Leonie H Mattison, Ed.D.

Live True Freedom & Happiness in Christ

Release It

30 Prayers For Trauma Survivors

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To

From

Date

Contents

Welcome 1

Introduction 2

Tips 4

Healing For Physical Pain 6

Healing For Invisible Wounds 8

Wisdom For The Medical Team 10

Faith To Embrace A Forgiving Heart 12

Protection From The Perpetrator 14

Deliverance From & Against Nightmares 16

Financial Provision For Medical Costs 18

Guidance During The Legal Process 20

Supportive And Reliable Resources 22

Backing From Another Survivor 24

Protection Against Re-Traumatization 26

Open Heart To Connect To God 28

Wisdom In My Decision Making 30

Open Eyes To See God's Direction 32

Strength To Love Again 34

Success In My Healing Journey 36

Reprieve From Negative Triggers 38

Willingness To Embrace God's Will 40
Patience With My Supporters 42
Hedge Of Protection Over My Children 44
PRAYERS FROM THE THREAD BOOK 47
Ability To Think Good Thoughts 48
Willingness To Learn From The Past 50
Help To Release The Trauma 52
Direction To Choose The Right Allies 54
Readiness To Adopt New Mindset And Behaviors 56
Desire To Dream Again 58
Commitment To Discover My Gifts 60
Desire To Live A Joyful Life In Christ 62
Courage To Walk In My Purpose 64
Freedom To Live True Happiness 66
Ephesians 1:18-20 TPT 68
Looking For More Resources 70
About The Author 71

Welcome

Release It offers 30 prayers for trauma survivors and supporters who are looking for a safe rest stop to converse with God in an honest, vulnerable, and transparent way. You are not alone! Find hope with these prayers as you rise above the trauma to start your journey to reclaiming your life. God's healing love is always available to you.

Maybe you already have an active prayer life, or you don't have one. Whatever the case, I welcome you to consider these prayers as a starting point to support your prayer life.

Never stop praying.

1 THESSALONIANS 5:17

Introduction

Part of healing from trauma involves acknowledging what you have been through and being real with yourself and God. As a trauma survivor of severe childhood abuses (sexual, physical, emotional, and spiritual), I know firsthand how damaging the aftermath of traumatic injuries are to the whole person (spirit, soul, mind, and identity).

In ***Release It***, I share 30 prayers and journal prompts to help you engage in a personal conversation with God so He can heal the deep wounds of fear, shame, grief, and anger caused by trauma. If you've experienced severe trauma and are left feeling angry at God because He didn't intervene to stop or prevent the abuse, then you are not alone. I, too, have been there!

I wrote this prayer book to offer you a safe place to converse with God in an honest, vulnerable, and transparent way. *Release It* includes 30 prayers to help you and your supporters find hope and healing. Women's ministry groups can also use this book as part of their short-term bible study, retreat study, or as an introduction or follow-up to *The Thread: Let God into Your Heart and Achieve Intentional Transformation* book.

As you pray the scripture, you will discover five key things:

1. You are not alone! God loves you, and He wants to bring you healing from trauma.
2. You have access to the Father's promises, protection, and provision directly from His Word.
3. You can use prayer as a weapon to overcome obstacles that hinder your relationship with Jesus.

4. You will learn how to pray, let go of the pain in your past, and welcome a joy-filled life in Christ.
5. You do not need anyone's permission to enter and enjoy the life-changing presence of the Lord, and prayer is a refreshing way to get you there.

Women's ministry groups can also use this book as part of their short-term bible study, retreat study, or as an introduction or follow-up to THE THREAD: Let God into Your Heart and Achieve Intentional Transformation.

Get ready to release the pain in your past, as you transform from trauma and find healing and true freedom in Christ.

You are not alone. Find hope in these prayers as you rise and live your faith above trauma and start your journey to reclaiming your life. God's healing love is available to you today.

May everyone who knows your mercy keep putting their trust in you, for they can count on you for help no matter what. O Lord, you will never, no, never, neglect those who come to you.

PSALMS 9:10 TPT

Tips

Here are a few things that will help you develop a routine or improve the one you already use:

1. Decide what results you want from your prayer time (for example, to hear from God about a specific issue you're facing) and write it down.
2. Prepare and plan a set time to meet with the Lord. Adjust distractions such as social media, TV, etc. If necessary, set the alarm on your device so you'll be reminded.
3. Keep your time doable, and make sure it works for you.
4. Read the bible Scripture and be sure to pray each daily prayer out loud.
5. Seek the Holy Spirit daily for empowerment and guidance, and as you do, ask the Lord, How am I to pray today?
6. Move more-depth into the presence of the Lord as you listen to understand what He has to say to you.
7. Use a personal journal to write down things you've heard from the Lord and need to surrender to God.
8. Remember, this is your time to learn from the Lord.
9. Be consistent in seeking and delighting yourself in Him and wait on Him to give you your heart's desires (Psalm 37:4).
10. Follow these simple daily instructions as you spend time pressing into God through prayer.

I believe that prayer is the key to unlocking our understanding of the power, purpose, and promises of God. My prayer is that you feel inspired to release everything that hinders you from receiving complete healing from trauma pain, fear, and memories, in Jesus's

name. Enjoy your conversation with God, and do it as often as possible.

