

A prayer for a Heart of Flesh...

***Lord, I have developed a defense to keep myself from being seen.
I have built a hiding place to protect myself from hurt.
I know that this "protection", blocks out the love, warmth and nurture I long for.
I come to You because
I am helpless to change. Come into my life to take down the wall.
I want You to be my defense. Lord, help me to become vulnerable,
to risk love.***

Lord, I forgive those people who have wounded me, and I forgive You, Lord, for allowing these wounds in my life. I also forgive myself, for my sinful reactions to hurt, and for building this heart of stone.

Father, please forgive me for my sinful responses, and for the way in which I have hurt loved ones by keeping them out of my life. I repent for the destruction in my own life, and for wounding You with my sin, Lord.

Lord, as an act of will I choose to be connected to others within my family and the Body. I want to be intimate. Forgive me, Jesus, for not trusting the love offered me by my spouse, children, and fellow Christians.

Help me to see and appreciate the gifts of others.

Put a watch on my lips that I may build up instead of tear down.

Help me hear the warnings or rebukes as love and not as rejection.

Help me to hold myself in the vulnerable position of receiving ministry, not just offering it.

I ask You to bring people into my life who know how to love unconditionally and still have the courage to hold me accountable. Bring to death my heart of stone, and give me a heart of flesh.

TO BREAK AN INNER VOW

I renounce this vow _____. (name specifically)

"By the power and authority of Jesus, I break this vow. I command your spirit and body to no longer remember it. You are free, restored to your original design. You are no longer required to feel, think and act according to this vow"

IMPORTANT: These sample prayers are not formulas; rather, they offer ideas and direction. Be led by the Holy Spirit, and use the substance of this prayer as a guide. Also, please acknowledge these prayers as sample narratives, in which gender-exclusive references are used as they would be used in a real situation. For this reason, some prayers are for a female and others for a male. All are interchangeable.