

Prayer Against Trauma Triggers

By Beth Eckert

Almighty God, I completely surrender at this moment to you. I surrender my heart, soul, mind, body, and spirit to you and I proclaim that You are the One and True Living God. I ask you to gather every part of me under the shelter of your wings (Psalm 91:4) and make a place of safety and rest for all of my traumatized alters.

I trust in your Word “The Lord is near to all who call on him, to all who call on him in truth.” (Psalm 145:18) and I believe you are here right now protecting me. Please send angels to retrieve any parts of me that have left the body and bring them back, cleansing them with your blood Jesus.

Lord Jesus, I am putting all my trust in you right now to stop me from being pulled into a deep place of trauma. I am asking you to please cover every area of trauma within my brain and apply the blood of Jesus to every sin accessing it. Please stop any programming that has been triggered and cover it in your blood.

Jesus, please bring an adult part of me that is connected to You to the front of the brain to run the body. Please bring another supporting part to help it stay secure in you. I ask you to restore every part of me to how you originally designed me to be and into alignment with who you created me to be Lord. I ask you to shelter me from trauma within and instead bring peace and security by Your mighty hand. I ask that you create a safe haven for the parts that have been triggered, and bring them into healing.

I thank you, Jesus, that I can stand on Your promise “that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:38-39)

I pray all this in Jesus' Name.