Healing Emotional Roots Prayer Worksheet for Clearing Cellular Memories – A Completed Sample

*This worksheet (which you can type in) can be freely downloaded from this blog,*[*http://www.cwgministries.org/blogs/healing-cellular-memories-worksheet*](http://www.cwgministries.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.

**Type the trauma in a short phrase or sentence** – (Since we are sharing this trauma as an example with the entire world, we have expanded the short one line description of the event into a paragraph).

My sister and I are home alone, I’m 9, she is nearly 8, when this man rings and starts asking my sister questions about strange things that she doesn’t really understand. He hangs up. Then he rings back again and breathes deeply on the phone, we are both listening when he stops and starts talking to us about disgusting things, he says he knows where we live and that we are home alone, and that he might come and say hi. We are both scared, hang up the phone and are terrified, we want to leave the house but think if we do he will get us, but if we stay he might come and get us as well. The phone rings again, we don’t answer it convinced it’s him. We don’t tell mum cause we think she’ll get angry. We never talk of it again. I wanted to protect my sister but was so scared I couldn’t do anything. I remember when mum came home wanting to ball my eyes out but my sister and I knew we couldn’t tell her cause we couldn’t be sure how she would react

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| **The Action** | **What I pray** | **Record What Jesus does and speaks** |
| **I invite Jesus into the scene** | *"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 follow [His instructions](http://www.cwgministries.org/Four-Keys-to-Hearing-Gods-Voice) by repenting, forgiving, releasing, honoring and blessing the individuals (including myself and the event itself). Record what transpires…  | I was feeling terrified, paralyzed with fear, I was very much alone, wanting to hide but having nowhere to go. Scared he was going to come and kill my sister and I.Jesus is in the kitchen, and he takes the phone from both of us, says something to the man that we couldn’t understand, and hangs it up. He has this endearing smile of tenderness but I’m not sure if he’s going to get angry. He bends down and picks me up, I convulsively start sobbing on his shoulder, he just holds me a little tighter and puts his hand on my head and says “You’re safe now, I’m here.” He holds me and I slowly stop crying and breath normally. He sits me on his lap and talks with me about all the man did. He tells me the man was naughty to scare Sophie and me and that he’ll never do it again. Jesus looks into my eyes, and I am totally calm. He talks to me about forgiving mum for not being home, and also to forgive the man for scaring me so badly. I don’t want to but Jesus says if I don’t the feelings that I felt just before he held me will come back and bother me for a long time. He looks into my eyes again and says it will be good for my heart to do this. Jesus helps me to do this by telling me the type of simple prayer I need to say. I forgive the man for scaring me so badly and a tiny feeling of fear leaves my body, almost like it was mud washed down the bath. I also forgive mum for not being home. I feel a lot better but am still a little bit jumpy inside by body. Jesus says that will go soon. I ask Jesus to look after the man and mummy. Jesus says he is proud of me forgiving them both and that I am very strong to do that. I smile, thinking it’s strange that Jesus would call ME strong when He’s the really strong one.  |
| **Cellular emotional trauma is removed by Jesus****Get a visual:** Google this phrase: “picture of … (insert name of specific body part).” | *"Jesus, please remove the memory of this trauma which is stored in (state specific body part)."*Pause, watch, look, listen and feel as Jesus ministers healing grace. Breath out deeply until peace is restored.   | It feels like Jesus is pouring this oil over my chest and stomach, it’s warm, gold in color and smells like honey. It almost feels like it is going through my body and taking all the bad feelings away I had with the man ringing. When the feelings are gone, I feel stronger and taller inside. My heart feels a strange heaviness but it’s not bad, my stomach is not tight anymore.  |
| **Demonic entanglements are renounced in Jesus name** | *"Jesus, what demons attached themselves through this event?”* *(List the names which come to you as spontaneous thoughts).* *”I renounce and break off each of these demons (list them), in the name of Jesus. Be gone NOW in Jesus’ name!”*Watch, look, listen and feel as Jesus makes them scurry. Breathe out a couple of times forcefully and feel the release. *“Holy Spirit, come and fill this vacated area.”* Record the events as a memorial. | A spirit of fear and deathA spirit of trauma and shockA spirit of anger A spirit of defilement A spirit of despairA spirit of judgmentHe says go, in a strong voice and they all leave quickly, he forbid any of them to make a noise when they left, two angels chase them away laughing, which makes both Jesus and I laugh as well. Jesus looks at me as simple says, me forgiving them helped Jesus be able to do that. My eyes are opened wide as I think to myself, I HELPED JESUS; he just smiles and says yes. I wonder how he knew what I was thinking, but don’t ask. He smiles again.  |
| **Physical healing is received by Jesus and thanksgiving is offered** | *"Lord Jesus, would You shine Your light upon my (name body part)? Be healed, in Jesus’ name!”**Watch Jesus touch, heal and restore (the damaged body part).* Then thank Him: *“Thank You, Jesus, for Your healing, touch. I receive it with joy.* *My (body part) is healed!”*Record prayer and what transpires. | Jesus touches my heart and breaks off a thin crust that was around it; I almost fall to the ground when he does this. He tells me that it was the unforgiveness that kept it there. My heart feels stronger more powerful after he did this. He then touches my stomach and a similar thing happens. Jesus says to me that this will continue to happen as I do this type of journaling. He says that the more I bring him these memories the more that light and healing will flow through my body, heart and soul. I know this to be true because every time I do these exercise I feel a little be freer of the underling anxiety and hyper-vigilance that I live with constantly. Jesus tells me not to be worried about how long it will take; he just says my body has carried much stress and anxiety because of the years of abuse and to eat the elephant, one bite at a time. I smile, only he could know I needed that perspective on this new journey of healing  |
| **Divine gifts are discerned and focused on** | *"Lord, what is the gift You have produced in my life through this trauma/event?”* Record what this gift is and see and speak ONLY of this gift from now on! | The gift of enduring courage, like that of Caleb who for 40 years waited patiently until he could take the mountains to be his own as the inheritance he knew was meant to live in 4 decades ago.  |

**You may deepen** this healing by reviewing this worksheet a second time, letting God enlarge the revelation and healing. You may add [tapping](http://www.cwgministries.org/emotional-freedom-technique-eft-effective-and-biblical) if you choose to.