

Healing Emotional Roots Prayer Worksheet for Clearing Cellular Memories

This worksheet (which you can type in) can be freely downloaded from this blog, <http://www.cwqministries.org/blogs/healing-cellular-memories-worksheet>

Once you have identified a trauma which needs healing, name the trauma below, and record Jesus' healing touch. You can then save this as a memorial of this wonderful experience. Complete an additional worksheet for each trauma which needs to be processed.

Name the trauma in a short phrase or sentence - _____

The Action	What I pray	Record what Jesus does and speaks
<p>I invite Jesus into the scene</p>	<p><i>"Jesus, remind me of what I was feeling and where You are in this scene. What are You speaking, doing, and asking me to do?"</i></p> <p>I follow His instructions by repenting, forgiving, releasing, honoring and blessing the individuals (including myself and the event itself). Record what transpires...</p>	
<p>Cellular emotional trauma is removed by Jesus Get a visual: Google this phrase: "picture of ... (insert name of specific body part)."</p>	<p><i>"Jesus, please remove the memory of this trauma which is stored in (state specific body part)."</i></p> <p>Pause, watch, look, listen and feel as Jesus ministers healing grace. Breathe out deeply until peace is restored.</p>	
<p>Demonic entanglements are renounced in Jesus' name</p>	<p><i>"Jesus, what demons attached themselves through this event?"</i> <i>(List the names which come to you as spontaneous thoughts).</i></p> <p><i>"I renounce and break off each of</i></p>	

	<p><i>these demons (list them), in the name of Jesus. Be gone NOW, in Jesus' name!"</i></p> <p>Watch, look, listen and feel as Jesus makes them scurry. Breathe out a couple of times forcefully and feel the release.</p> <p><i>"Holy Spirit, come and fill this vacated area."</i></p> <p>Record the events as a memorial.</p>	
<p>Physical healing is received in Jesus' Name and thanksgiving is offered</p> <p><i>As you lay in bed this evening, review this step, laying your hand on the body part, speaking loving, encouraging words and soaking up a divine radiation treatment as His healing rays penetrate the organ (Hab. 3:4), restoring it to a fullness of life. Repeat in the middle of the night if you awaken, or in the morning immediately after awakening.</i></p>	<p><i>"Lord Jesus, would You shine Your light upon my (name body part)?"</i></p> <p>Watch Jesus touch, heal and restore the damaged body part. <i>Be healed, in Jesus' name!"</i></p> <p>Lay your hand on the organ also, and <u>speak compassionate</u> healing words to it (Mk. 11:23. Matt. 14:14). <i>(Ex. Knee, you have done a wonderful job carrying me for so many years. Thank you! I appreciate you! I speak life to you. Be strengthened and restored in Jesus' name. Be healed, in Jesus' name... etc.)</i></p> <p><u>Soak</u> in these healing rays for 15+ minutes, tenderly speaking life and restoration to the organ and your body. Receive your Divine healing radiation treatment.</p> <p><i>"Thank You, Jesus, for Your healing, touch. I receive it with joy. My (body part) is healed!"</i></p> <p>Record prayer and what transpires.</p>	
<p>Divine gifts are discerned and focused on</p>	<p><i>"Lord, what is the gift You have produced in my life through this trauma/event?"</i></p> <p>Record what this gift is and see and speak ONLY of this gift from now on!</p>	

How to deepen a revelation: Deepen by reviewing this worksheet a second time, letting God enlarge the revelation and healing. For an even deeper understanding of God's perspective, [meditate on](#) relevant Scriptures, asking God to explain them so your heart burns with revelation (Lk.24:32). If you don't clearly see God's perspective, which results in [fully feeling His emotions](#), the hurt is not yet fully healed. Emotions are by-products of pictures. Revival in your heart produces strong emotions. Emotions provide the impetus for change. See it ... feel it ... do it!

You may add [tapping](#) if you choose to. Many have found it VERY effective.