



a prayer to restore basic trust ...

COUNSELOR: Lord, I ask that You go back to the time in _____'s life when trust should have been built, but instead a crack was formed in the foundation of his life.

Time and space don't hinder You, Lord, so I ask You to minister to the little one. Let Your forgiveness flow toward the parents for their lack of affection and appropriate touch. Search out each of _____'s wounds and heal it. Lord, I ask that You sovereignly reach down and pick up the little one, ministering Your comfort, nurture and assurance. Communicate the delight You have in _____, and let him know how much You cherish him. I ask that You hold the little one close to Your heart, letting the strength of Your Spirit flow into his spirit. Fill in the cracks of the foundation with Your strength and solidity.

COUNSELEE: Lord, I confess I do not trust. This lack of trust has permeated my life and hindered me. I know I must forgive.

I forgive You, Lord, for putting me in my family when You did. Heal the wound that my distrust of You has caused to our relationship. Help me see You and know Your faithfulness. Touch my eyes that I may see clearly. I ask You to build in me what has not been there.

I forgive my parents, Lord, for the woundings they caused me. (*List known woundings, and those discerned by fruits.*) Heal these places in my spirit so that I can be free to have relationship with them again. I forgive my siblings, authority figures, friends who hurt me. (*Name specific wounds.*) Even though some of these wounds were made in ignorance or innocence, they still hurt.

Finally, Lord, please forgive me for judging You and my family, for determining not to trust. I confess my need for trust and my inability to build it myself. I need Your help. Help me not to run or hide when love comes close. I ask You to build/restore trust and with it restore the years the locusts have eaten.

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 sometimes 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.