

PRAYER FOR WHEN YOU HAVE BEEN EXTREMELY HURT OR DISAPPOINTED

Father, I come boldly before Your throne of grace that I may find and obtain help, strength and encouragement in a time of need.

Father, I confess that I have been hurt/disappointed because of (*what happened*). But I know that in times like these, I can look unto You for my help. For Your Word says that You are very present help in times of trouble, and I can run unto You (in prayer) where there is safety and strength.

Father, I first of all ask according to Your word for forgiveness for (*person who offended you*) for (*name the offense*). For Your Word commands us to forgive those who sin and trespass against us. Therefore, in obedience to Your Word, I ask for Your forgiveness for _____ for this offense. By the words of my mouth and the obedience of my heart, I release _____ from this transgression and ask that You would not hold this offense against them.

Father, You instructed us that if we become burdened or afflicted, to cast our cares and burdens upon You, and You would sustain us, because You care for us. So Father, I cast my cares, anxieties, and burdens concerning this offense upon You; and I ask that You would sustain my mind and my heart through the frustration, confusion, hurt, disappointment, and anguish this offense has caused.

I thank You for our Lord Jesus Christ who went to Calvary's cross and carried all our sins and burdens, thus providing for us "*The Great Exchange*." Father, I exchange my heaviness and burdens for Your yoke, For You instructed us to take Your yoke, which is easy, and to also take Your burdens, which are light. Therefore, I give You my cares and worries in exchange for Your yoke of peace. I give You my hurts and disappointments in exchange for Your yoke of healing. I give You my heavy burdens in exchange for Your yoke of rest. And I give You my anxieties in exchange for Your yoke of comfort.

Your Word states that You came to heal the broken hearted and bind up our wounds. You also said that many are the afflictions of the righteous, but You would heal and deliver us from them all. So Father, even as my heart has been wounded from this hurt/disappointment, I thank You for the healing power of Your Spirit in mending my heart and my mind from the wound of this affliction. I thank You also for delivering and healing me from the mental, as well as emotional pain and scars of this hurt/disappointment.

Father, You instructed us in Your Word not to allow anything to separate us from the love of God that is in Christ Jesus. So I pray that You would strengthen my heart and my love for You, that neither this hurt/disappointment, nor anything else shall be able to separate me from the love of God that is in Christ Jesus our Lord. I pray for Your help that this affliction will not make me bitter against You, but better, in serving You and continuing to trust in You. And I pray that it will not devastate me, nor my faith in You, but rather, elevate my faith and my walk in You and in Your Word.

I thank You for giving me Your peace in the midst of the valley of this affliction. For You said that You would keep us in perfect peace, as we keep our minds and hearts stayed upon You. Father, I pray that You would not allow my mind to be consumed with this affliction, but rather, help me to keep the loins of my mind girded up in Christ, and thereby in Your perfect peace – the peace that passes all understanding.

Father, I thank You for the authority You have given me in Christ Jesus; and with that authority, I bind every spirit of worry, doubt, fear, depression, oppression, and any other spirit that the enemy would try to put on me as a result of this adversity. I loose them from my mind and my heart; and I render these, as well as every other demonic attack against me to be helpless, powerless, inoperative, and ineffective, by the authority of the name of Jesus Christ!

Father, Your Word says that You are the lifter of our heads, and our joy and gladness in times of sorrow. I thank You, therefore, that as You renew the strength of the eagle, that You would cause my head to be uplifted, and my joy and gladness renewed and restored, through the strength of Your Spirit and the power of Your Word.

Now Father, I thank You for Your promise to restore my soul. So as I have prayed and spoken Your Word, I thank You for healing and restoration from this hurt/disappointment, and for giving me the strength, joy, and encouragement I need to continue in victory through Christ Jesus, our Lord.

In the name of the Lord Jesus Christ I pray, Amen!

Scriptures Used in This Prayer:

Hebrews 4:16	Psalm 23:4
Psalm 121:1-2	Isaiah 26:3
Deuteronomy 12:10	1 Peter 1:13
Psalm 46:1	Philippians 4:7
Psalm 61:1-3	Matthew 16:19
Psalm 68:35	Ephesians 6:12
Matthew 5:44	2 Corinthians 10:4-5
Matthew 6:15	Job 22:28
Luke 23:34	Isaiah 58:6
Psalm 55:22	Psalm 3:3
Isaiah 53:5	Isaiah 35:10
Matthew 11:28-30	Isaiah 40:31
Psalm 147:3	Psalm 23:3
Romans 8:35-39	1 Corinthians 15:57

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