

A PRAYER FOR THE SEXUALLY ABUSED

Jesus, I lift up _____. I pray You would usher them toward healing, calming their nerves as they consider uncovering the pain from the past.

Be so near _____ in their storytelling process. Help _____ to know that an untold story never heals, that stuffing the pain only hurts them and others. Please bring amazing people into _____'s life who also long to see them set free. Please give _____ guts and bravery to share with those safe people.

Give _____ a holy longing to be set free from the past and courage to seek healing. While it is true that sexual violation once marked and marred _____, it is truer still that You will take this devastation and make a resilient, beautiful life from the ashes of back then. Instead of being marked, show _____ that they are spotless, unmarked, whole.

Do some deep heart healing in terms of worth. Show _____ that they are not a mistake on this earth, that You have a plan for them.

Thank You that You can handle _____'s questions, anger, and frustration. Help _____ voice that anger, give it wind.

While Satan wanted to destroy and de-story _____, he will not have victory any longer in _____'s life. Silence those demeaning thoughts that tear at _____'s value. Bring deep grace if _____ blames themselves for the sexual abuse. Help _____ internalize that what happened wasn't asked for, wasn't wanted. Set _____ free from feeling dirty.

And would You please heal _____'s sexual identity? Bring health to _____'s perception of sex. If it be Your will, bring a patient spouse who will walk through _____'s sexual abuse in a healthy manner. And if _____ gets stuck in this area, please provide financially for a counselor who can bring _____ farther along the journey.

Help _____ to forgive the people who sexually abused them. Not to let them off the hook at all, but so they can be set free from being tied to them through anger and bitterness. Give _____ the gumption needed to make a choice today that the perpetrator's heinous act no longer needs to define them.

So much of _____'s pain in this life can be traced back to the sexual abuse that happened. But I pray that the rest of _____'s life is beautifully marked by a new resolve to be healthy and become an agent of empathy in this sex-sick world. May _____ become a conduit of change for other sexual abuse victims. May _____ boldly share their story in the light, so others can identify and find hope.

Wash away any shame that _____ still feels. Help family members and friends embrace _____ instead of judge. Bring _____ into a healing community of authenticity.

Bring laughter back into _____'s life. Bring joy. Bring hope. Bring peace. Bring life. Bless _____'s family in abundant ways. Come near. Amen.