



# Convergence Spiritual Care

Tools for the Overcomers Life!

*Biblical Building Blocks for Strength and Peace*

ConvergenceCare.org

## **Soul Cleansing & Healing Prayer—Make Exchange at the Cross**

(Isaiah 53, Isaiah 61, Matthew 11:28-30, 1 Peter 5:7, Hebrews 4:16)

### **Honestly Assess and Release Painful and Toxic Emotions**

In prayer, as a child of the good, good Father, empty your cup.

**Release Prayer:** Lord, at the Cross You paid the price to take sin and pain and heal me. I lay my hurt and painful, negative emotions at the foot of the Cross. I repent of and release all bitterness, pride, anger, fear and rejection (name any you feel) and release them from my soul. I break agreement with every lie I've believed from the enemy. I come into agreement with Your Spirit and Truth. I am forgiven, empowered by Holy Spirit, set free, and loved because of the sacrifice of my Savior Jesus Christ.

### **Forgiveness—Apply His blood.**

**Others:** I choose to forgive those that hurt me (name). I release them to you. I ask you to draw them to you, help and heal them. Please remove from us any negative residue and break ungodly soul and emotional bonds.

**Me:** Lord, forgive me for my part in any wrong done and for hurting others out of my own pain and hurt. I receive your gift of forgiveness and I forgive myself.

**God:** Lord, please forgive me for any way I have judged or misjudged you in my hurt. Please cover all my sin with the precious blood of Jesus. Thank you Jesus!

### **Soul Healing—Holy Spirit and Power Filling**

Lord, I open my heart and my soul to You. Flood every part of me with Holy Spirit, Your light and glory to heal all trauma and wounding. I let You minister to me now. Thank You for healing every wound, filling every part of me, with the transforming power of Holy Spirit, Truth, Your love, life, peace and dunamis power making me excellent of soul!

### **Declare Freedom**

I command every spirit of darkness to go to the pit and never return! I declare that every door is shut and every assignment against me is cancelled through the Blood and Power of my Savior Yeshua the Christ!

**I am strong and courageous, priceless, treasured and created with purpose and I will fulfill my destiny! Thank You Jesus!**