**Healing Through Prayer**

**Purpose:**  
This worksheet explores how prayer can be a source of healing, strength, and connection during your trauma recovery journey. By grounding your healing in faith, you can draw closer to God’s love and experience His peace, even in moments of pain and uncertainty.

**1. What Is Prayer?**  
Prayer is a conversation with God—a moment to share your heart, seek guidance, and rest in His presence. In times of trauma, prayer becomes a space for surrender, reflection, and renewal. Scripture reminds us: *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”* (Philippians 4:6-7).

* How does prayer currently fit into your healing journey?
* What do you hope to experience or gain through prayer?

**2. Surrendering Your Burdens to God**  
One of the most powerful aspects of prayer is the opportunity to surrender what feels too heavy to carry alone. Jesus invites us: *“Come to me, all you who are weary and burdened, and I will give you rest”* (Matthew 11:28).

* Reflect on the burdens you are carrying right now. What feels too heavy to bear?
* Write a prayer of surrender, asking God to carry your burdens and replace them with His peace.

**3. Finding Comfort in Scripture**  
God’s Word is a source of comfort and strength during difficult times. Reflecting on scripture allows you to anchor your healing in His promises.

* Write down a verse that brings you comfort or speaks to your current struggles (e.g., Psalm 34:18, Isaiah 41:10, or 2 Corinthians 1:3-4).
* Reflect on how this verse applies to your healing journey. What does it teach you about God’s love and care?

**4. Creating a Prayer Practice**  
Consistency in prayer helps deepen your relationship with God and creates space for reflection and renewal.

**Ideas for a Prayer Practice:**

* **Morning Gratitude:** Begin your day by thanking God for His blessings, no matter how small.
* **Evening Reflection:** End your day by sharing your struggles and victories with Him.
* **Breath Prayer:** Repeat a short, calming prayer as you breathe (e.g., “Lord, give me peace”).
* **Journaling Prayer:** Write down your prayers, allowing your thoughts to flow freely onto the page.
* Which of these practices feels most meaningful to you? Why?
* How can you incorporate this practice into your daily routine?

**5. Praying for Strength and Guidance**  
Trauma often leaves us feeling lost or weak, but God’s strength is made perfect in our weakness: *“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint”* (Isaiah 40:31).

* Write a prayer asking God for the strength and guidance you need in this season of healing.
* How can trusting in God’s strength change the way you approach your healing journey?

**6. Reflection: Listening for God’s Voice**  
Prayer is not only about speaking—it is also about listening. Quiet moments in prayer allow you to sense God’s presence and guidance.

* Reflect on a time when you felt God’s presence or guidance in your life. What did it feel like?
* Spend a few minutes in silent prayer. What impressions, feelings, or insights came to you during this time?

**Conclusion:**  
Healing through prayer is a journey of surrender, trust, and connection. As you bring your burdens, fears, and hopes to God, you open your heart to His transformative love. Remember that you are never alone—God walks with you, offering peace, strength, and guidance every step of the way. Trust in His timing and continue to seek His presence through prayer.