyone as a*

*result of these traumatic experiences, I declare that the power of the blood of Christ has set you free. In Jesus' name, I declare you are released from prison. You are no longer in prison for what was done to you or for what you have done. The shackles and chains are off of you. You are free in the name of Jesus! I declare freedom to your spirit, mind, and body.*

### **Step 10: Identity in Christ**

Declare the identity of the person as a royal son or daughter of a loving Father and speak a blessing. Declare God's blessings over them.

Look them in the eye, smile, and declare their identity as son or daughter. Memorize this!

**PRAY:** *Now you are going to declare your new identity in Christ by repeating each line after me:*

*I am a new creation in Christ.*

*The old has passed away.*

*All things have become new.*

*I am in Jesus and Jesus is in me.*

*Greater is He who is in me than he who is in the world.*

*night terrors, insomnia, or traumatic images to you. And I declare Psalm 91 over you: The Lord is your refuge and your fortress. You can trust Him. He will save you from the fowler's snare and from the deadly pestilence. Under His wings you will find refuge; His faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. For He will command His angels to guard you in all your ways.*

### Step 8: Healing

In this step you will:

- Pray for healing for the mind and body systems that may have been affected by trauma.
- Disconnect the five senses from being triggers to the trauma.
- Ask Holy Spirit to reconnect the left and right brain.
- Declare freedom to the mind, body, and spirit.

**PRAY:** *In the name of Jesus Christ of Nazareth, I speak to your body and I command healing to all the systems of your body including the skeletal system, lymphatic and immune system, muscular system, respiratory system, nervous system, digestive and excretory system, endocrine system, urinary and renal system, cardiovascular system, reproductive system, integumentary system (hair, skin, nails, and sweat glands).*

*By the authority of Jesus Christ and by the power of His blood, I cancel out any muscle memories, skin memories, and any memories in your brain that are associated with these traumatic events.*

**PRAY:** *In the name of Jesus Christ and by the power of His blood, I speak directly to each of your five senses and I disconnect them from being triggers to the traumatic events in your life.*

- **Sight** (snap fingers)
- **Hearing** (snap fingers)
- **Tasting** (snap fingers)
- **Smelling** (snap fingers)
- **Feeling** (snap fingers)

name. (Fill in applicable issues from the list below.)

**Spirits of:** trauma, torment, broken-heartedness, depression, bitterness, despair, rejection, unforgiveness, hopelessness, abandonment, suicide, horror, loneliness, unworthiness, grief, fear of being alone, manipulation, death, fear of being abused again, rage, murder, revenge, divorce/disunity, disunity from Jesus, mental illness, dementia, and any other afflicting spirits, fear of \_\_\_\_\_.

*Lies that are believed such as:* "God is not going to protect me. God is punishing me. I will have to live with this for the rest of my life."

**PRAY:** In Jesus' name, I command all afflicting and tormenting spirits I've mentioned above to leave you and never return. And to all of the associated cosmic spirits, I say, "The Lord rebuke you!" In Jesus' name, I cancel every assignment of the powers of darkness and all tormenting spirits against your spirit, mind, and body. I cancel all of the lies the enemy had you believe in

the name of Jesus. And I cancel all programming from the lies of the enemy in the name of Jesus Christ of Nazareth. I pray healing to your mind, to any strongholds or lies you've been believing, and I declare those lies and strongholds must come be destroyed in Jesus' name.

**PRAY:** I ask Holy Spirit to fill you with His holy living water to cleanse you from head to toe, healing all the wounds from all of these afflicting spirits. Holy Spirit, fill him/her to overflowing, and every area trauma has occupied, fill with Your love, peace, joy, grace, and power.

#### Step 7: Protection

The person is protected when you close all pathways and doors of access to tormenting spirits and declare the promise of protection according to Psalm 91.

Speak calmly and with authority in faith, trust, peace, and love.

**PRAY:** In the name of Jesus Christ of Nazareth, I close all pathways, portals, or means of access or connections that allow tormenting spirits to bring fear, worry, anxiety, paranoia, nightmares,

*that there is therefore now no condemnation for those who are in Christ Jesus (Romans 8:1). You are a new creation in Christ.*

**PRAY:** *By the power of the blood of Jesus Christ, I declare over you that you are not responsible for the abuse/harm that you suffered. You are not responsible for that which injured your body and your soul. In the name of Jesus Christ of Nazareth, I cleanse you from that in Jesus' name. I break off the power of responsibility for those acts. I declare that you are no longer defined by your history. What people have done to you does not declare who you are, in Jesus' name.*

### Step 6: Healing Soul Wounds

Soul wounds caused by traumatic experiences and/or actions become doorways for evil spirits to torment. *Be led by Holy Spirit; listen for words of knowledge as you declare physical healing over any wound or injury associated with trauma. (See "Spirits of.." on next page.)*

