

9.1 Trauma Declaration of Freedom

From Supernatural Freedom from the Captivity of Trauma by Mike Hutchings

Right now, by the power of the blood of Jesus, I welcome Holy Spirit to come upon me as my comforter, helper, healer, and deliverer. I declare the forgiveness of God in Jesus' name. No matter what I have done or what has been done to me, I am free and no longer defined by my history. I am now defined by who my God calls me to be, His beloved child.

By the power of the blood of Jesus, I break the power of shame I carry due to the trauma or traumas I have experienced. What was done to me or what I have experienced does not speak to who I am. I no longer carry shame because none of God's children have shame.

I break the power of guilt that I carry for sin or things I did to cope with my pain. In the name of Jesus, there is no condemnation. The law of the spirit of life has set me free from the law of sin and death.

By the power of the declaration of Isaiah 61, I declare the spirit of the Lord God is here to bring good news to my broken heart. He is here to heal me and declare liberty and freedom. Right now, He is bringing comfort for mourning, joy for sorrow, a mantle of praise for the spirit of heaviness through divine exchange.

I sever every single assignment of the evil one against me. In the name of Jesus, I command spirits of trauma, torment, and fear to leave now in the name of Jesus. I sever your assignment against me by the power of the blood of Jesus Christ.

Spirit of suicide, under the authority of Jesus Christ I break your power, and I command you to stop speaking right now. I speak to murder and rage, and I sever your assignment. In the name of Jesus, you no longer have a place in my life. I sever right now the spirit of death. I say to me, reader, that I carry the same spirit that raised Jesus' dead body from the grave. I command the spirit of death to leave me now in Jesus' name.

I cancel and break off depression, oppression, insanity, mental illness, and the spirit of bipolar or multiple personality disorder in Jesus' name. I sever your assignment from me in Jesus' name.

I sever right now the spirit of lust, of perversion, of sexual violation and slavery off me in Jesus' name. I declare that chains and shackles of sexual perversion and lust are broken off of me in Jesus' name. I am no longer, in any way, shape, or form, under the thumb of sexual perversion. I break the power of pornography. I sever the hold it has upon my soul and mind. I command the images and memories of pornography to dry up and die right now.

I put my hand on my heart as I speak healing to my broken heart in Jesus' name. Let the power of Holy Spirit come now to pick up pieces and put them back together so I can walk in the freedom of being God's child and in His grace to be everything I was created to be and do. I declare that as healing comes to my heart. The shalom of God that brings wholeness and wellness will affect my mind, will, and emotions, and also my body, in the name of Jesus.

I put my right hand on my head. In the name of Jesus, I speak to every traumatic image and memory in the right lobe of my brain and command these images to dry up and die. I sever the neuropathway that leads to these traumatic images and memories. I sever my seeing, smelling, tasting, touching, and hearing from being triggered through these neuropathways. I sever every lie and stronghold connected with traumatic images and memories. I pray for fresh faith and the truth of the word of God to replace those lies and images and memories. I command the memory center to wake up, wake up, wake up, in Jesus' Name! Let there be a free flow of memory from the memory center so that what is restored to me are good memories about my life. My mind is no longer held hijacked by traumatic images and memories.

I speak healing to any concussions, traumatic brain injuries, or anything that has caused my brain to not operate in the way it was originally intended by God. I command rewiring of the brain and proper neuron function, in the name of Jesus. I break the diagnosis and symptoms of ADHD, dyslexia, loss of cognitive function, in the name of Jesus. I pray healing over auditory and visual processing, in the name of Jesus.

I command any masking of a trauma that looks like mental illness that was really caused by trauma to be healed, in the name of Jesus. I declare healthy functions and connections be restored between the right and left lobe of my brain. I declare the right lobe be completely restored and healed right now by the power of the blood of Jesus Christ. Thank You, Father.

I speak to my nervous system that includes my eyes and ears, my brain and spinal cord, and my nerves, and command it to be healed. All chronic nerve pain must leave now in the name of Jesus.

I command the endocrine system consisting of my network of glands that release and regulate my hormones be set back to its original settings so that all glands operate properly with the right flow of hormones, in the name of Jesus.

I speak to my musculoskeletal system consisting of my muscles, bones, cartilage, and ligaments and declare every memory from a traumatic event be released now from muscles and other areas so that all pain associated with accidents and ungodly touch between humans is removed and replaced by the peace and shalom of God.

I speak healing to my circulatory system consisting of my heart, blood vessels, and lymphatic system and declare healing in Jesus' name.

I speak healing to my urinary tract system consisting of my kidneys, bladder, and related ducts, and declare them healed and restored in the name of Jesus.

I speak healing to all aspects of my digestive system consisting of my mouth, esophagus, stomach, and bowels, and declare them healed so that I am able to eat healthy foods on God's earth as He intends and digest them well so that they nourish and sustain my body all the days of my life.

I speak to my reproductive system in the name of Jesus, declaring healing and proper functioning so that within the bonds of holy marriage I may be fruitful and multiply as God intends.

I speak to my integumentary system and declare that my skin, hair, nails, and oil and sweat glands will function as God intends to protect my body and help regulate temperature and the elimination of waste from my body. I declare all aspects of this system of my body that have been compromised to be healed, in Jesus' name.

I speak to my respiratory system consisting of my nose, upper airways, and lungs, and declare it off-limits to the enemy. I declare that the breath of life God has put within me to sustain me will not be compromised in any way, and any and all damage to my respiratory system is healed, in the name of Jesus.

I speak to my immune system and command it come into alignment with God's will for my body, to act as my physical defense system against all harmful organisms all the days of my life.

I speak to my sleep and say according to Proverbs 3:24 I shall no longer lie down in fear, that it is my Father's pleasure to give His beloved children sweet sleep. I command a resetting of the sleep center in my brain to experience six to eight hours of uninterrupted sleep every night. I command all nightmares to go, all night tremors to go, night sweats to go, in Jesus' name. I invite God's holy angels to come around my bed in my bedroom so that my bed is a place of rest and peace, not warfare, in the name of Jesus.

By the power of the blood of Jesus Christ, I declare I am no longer defined by my history; I am defined by who my God calls me to be. I declare that I am a new creation in Christ. The old has passed away; all things have become new in my life through Jesus Christ, my King.