The confidence of my calling enables me to overcome every difficulty without shame, for I have an intimate revelation of this God. And my faith in him convinces me that he is more than able to keep all that I've placed in his hands safe and secure until the fullness of his appearing. Allow the healing words you've heard from me to live in you and make them a model for life as your faith and love for the Anointed One grows even more.

2 TIMOTHY 1:12

May the Lord richly bless you!

Healing For Physical Pain

Wherever he went, in the countryside, villages, or towns, they placed the sick on mats in the streets or public places and begged him, saying, "Just let us touch the tassel of your prayer shawl!" And all who touched him were instantly healed!

MARK 6:56 TPT

God of Healing, I turn to You as I suffer from physical wounds, pain, and heartache.
I turn to You because Your healing power is seen manifested in the scriptures: *The sick were laid in the marketplaces and begged that Your Son would let them touch even the fringe of His cloak. And all who touched Jesus were healed.* Lord, I am sick. I approach You with a faithful heart and ask for Your healing grace. Father, I thank You for healing me from physical wounds, pain, and heartache.

AMEN

Your Turn

My Gratitude List

Date: _____

Recount God's blessings today

Morning	Afternoon	Evening

My Prayer List

Date: _____

Surrender your concerns to God

Morning	Afternoon	Evening

Healing For Invisible Wounds

O LORD, if you heal me, I will be truly healed; if you save me, I will be genuinely saved. My praises are for you alone!

JEREMIAH 17:14 NLT

Heavenly Father, I pray for spiritual healing in my life right now as I struggle to cope because of my invisible wounds. I know that through You, I can be healed. Save me, and I shall be saved, for You are my praise. Lord, I ask that you treat me from the spiritual, emotional, and mental bondage that I am currently in. I declare healing over my life in Jesus' Name. Father, I thank You in advance for healing me from my invisible wounds.

AMEN

Your Turn

My Gratitude List

Date: _____

Recount God's blessings today

Morning	Afternoon	Evening

My Prayer List

Date: _____

Surrender your concerns to God

Morning	Afternoon	Evening

Ephesians 1:18-20 TPT

How are you feeling? I trust that you will continue to delight yourself in the Lord and use Bible scriptures as part of your everyday living and loving yourself and others to God.

Are you saved? If not, I'm inviting you to come to Christ and take Him as your personal Saviour. Please know, being saved will not remove all your problems, but it does give you a Saviour Who will carry you through them! Would you pray and ask Jesus to be your Saviour? If so, please pray something like this:

"**Dear Jesus, I know I am a sinner, and that means I am separated from You, and I deserve Hell. I am sorry for my sin. By Your grace, I want to turn from my sin- all of it- and give You my life. I believe that You died for my sins, and that faith in You is the only way to be saved. I confess that You are the risen Lord and Saviour, and I ask You to come into my heart and save me from my sins. Thank You for saving me. Thank You for loving me. Please give me the strength to live my new life for You. I pray this in Your name. AMEN.**

If you have just received Christ as your Saviour, you have made the most important step in your life! You can now have confidence that you build a personal relationship with Jesus and He will help you to overcome, the sins of this life. Most importantly, living for Christ is a sure way of you spending eternity in Heaven with Jesus.

As a next step, it is important that you remember this time when you received Christ. Write today's date as the day of your salvation. Do you need a bible? If so, please contact me at leonie@leoniemattison.com

Above all, "I pray that the light of God will illuminate the eyes of your imagination, flooding you with light, until you experience the full revelation of the hope of his calling—that is, the wealth of God's glorious inheritances that he finds in us, his holy ones!
I decree that you will continually experience the immeasurable greatness of God's power made available to you through faith.
I declare that your lives will be an advertisement of this immense power as it works through you! May the mighty power that was released when God raised Christ from the dead, exalt you to the place of highest honor and supreme authority in the heavenly realm!"

EPHESIANS 1:18-20 TPT

Looking For More Resources

- Visit: www.leoniemattison.com as often as you wish
- Download a free audio version of the first five prayers from this book
- Purchase the audio version of this book on my website at www.leoniemattison.com/store/
- Check out The Thread Collection
  - The Thread: Let God into Your Life & Achieve Intentional Transformation
  - The Thread Adult Colouring Book with Bible Scriptures
  - The Thread Adult Colouring Book with Uplifting Quotes
  - Beside Still Waters: 21 Day Devotional
- Coming Soon
  - 30 Prayers for Trauma Survivors
  - Wait in Him: 31 Day Devotion

About The Author

Dr. Leonie H Mattison is a devout Christian, trauma survivor, and author of *The Thread* collection: self-help book, 21-day devotional, adult coloring book, six-step healing tool, 30-day prayer book, and children's illustrated book.

She has a passion for Christ and wants to see survivors heal so they can live the life Christ intended. She and her children are devoted to the local church and have the privilege of serving her community as a teacher, mentor, and speaker.

Leonie believes her calling is to help dispirited women win back their power by connecting them to the redemptive love and transforming power of Christ. She is a busy single mom and business executive, but one commitment remains constant, she says. *"I can do all things through Christ who strengthens me."* Philippians 4:28

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