**PRAY:** *By the blood of Jesus, I call down healing to your heart. I bind up your broken heart that you've carried*

*for years. In the name of Jesus Christ of Nazareth, I break the power of fear and anxiety over your life, and I speak healing to the wounds of fear and anxiety. I break the power of trauma over your life, and I speak healing to the wounds of trauma in Jesus' name.*

For those who have been sexually violated at any time in their life:

**PRAY:** *In the name of Jesus Christ, I sever every soul tie that was created between you and the person who violated and abused you. I cancel that assignment and every work of darkness that was on that person that has been attacking you, and in Jesus' name we close every door of access and declare that you are free from the influence of every power of darkness, particularly lust, perversion, and control, in Jesus' name.*

*I break the power of abuse (sexual, physical, verbal) over your life, and I speak healing to the wounds of abuse in Jesus' name. I break the power of \_\_\_\_\_ over your life, and I speak healing to the wounds of \_\_\_\_\_ in Jesus'*

*Thank You, Jesus, for Your blood that cleanses us from all unrighteousness.*

After a few minutes, move on. (They are not confessing to you.)

**ASK:** *Everything I do from here on is part of the benefit of Jesus Christ dying on the cross and rising from the grave. If you haven't received Jesus Christ, this would be a great time to do it. Would you like to do that?*

If YES, lead them into a prayer of receiving Jesus Christ and the power of forgiveness of sins through His blood and go to Step 4.

If NO, then pray a blessing over them and pray for God's healing and restoration. Extend the love of God and the grace of God to them, then end the prayer session.

**Step 4: Declare Isaiah 61:1-3**

**PRAY:** *Holy Spirit, we welcome Your presence over \_\_\_\_\_ to fulfill the mission of Jesus according to Isaiah 61:1-3, which says that God sent Jesus to bind up the brokenhearted, to proclaim freedom for captives, and to release prisoners from darkness. Jesus wants to give you a crown of beauty instead of ashes,*

*the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.*

**Step 5: Break off Shame (keep eye contact with the person)**

**PRAY:** *Now I'm going to break off all feelings of shame, guilt, condemnation, and responsibility for anything you have done, been ordered to do, or that was done to you. In the name of Jesus Christ of Nazareth, by the power of His blood, all shame is broken off of your life in Jesus' name. You are no longer defined by your history, by your experience of others, by your experience of yourself, or by any traumatic event or recurring pattern that has happened in your life. I break shame off of you in the name of Jesus Christ of Nazareth.*

**PRAY:** *No matter what you have done, if you've asked the Father to release you of that sin, forgiveness is yours in Jesus' name. So by the power of Jesus' blood, I break off all guilt and condemnation for anything you have done and anything you have witnessed. And I declare*

order for the person to be healed. Trust that you will have the ability to hear and do not be hard on yourself if you don't get it right every time. There is grace in God's presence. He is in charge. Ministering to others is a learning process; it is about learning that God is the healer and He desires to work through you to heal others.

With that being said, I have seen people who have no idea how to minister healing from PTSD simply read aloud through the steps of this prayer model and people are healed. It is not about a model or a method. It is about God as the Healer. Models and methods give us a framework, a place to begin, and what happens after that is up to God.

### *Step 1: Interview*

**ASK:** *What was the traumatic event in your life? You don't need to give details, just state briefly what the event was. (Example: car accident, child abuse, parental abuse, witnessed a violent event, etc.) If they are a military active duty or veteran, say: Thank you for your service to our country. Thank you for laying down your life so that we can be free. Your service was not in vain because we are still free. Welcome home!*

*Keep eye contact during prayer time.*

### *Step 2: Explain what you will do and receive permission*

**ASK:** *I will be taking authority in Jesus' name and commanding out all the effects that the traumatic event(s) you mentioned have had over your being. Do I have your permission to do so? Do I have permission to lay my hand on your shoulder or hold your hand as I pray for you?*

Do not raise your voice to bring healing. Keep a calm, even voice. Express love, peace, joy, and faith.

### *Step 3: Forgive*

**PRAY:** *If there's anything you feel you have done wrong as a result of the trauma that was done to you, take a few minutes to get quiet with God and confess to Him. You don't need to tell me about it; just close your eyes for this part, talk directly to God, and ask Him to forgive you. While you are praying about this, allow the blood of Jesus Christ to cleanse you of sin. This is for anything that comes up in your memory about anything you've done as a result of the trauma. Know that the forgiveness of God is already here. All you have to do is receive it.*



*Dr. Mike Hutchings  
SUPERNATURAL FREEDOM FROM THE  
CAPTIVITY OF TRAUMA*

APPENDIX A

PRAYER MODEL  
FOR DELIVERANCE  
FROM TRAUMA

This prayer model for healing from post-traumatic stress disorder is Holy Spirit-led. It is about listening to Holy Spirit and following what He tells you, the prayer minister, to do. Sometimes Holy Spirit will tell you to go through all the steps in this model because that is what the person needs. Sometimes He will tell you to skip a step or two. Only the Holy Spirit knows what the person you are ministering to needs. You must learn to listen and follow His lead in