



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.

PRAYER TO BREAK INNER VOWS

I break this inner vow of _____. I speak directly to the inner child and I say in Jesus name I release you from this habit of _____. I restore you to the original delight of your soul to share you with your brothers and sisters in Christ. I release you to open your heart and be with others. Thank you, Jesus, I see (name of person) talking and laughing, no longer afraid to make a mistake, giggling in freedom rather than embarrassment. I praise you Lord, that you will continue until (the person's name) realizes one day with an exclamation of joy. Hey, it's true, I'm free, even as we prayed that day. In Jesus name Amen..