Jesus, as I remember (2 or 3 words of an event or situation) Jesus, as I remember (2 or 3 words of an event or situation) I am feeling the following negative emotion – list word I am feeling the following negative emotion – list word 1. Jesus, I ask You to TAKE this negative emotion from me. 1. Jesus, I ask You to TAKE this negative emotion from me. 2. Jesus, I ask You to HEAL the wounds in my soul 2. Jesus, I ask You to HEAL the wounds in my soul related to this event or person or situation. related to this event or person or situation. Isaiah 53:4 Isaiah 53:4 3. By faith, I RECEIVE Your healing. 3. By faith, I RECEIVE Your healing. **Griefs & Sorrows Griefs & Sorrows** Carried by Jesus Carried by Jesus 4. WAIT 30 seconds. 4. WAIT 30 seconds. 5. REVISIT this again and test to see if a different 5. REVISIT this again and test to see if a different negative emotion surfaces and write it down. negative emotion surfaces and write it down. 6. Do steps 1-5 until there are no more negative emotions. 6. Do steps 1-5 until there are no more negative emotions. DEEPER HEALING STEPS DEEPER HEALING STEPS 7. Jesus, I REPENT of any action I might have done that 7. Jesus, I REPENT of any action I might have done that was contrary to Your Word. Please FORGIVE ME for was contrary to Your Word. Please FORGIVE ME for any part large or small I might have had in this. any part large or small I might have had in this. 8. Jesus, I FORGIVE anyone else involved in this event. 8. Jesus, I FORGIVE anyone else involved in this event. I ask You to FORGIVE and BLESS (list names) I ask You to FORGIVE and BLESS (list names) 9. Jesus, the accuser has been tormenting me about this. 9. Jesus, the accuser has been tormenting me about this. This day by destroying this paper, I, JUST LIKE YOU will This day by destroying this paper, I, JUST LIKE YOU will repeat and remember sins no more (mine or others). repeat and remember sins no more (mine or others).