

PRAYER FOR A HEART OF NEW FLESH

(SAMPLE PRAYERS from Elijah House Inc., – Listen to God and pray with whatever words He prompts.)

Lord, I have developed a defense to keep myself from being seen. I have built a hiding place to protect myself from hurt. I know that this protection blocks out the love, warmth, and nurture I need. I come to you because I am helpless to change. Come and take down the wall. I want you to be my defense. Lord, help me to become vulnerable, to risk letting love in. Lord, I forgive the people who have wounded me, and I forgive you, Lord, for allowing these wounds in my life. I also forgive myself, for my sinful reactions, and for building this heart of stone. Father, please forgive me for my sinful responses, and for ways in which I have hurt loved ones by keeping them out of my life. I repent for bringing destruction into my own life, and for wounding You with my sin. Lord, as I act of my will, I choose to be connected to others within my family and the body of Christ. I want to be intimate. Forgive me, Jesus, for not trusting the love offered by my spouse, children, and fellow Christians. Help me to see and appreciate the gifts of others. Put a guard on my lips, so that I may build up instead of tear down. Help me hear warnings or rebukes as love and not as rejection. Help me to hold myself in the vulnerable position of receiving Ministry, not just offering it. I asked you to bring people into my life who know how to love unconditionally and have the courage to hold me accountable. Bring to death my heart of stone and give me a heart of new flesh. I ask these things in Jesus Name. Amen.