



24/7 NOT ON MY WATCH

PRAYER FOCUS

Emotional wounds can often lead to physical and spiritual wounds. Sometimes when we hurt, a natural reaction is to hurt others. Emotional hurt can drain health from the body causing weakness that we may not even recognize. Emotional healing is essential to avoid a wounded spirit and to allow the glory of God to shine through us. When emotional wounds are ignored or covered, they begin to fester, resulting ultimately in spiritual weakness or strongholds of the mind. We must be open and honest with God regarding our emotions. God can only bring healing when we allow Him to speak truth into our lives and restore us to our proper identity in Him.

PRAYER POINTS

- Ask God to help you stop talking negatively. Speak positive words, and think on good things. Don't rehearse words in your mind that God would not speak to you.
- Bring any fears and anxiety you have to God. Ask Him to help you be aware when your mind entertains these things and help you release them to Him.
- Repent for any bitterness or unforgiveness you have against another. Bitterness can cause anger, anxiety and even physical health issues.
- Pray for understanding of how to deal with your anger. He will guide you when you listen.
- Ask God to help you let go of past events that have left scars on your life. Don't hide the wounds, but ask Him to heal them.

